

## **Babu Anant Ram Janta College, Kaul**

### **BEST PRACTICES**

**2023-24**

#### **1 Title of the Practice- Attention to Sports and Sportspersons.**

We, at Babu Anant Ram Janta College, Kaul (Kaithal) believe that Sports is an integral part of holistic education. Sports education develops the overall personality of the students and to develop good leadership qualities to serve the nation.

#### **2 Objectives of the Practice**

1. Talent search at micro level by organizing Intramural sports and provide appropriate training.
2. Monitoring at regular intervals to enhance performance towards excellence.
3. To ensure excellent Sports Infrastructure Development & Maintenance is carried out by the institution.
4. To provide students training, fitness opportunity and guidance by qualified coaches.
5. Facilitate participation of sportspersons in various competitive events, including inter-college, inter-zonal, inter-university, All India University, state, national, Khelo India and international-level competitions as well as other open tournaments to provide exposure and enhance their competitive experience.
6. Encourage students to pursue sports-related careers by offering guidance and support for placements helping them build a future in the field of sports.
7. Extend financial and logistical support to participating sportspersons by providing travel allowances (TA/DA) and high-quality sports kits for tournaments and competitions.

#### **• 3 Observation of the Practice:**

Students with an interest in sports regardless of their academic streams—whether B.A., B.Com., B.Sc. (Non-Medical), B.Sc. Sports, or D.P.Ed.—receive comprehensive training and coaching in their chosen sport based on their skills and preferences. The college boasts extensive facilities and grounds to support a wide range of sports including Boxing, Archery, Wushu, Volleyball, Football, Basketball, Badminton, Kabaddi, Athletics, Gymnastics, Cycling, Handball, Wrestling, Judo, Chess, Carrom, Weightlifting, Bodybuilding, and Kho-Kho. These facilities are accessible not only to students but also to residents of the nearby locality. The college regularly organizes off-season coaching camps on its premises, inviting expert coaches across various sports to enhance skill development. When tournaments are announced the college conducts selection trials to form its teams. Selected sportspersons are provided with a 15-day intensive training camp including accommodation and meals to prepare them thoroughly for competition.

#### 4 Evidence of Success/Impact of Practice:

The college has become a hub for budding sportspersons from schools who enroll to benefit from its exceptional sports infrastructure. It offers comprehensive indoor and outdoor facilities welcoming aspiring athletes from the surrounding areas to practice and play their chosen sports free of charge. To foster a spirit of sportsmanship the college organizes an annual Athletic Meet where participants are recognized with motivational rewards including cash prizes. Additionally sportspersons who achieve success by winning medals at various tournaments and championships are honored with cash awards to encourage and uplift their morale. The college takes pride in its athletes many of whom have excelled by winning awards and medals at Inter-Collegiate, Inter-University and All India University levels showcasing their talent and dedication.

#### Winners of Inter Collegiate, Inter Universities and All India Inter University 2023-24 Volleyball

S.No.	Name	Father name	Class	Roll No.	Inter Collegiate at KUK	Inter University at LPU	All India Inter University at KUK
1	Abhishek	Krishan chand	B. A. 1st	1230292081	Nil	Bronze Medal in Khelo India University game held at Guvahati	Nil
2	Mukesh kumar	Ishwar singh	B. Com.1st		Nil	Nil	Silver
3	Lovish	Sunil kumar	B.Sc sports 2nd	1221943086012	Nil	Nil	Bronze Medal in Haryana Volleyball State Champonship held at Sirsa

#### Boxing

S.No.	Name	Father name	Class	Roll No.	Inter Collegiate at KUK	Inter University at LPU	All India Inter University at LPU/CU Mohalli
1	Vanshika	Rajesh kumar	B.sc sp 1st	1231253027	Bronze	Nil	Bronze

