

Babu Anant Ram Janta College, Kaul
BEST PRACTICES
2024-25

BEST PRACTICES-1

1 Title of the Practice-

Attention to Sports and Sportspersons

2 The Context:

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.

3 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

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 2024-25

Sr. No	Year	Name of the award/ medal	Team / Individual	University/State/National / International	Sports/ Cultural	Name of the student
1	2024-2025	First	Boxing/Individual	Inter College	Sports	Tamana
2	2024-2025	First	Boxing/Individual	Inter College	Sports	Muskan
3	2024-2025	First	Boxing/Individual	Inter College	Sports	Pushkar Choudhary
4	2024-2025	First	Boxing/Individual	Inter College	Sports	Uday Singh
5	2024-2025	First	Boxing/Individual	Inter College	Sports	Ganga

6	2024-2025	First	Boxing/Individual	Inter College	Sports	Anmol
7	2024-2025	First	Boxing/Individual	Inter College	Sports	Pankaj Kumar
8	2024-2025	Second	Boxing/Individual	Inter College	Sports	Vishesh Kumar
9	2024-2025	Second	Boxing/Individual	Inter College	Sports	Yogesh
10	2024-2025	Third	Boxing/Individual	Inter College	Sports	Vanshika
11	2024-2025	Third	Boxing/Individual	Inter College	Sports	Vikas Kumar
12	2024-2025	Third	Rugby/Team	Inter College	Sports	Kapil
13	2024-2025	Third	Rugby/Team	Inter College	Sports	Vashu Dev
14	2024-2025	Third	Rugby/Team	Inter College	Sports	Naveen
15	2024-2025	Third	Rugby/Team	Inter College	Sports	Ayush
16	2024-2025	Third	Rugby/Team	Inter College	Sports	Jdarsh Bainger
17	2024-2025	Third	Rugby/Team	Inter College	Sports	yash
18	2024-2025	Third	Rugby/Team	Inter College	Sports	Lavish
19	2024-2025	Third	Rugby/Team	Inter College	Sports	Shimran Sharma
20	2024-2025	Third	Rugby/Team	Inter College	Sports	Nitesh Kumar
21	2024-2025	Third	Rugby/Team	Inter College	Sports	Kudrat
22	2024-2025	First	Waushu/Individual	Inter College	Sports	Vishwas
23	2024-2025	Third	Waushu/Individual	Inter College	Sports	Balwinder
24	2024-2025	Third	Arehery/Individual	Inter College	Sports	Diksha
25	2024-2025	Second	Weight lifting/Individual	Inter College	Sports	Tanushka
26	2024-2025	Second	Weight lifting/Individual	Inter College	Sports	Harsh Baiger
27	2024-2025	Third	Athletic/Individual	Inter cCollege	Sports	Kushal Dangi
28	2024-2025	Participate d	Wushu/Individual	Inter University	Sports	Vishwas

28	2024-2025	Participate d	Rugby/Team	Inter University	Sports	Yash
30	2024-2025	Participate d	Rugby/Team	Inter University	Sports	Kudrat
31	2024-2025	Participate d	Hockey/Team	Inter University	Sports	Gurnoor Grewal
32	2024-2025	Participate d	Hockey/Team	Inter University	Sports	Rahul Kumar
33	2024-2025	Participate d	Hockey/Team	Inter University	Sports	Rajat
34	2024-2025	Second	Volleybail/Team	Inter University	Sports	Amit Ranta
35	2024-2025	Participate d	Boxing/Individual	Inter University	Sports	MUSkan
36	2024-2025	Participate d	Boxing/Individual	Inter University	Sports	Raj Sahiba
37	2024-2025	Participate d	Boxing/Individual	Inter University	Sports	Ganga
38	2024-2025	Participate d	Boxing/Individual	Inter University	Sports	Anmol
39	2024-2025	Participate d	Boxing/Individual	Inter University	Sports	Pankaj Kumar
40	2024-2025	Participate d	Archery/Individual	Inter University	Sports	Diksha Devi
41	2024-2025	Participate d	Boxing/Individual	Inter University	Sports	Laxmi
42	2024-2025	Participate d	Boxing/Individual	Inter University	Sports	Uday Singh
43	2024-2025	Participate d	Boxing/Individual	Inter University	Sports	pushkar Choudhary
44	2024-2025	Participate d	Boxing/Individual	Inter University	Sports	Vishesh Kumar
45	2024-2025	Participate d	Rugby/Team	Inter University	Sports	Harsh Baiger
46	2024-2025	Participate d	Archery/Individual	Inter University	Sports	Shiwani

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.

7. Overall Impact

These achievements collectively highlight the dynamic sports culture of the college reflecting exceptional dedication, rigorous training and the spirit of excellence among the students. The institution's continued focus on nurturing sporting talent has enabled athletes to shine at **university and inter-university platforms** bringing pride and recognition.