2	Nidhi	Jagjeet singh	B.sc sp 1st	1231253030	Gold	Silver	Participated
3	Prachi	Yoginder pal	B.sc sp 1st	1231253032	Gold	Nil	Nil
4	Muskan	Kanwar singh	B.sc sp 1st	1231253031	Gold	Bronze	Bronze
5	Ankita dhull	Dayanand	B.sc sp 1st	1231253029	Gold	Participated	Nil
6	Raj sahiba	Satyawan	B.sc sp 2nd	1221943086022	Gold	Participated	Nil
7	Neeru khatri	Devender	B.A 2nd	1221942002076	Gold	Bronze	Bronze
8	Pankaj kumar	Rajesh kumar	B.sc sp 1st		Gold	Participated	Gold
9	Arman ahlawat	Naresh kumar	B.sc sp 2nd	1231253017	Gold	Nil	Nil
10	Ganga	Vinod kumar	B.sc sp 1st	1231253018	Gold	Participated	Gold
11	Udhay singh	Ajit singh	B.sc sp 2nd	1221943086008	Silver	Participated	Nil
12	Anil kumar	Jasbir	B.A 2nd	1221942002014	Gold	Participated	Bronze
13	Deepak	Anil kumar	B.A 2nd	1221942002156	Gold	Participated	Nil
14	Yogesh	Inderjeet	B.A 1st		Silver	Participated	Nil

### Archery

S.N o.	Name	Father name	Class	Roll No.	Inter Collegeiate at KUK	Inter University at Punjabi University, Patiala
1	Ankita	Ghandi Ram	B.Sc sports 3rd	1231253012	Participated	Nil
2	Diksha	Surender Pal	B.Sc sports 1st	1231253036	Bronze	Participated
3	Mahak		B.Sc sports 1st	1231253020	Participated	Participated

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S.N o.	Name	Father name	Class	Roll No.	Inter Collegeiate at KUK	Inter University at Jammu University, Jammu
1	Vishwas	Surender	B.Sc sports 1st	1231253015	Gold	Participated

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S.N o.	Name	Father name	Class	Roll No.	Inter Collegeiate at KUK
1	Yash	Rajesh	B.Sc sports 1st	1231253021	Silver and <b>Participated, at Inter University at Chandigarh University, Chd.</b>
2	Vashu dev	Mangat ram	B.Sc sports 1st	1231253019	Silver
3	Raman	Ajmer	B.Sc sports 2nd	1221943086011	Silver
4	Kudrat	Sanddep	B.Sc sports 1st	1231253033	Silver
5	Harsh banger	Surjit kumar	BA 2nd	1221942002219	Silver
6	Shivam sharma	Sanjeev sharma	B.Sc sports 3rd	86001	Silver
7	Rohit	Rammeher singh	B.Sc sports 2nd	1221943086001	Silver
8	Rahul	Dharamvir jangra	B.Sc sports	1221943086030	Silver

			2nd		
9	Satyam sharma	Ramesh kumar	B.Sc sports 1st	1231253016	Silver
10	Shiv kumar	Fateh singh	B.Com 3rd	3013	Silver
11	Lakshya	Mahipal kashver	B.Sc sports 1st	1231259048	Silver
12	Kapil	Shisham	B.Sc sports 1st	1231253023	Silver

## 5. Resources Required

Key resources for institutional best practices in prioritizing sports and athletes include dedicated funding for facilities, equipment and professional coaching staff. Additionally allocating sufficient time within the academic schedule for sports training and competitions is essential. Adequate administrative support and policies that promote the holistic development and well-being of sportspersons are crucial. Overall a comprehensive approach with a commitment to resource allocation is vital for promoting excellence in sports and supporting sportspersons' growth."

## 6. Problems Encountered:

**1 Resource Limitations:** Limited funding for upgrading and maintaining sports infrastructure as well as providing adequate sports equipment and facilities.

**2 Time Constraints:** Balancing sports training with academic schedules is challenging leading to conflicts in prioritizing studies and sports commitments.

**3 Participation Barriers:** Encouraging consistent participation from students, especially those not pursuing sports-focused courses due to academic pressure or lack of interest.

**4 Inadequate Exposure for Talented Athletes:** While local and regional competitions are encouraged limited opportunities for exposure at higher levels or international events hinder broader career prospects for athletes.

**5 Maintaining Motivation:** Ensuring continued motivation and morale of athletes especially after setbacks or injuries requires ongoing support and mental conditioning which can be challenging without proper mental health resources.

## **Best Practices II: Skill and Talent Advancement Initiatives**

### **Objectives:**

1. To establish high-quality benchmarks aligned with globally recognized qualification standards.
2. To train students using hands-on and practical learning methods.
3. To enhance students' skills enabling them to apply their knowledge effectively to tackle real-world challenges.
4. To discover and refine the latent talents of students through diverse tasks and activities.
5. To foster the ability to make quick informed decisions across various sectors with precision and standards.

### **Objective of the Practice:**

1. Skill and talent advancement are critical for driving a nation's economic growth and fostering social advancement.
2. In the contemporary global landscape it is imperative for learners to acquire additional knowledge and competencies beyond the standard curriculum.
3. Students must consistently strive to enhance their abilities not just to participate in competitive environments but to excel in them.
4. Enhancing student's abilities involves acquiring diverse skills and techniques necessary for addressing everyday challenges and preparing for the job market.

### **Observation of the Practice:**

1. Departments/cells across the College have curated specialized certificate and skill development courses designed to bridge the gap between academic curricula and industry or corporate requirements. This initiative equips students with supplementary knowledge.
2. Each department/cell actively organizes a variety of activities including workshops, seminars, extension lectures and events at inter-departmental, inter-collegiate, state, national and international levels. These initiatives provide students with ample opportunities to showcase their talents enhance their skills and gain valuable exposure.
3. Activities are meticulously planned to ensure students actively participate gaining experiential knowledge through real-world scenarios.
4. Guidelines for these events are issued by the Principal and the planning and execution are managed at the departmental level.
5. Dedicated organizing committees comprising teachers and students under the supervision of the Head or Coordinator ensure smooth execution of these events.
6. Various activities such as invited talks, quizzes, workshops, seminars, essay writing competitions, poster making competitions and Powerpoint competitions are conducted.
7. To recognize and encourage participation students are awarded certificates, trophies or cash prizes.

### **Evidence of Success:**

**List of Certificate Courses for Students Skill Enhancement (2023-24) (duration 30 hours)**

<b>Sr. No</b>	<b>Name of Value-added course</b>	<b>Course Code</b>	<b>Dept./Cell that runs the course</b>	<b>No of times offered during the year</b>	<b>No of Students enrolled during the year</b>	<b>No of Students who completed the course during the year</b>
1	'Woman Empowerment in Indian Perspective	WEIP-1	English, Pol. Sc., Economics	1	60	68
2	Power Point Presentation	PPT23	Library		30	30
3	Effective Business Communication Skills	EBCS23	Grievance Redressal Committee in collaboration with Department of Commerce & Sanskrit Sahitya Parishad	1	78	20

records, event reports and geo-tagged photographs is maintained systematically.

2. **Increased Student Participation:** Over the years a significant rise in student involvement has been observed.
3. **Increased Competence in Digital Skills:** Workshops and competitions like PowerPoint presentations and poster making have equipped students with advanced digital skills making them better prepared for the modern workplace.
4. **Cultural and Academic Enrichment:** The holistic nature of activities from quizzes to essay writing has fostered creativity, critical thinking and cultural awareness among students aligning with the college's vision of creating well-rounded individuals.
5. **Motivation through Recognition:** The awards and certifications distributed to participants have served as a strong motivational factor encouraging students to actively participate and excel in future initiatives.

4	Personality Development through NSS	NSS02	NSS Unit in association with Students Welfare Committee	1	54	32
5	"Entrepreneurship and Skill Development"	ESD2023	Legal Literacy Cell in Association with ED Club	1	23	23
6	Computerized Accounting with Tally	CoAccT23	Commerce Department	1	79	38
7	Language Proficiency & Personality Development	LPPD23	Deptt. Of English, Physical Education and Gender Sensitization Committee	1	42	36
8	Certificate Course on Soft Skills	CCSS23	Deptt. Of Mathematics and History	1	40	40

**List of the Workshops/Seminars/Extension lecture conducted for Skill Enhancement of the Students in the year 2023–2024**