BEST PRACTICE – 2

1. Title of the Practice

“Sustainable Campus Mission: Green Initiatives and Tree Plantation Drives”

2. Objectives of the Practice

The college’s green initiatives aim to:

1. Promote environmental consciousness and sustainable living among students.
2. Increase the green cover of the campus through systematic plantation drives.
3. Facilitate student participation in national campaigns such as *Green India, Swachh Bharat* and *Nasha Mukh Bharat*.
4. Strengthen community engagement by linking ecological responsibility with social and emotional values.
5. Develop continuous involvement of students in nurturing plants, waste reduction and ecological protection.

3. The Observation

Environmental degradation, climate change, loss of biodiversity and declining green cover have created an urgent need for sustainable practices in educational campuses. Rural youth in particular need guided exposure to environmental stewardship.

Recognising this responsibility the College launched a series of green initiatives integrating environmental action with nationalism, social awareness and student leadership.

The context became especially significant as the college participated in several events such as “Tiranga Yatra and Ek Ped Maa Ke Naam” which combined patriotism with ecological consciousness through mass plantation activities.

4. The Evidence of Practice

The college implemented multiple Green Initiative activities throughout the academic session. These included:

- 1) In alignment with its Green Initiative the college installed a 30 KW **Solar Power System** enabling complete reliance on clean energy and achieving a zero electricity bill every month.
- 2) Tree Plantation Drive organized on World Environment Day on 5 June 2024 with 30 students participating.

- 3) One-Week Tree Plantation Drive and Van Mahotsav Campaign held from 9–15 July 2024 with 60 participants.
- 4) “Har Ghar Tiranga” Awareness Campaign conducted from 12–15 August 2024 with 60 students.
- 5) Tree Plantation Programme “Ek Ped Maa Ke Naam” organized on 12 August 2024 with 30 students.
- 6) Independence Day celebration with Flag Hoisting and Tree Plantation on 15 August 2024 involving 35 students.
- 7) One-Day NSS Camp and Workshop held on 5 September 2024, including Extension Lecture on “Vidya and Paropkar”, Tree Plantation, Pledge on Environmental Protection, Cleanliness Drive with 85 participants.
- 8) “One Volunteer – One Tree” Plantation Drive and “Ek Ped Maa Ke Naam” event held on 17 September 2024 with 30 students.
- 9) NSS Day One-Day Camp held on 24 September 2024, including Tree Plantation, Extension Lecture on Role of NSS, National Level Online NSS Day Quiz, Cleanliness Drive with 88 + 264 students participating.
- 10) One-Day Educational Tour and Awareness Campaign on “Pollution-Free Environment and Plastic-Free Society” conducted on 12 October 2024 with 17 students.
- 11) Seven-Day NSS Special Camp organized from 1–7 January 2025 at Village Chandlana (Kaithal) including Oath on Environmental Conservation, Extension Lectures, Financial Literacy Speech Competition, Government Schemes Awareness, Cultural Activities and tree plantation with 53 participants each day.
- 12) Poster Making Competition on Tree Plantation, First Aid & Home Nursing Training, Blood Donation Awareness, and Extension Lecture on Women Empowerment organized on 3 January 2025 with 53 students.
- 13) Lecture on Cyber Security, Role of NSS in Viksit Bharat, Tree Plantation and Cultural Activities conducted on 7 January 2025 with 53 students.

6. Problems Encountered & Resources Required

Problems:

1. Scarcity of water during summers.
2. Difficulty in protecting saplings from stray cattle.
3. Need for more gardening staff for maintenance.
4. Some saplings required replacement due to poor survival rates.

Resources Needed:

1. More water outlets and hosepipes.
2. Fencing materials or tree guards.
3. Additional gardeners and NSS/YRC volunteers.
4. Budget allocation for saplings, manure, and maintenance tools.

7. The Overall Impact

The green initiatives achieved the following:

1. Significant increase in green cover across the college.
2. Improved ecological awareness and responsible behaviour among students.
3. High student participation in plantation and environment-related programs.
4. Survival rate of saplings increased due to active monitoring by NSS & YRC teams.
5. The Principal acknowledged the efforts and highlighted the impact of youth involvement on environmental conservation and nation-building.



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BABU ANANT RAM JANTA COLLEGE KAUL(KAITHAL)

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स्वच्छता ही सेवा 2024
17 सितम्बर - 2 अक्टूबर 2024

स्वभाव स्वच्छता, संस्कार स्वच्छता

NATIONAL SERVICE SCHEME
Organises

One Day Mega Swachhata Drive
On 27th Sep 2024

Ch. Tejvir Singh President	Dr. Rishi Pal Principal	Dr. Sonia Rani Convenor(NSS P.O)
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