Sr. No	Name of Department	Name of Event	Date (DD-MM-YY)	Resource Person	Designation of resource person	No. of Participants
1	ED Club and Career Guidance and placement/Commerce deptt.	Extension lecture " Job seekers to job providers-need of time"	23-08-2023	Dr. Major Singh And Dr. K.D. Jha	Retired Principal, Guru Nanak Khalsa College, Karnal and Principal D.A.V College, Pehowa	77
2	Red cross club, women cell	Extension Lecture " Awareness on Drugs free Haryana"	13-09-2023	Dr Vinay Gupta	Monitoring and Evaluation officer	73



3	Hindi	Extension lecture "Hindi Diwas"	14-09- 2023	Dr. Ramender Singh	Director, Vidya Bharti Sanskriti Siksha sansthan, Kurukshetra	170
4	Chemistry, UGC and Institute of Advanced Studies, Pune	One Day National Webinar "Navigating your career future: A webinar on opportunities"	18-09- 2023	Ms. Shivani	Assistant Professor at IFAS, Pune	21
5	Legal Literacy Cell	One Day Workshop on "Cyber Crime Awareness & Protection"	16-10- 2023	Mr. Shubhranshu	Sub Inspector , Haryana Police, Kaithal	78
6	Red Cross Society, Women Cell, Maths and Akhil Bhartiya Vidyarthi Parishad, Haryana	Extension Lecture on "Ayurveda & Mensuration"	30-10- 2023	Dr. Simran Devgan	BAMS, MD, ABVP Haryana	72
7	Beti bachao beti padao and Tobbacco control cell, gender sensitization cell	Extension lecture and pledge on "Female Foeticide"	19-12- 2023	Dr. Renu Chawla	Civil Surgeon, Kaithal	55
8	NSS Unit	Extension Lecture on "Importance of NSS in Student Life"	05-01- 2024	Dr. Hukam Singh	Controller of Examinations,  Kurukshetra University, Kurukshetra	52
9	NSS Unit	Extension Lecture on "Women Empowerment and Gender Sensitization"	05-01- 2024	Dr. Sudesh Rawal	Principal SJRL College	52
10	NSS Unit	Extension Lecture on "Role of Discipline in Life "	05-01- 2024	Dr. Sunita Sharma	Associate Professor in Hindi	52
11	NSS Unit	Extension Lecture on "NSS in Atamnirbhar Bharat- Entrepreneureship"	06-01- 2024	Dr. Subhash Tanwar	Principal, DAV College	52

12	NSS Unit	Extension Lecture on "Yoga and Self Defence"	06-01-2024	Dr. Pushpa	Assistant Professor in History	52
13	NSS Unit	Extension Lecture on " Legal Literacy and Social Harmony"	07-01-2024	Dr.Chandramohan,	District Attorney, District Court, Kurukshetra	52
14	NSS Unit	Extension Lecture on "Role of NSS Volunteers in Nation Building"	07-01-2024	Dr.Shalu Sachdeva	Assistant Professor in History, S. D. College, Narwana	52
15	NSS Unit	Extension Lecture on "Personality Development and Moral Values"	08-01-2024	Dr. Kushal Pal	Principal, IGN College	52
16	NSS Unit	Extension Lecture on "Unity and solidarity are the need of the hour for the success of family and entrepreneurship"	08-01-2024	Dr. Major singh	Principal GNK College karnal	52
17	NSS Unit	Extension Lecture on " Adverse Effects of Drugs Addiction"	09-01-2024	Dr. Rampal	Community Health Center, Kaul	52
18	NSS Unit	Extension Lecture on "Vocal for Local"	09-01-2024	Dr. Anita Nain	Assistant Professor in Sanskrit	52
19	Library, IQAC, History	One day Webinar Exploring Various Career Opportunity And Pathways"	09-09-2023	Prof. Pavan Ankushe	Director, IAS, Pune	97
20	NSS Unit	Extension Lecture on "First Aid and Home Nursing"	10-01-2024	Shri Gyan Chand Bhalla	Lecturer , Red Cross Society, Kaithal	52

21	NSS Unit	Extension Lecture on "Schemes of various ministries of the Central Government"	10-01-2024	Dr. Meenakshi	Assistant Professor in Commerce	52
22	NSS Unit	14) Extension lecture on "Need of Road Safety Rules for Society"	11-01-2024	Dr. Prerna	HOD, Department of Commerce	52
23	NSS Unit	Extension Lecture on "Panchparan for Developed India 2047"	11-01-2024	Dr. Anand Kumar	NSS Programme Coordinator KUK	52
24	Commerce, Career Guidance & Placement Cell, Ed Club (MoU) DAV, Pehowa GNKC, Karnal	One Day Workshop on "Navigating Your Career Path: Post-Graduation Career Opportunities & Interview Success Strategies"	14-3-2024	Dr. Mukta Jain	Head of the Commerce Department, Dayal Singh College, Karnal	188
25	Commerce, Career Guidance & Placement Cell, Ed Club (MoU) DAV, Pehowa GNKC, Karnal	One Day Extension Lecture on "Entrepreneurship Development and Importance of Startup's"	19-3-2024	Mr. Kapil Madan	Manager, Modern Agro, Karnal	155
26	Commerce Deptt., Career Guidance & Placement Cell, ED Club and MoU with Commerce Deptt, D.A.V.C.P (MoU)	One Day Online Workshop "Unlocking Post Graduate Paths - A Guide to Competitive Exams and Insights into NET/JRF"	06-04-2024	Ms. Richa Gupta	Owner, Commerce NET/JRF Coaching Institute, Panipat	101
27	Commerce Deptt., Career Guidance & Placement Cell, ED Club and MoU with Commerce Deptt, Legal Literacy D.A.V.C.P (MoU)	One day Online Seminar on "IPR- Protect Your Creative Work"	12-04-2024	Dr. Anil Kumar	Assistant Professor at Maharaja Agrasen College, Jagadhri	83

28	Deptt. Of Commerce & Mgt., Innovation Startup and incubation centre of NIILM Uni. Under MoU with Commerce of Deptt.	One Day Workshop on "Efficiency Unleashed: The Power of Computerised Accounting System"	25-4-2024	Dr. Perna	Assistant Prof., Department of Commerce, Babu Anant Ram Janta College, Kaithal	21
29	Commerce and the Code of Conduct Committee under MoU Department of Commerce and Management of NIILM University, Kaithal and the Department of Commerce and Legal Literacy Cell of D.A.V. College, Pehowa, Career Guidance and Placement Cell, E.D. Club	One Day Online Seminar on "Human Values and Value Education"	30-4-2024	Dr. Rekha Gupta	Dean of Commerce and Management, NIILM University, Kaithal	100

### Resources Required:

1. **Financial Support:** Adequate funding to organize workshops, seminars, extension lectures and offer rewards for participants.
2. **Trained Personnel:** Skilled faculty and external experts to deliver specialized training sessions and conduct workshops.
3. **Technological Tools:** Advanced software, computers and other digital resources to conduct online programs effectively.
4. **Time Allocation:** Flexibility in the academic schedule to integrate skill development programs without compromising regular coursework.
5. **Collaborative Partnerships:** Building partnerships with industries and organizations to provide exposure, internships and resources for training programs.

### Problems Encountered and Resources Required:

1. **Adapting to Changing Needs:** Constantly updating and redesigning courses and activities posed a challenge.
2. **Resource Limitations:** Insufficient financial resources made it difficult to organize large-scale events or provide advanced tools and facilities for skill enhancement.
3. **Time Constraints:** Balancing academic schedules with extracurricular programs created time management challenges for both students and faculty.
4. **Participation Barriers:** Encouraging all students to participate actively was challenging due to varying levels of interest, confidence and preparedness.

5. **Staff Motivation and Involvement:** Ensuring consistent motivation and active participation from non-teaching staff and faculty members required continuous efforts.
6. **Sustaining Interest:** Keeping students engaged throughout longer courses and ensuring they complete them successfully required innovative teaching methods and ongoing motivation.