

Mahatma Gandhi Govt. Arts and Science College Kharsia 2016-17

BEST PRACTICE (1)

DO PRACTICE BE PERFECT : SPORTS

Objectives of the Practice :

Women constitute more than 50% of the total student strength of the college. The majority of them come from drought and famine-ravaged rural areas, where miserable conditions of utter poverty, illiteracy, ill-health and superstition take hold of their lives. Thus they are doubly affected by the backwardness and discrimination. So, the college has resolved to take up the cause of sports as an opportunity also for the women students with the objectives of: -

- Mentoring women students also on sports
- Creating an environment through awareness programmes to enable the students to realize their full potential forgetting together for the sports, learning and solving their problems independently
- Arranging special sessions with the sports authorities and providing guidelines and more practices by professional sports personals for the best type of sports spirit.
- Involving sports officers and Government officials to enlighten the students on different opportunities regarding the sports quota job opportunities.
- Organizing discussions on sports opportunity to enable the students to realize the true essence of sports , thus leading to more equality and harmony in family and society.
- Development of vocational and technical skills among the sportsman students by providing special training to enable them to become more confident on various sports as their career.
- Extending financial assistance to the deserving poor women of disadvantaged sections to help acquire their needs for the sports essentials.

The Context :

- The students, in the beginning, were not enthusiastic to participate in the sports.
- Some parents vehemently opined that the awareness programmes defeated the very purpose of sending their wards to college.
- The Sports Officer and some senior players of Sports Department had to visit certain families and persuade the parents that all the training or the practice session were meant for the betterment and empowerment of their dear ones.
- Even some staff supporting the argument often opined that the change was difficult to be accepted as the ideas emanated from these seminars/workshops/discussions on sports motivation.
- Some parents even found fault with the college that their children were detained in the college beyond working hours for unconnected and counter productive programmes as sports.

The Practice:

to achieve the aim, the college established a Sports Cell with a senior teacher as incharge as its Coordinator and three other teachers as its members. All students interested in sports are eligible to take membership of the Cell irrespective of their status.

The Coordinator and the members of the cell meet twice a month and decide the conduct of practice sessions and also awareness sessions during leisure hours sensitizing to know why and how they are given subservient role in spite of their equal or even more abilities than their counterparts. They also draw an annual action plan for organizing various awareness programmes / practice sessions /workshops for the game and interactive sessions. The Principal along with the Coordinator monitors the implementation of the plan. The Coordinator and the members are responsible for the implementation of the programmes in consultation with other sports officers from various other institutes. The sports Cell is working for the motivation and practice sessions to be organised for the better competition abilities. The whole session torched on being a sportsman why, how and shouldn't we? Various benefits of being a sports man were provided. Sports and games are not mere physical activities alone. They play a more significant role in making the students confident, adaptable, alert, and happy but in most of the institutions, the games period is for relaxation. It is for breaking the humdrum of academic lessons. A sport as a career choice is still not a lucrative option for many in our country. We perform poorly in international sports events like the Olympics despite having a demographic advantage. It is not that we are not capable enough. We lack awareness, and our players don't get the required encouragement and support. So, let us now delve into the advantages of sports and games in life:

1.Physical benefits: Sports and games make you more fit. They make your muscles stronger and keep the bones, heart, and lungs in good condition. When you play sports regularly, you use up the fatty molecules. It implies that you have less chance of blood clotting and heart attack. Physical games are the natural healer for the obesity menace. At least now, we should make sports a mandatory part of the curriculum in schools and colleges. Once people enjoy playing, they may not go for exercise routines to decrease weight. Children who learn to play sports become active adults.

2. Sports make you a moral human being: Sports teach many life skills required for good conduct in society. When you play sports, you imbibe qualities such as honesty, teamwork, leadership, and strategic planning. These skills will be helpful in every walk of life. Children in sports learn to follow the rules and respect teammates and opponents. As adults, they will not readily resort to dubious and corrupt practices.

3. Sports help in enhancing your EQ: Players are not afraid of losing a game. Sports people can accept rejections and defeats better. Similarly, they do not get carried away by their victories. They understand that success and failure are both part of the game. Life becomes a lot easier when a similar thought process is applied to all aspects.

4. Sports can boost academics: Playing games increase concentration power. The more you practice, the higher the potential of your brain. You become good at decision making. You are ready to take up challenging subjects. Therefore, sports people can study faster and are good at solving logical and analytical problems. Moreover, sports teach you the value of time. Students who play sports do not waste their precious time in gossiping and fault-finding.

Evidence of Success:

The whole success story of the sports achievement is shown throughout the high achievements as shown in the list given below:

क्र.	दिनांक, विधा, आयोजन स्थल	प्रतिभागियों की संख्या एवं नाम
1	22.09.16, जिला स्तरीय बास्केटबाल महिला, खरसिया	10— सरोज, रूख्मणी, आरती, तारावती, प्रिया, रूकमणी, शकुंतला, कमलेश्वरी, गिरिजा, गोपिका
2	27.09.16, राज्य स्तरीय बास्केटबाल महिला, रायपुर	03— आरती, सरोज, प्रिया
3	01.10.16, जिला स्तरीय कबड्डी महिला, तमनार	10— गायत्री, सरोज, अनिता, कमलेश्वरी, तारावती, प्रेमा, गिरिजा, राजेश्वरी, रूक्मणी, प्रिया
4	07—08.10.16, राज्य स्तरीय कबड्डी महिला, रायपुर	03— गायत्री, प्रेमा, कमलेश्वरी
5	11.10.16, जिला स्तरीय कबड्डी पुरुष, घरघोड़ा	12— सुकलाल, दिनेश, अशोक, डमरूधर, लेखराम, दिलेश, उत्तम, सुभाष, अजय, पुष्पेन्द्र, दीपक, तरुण
6	17.10.16, जिला स्तरीय फूटबाल पुरुष, रायगढ़	12— मती किस्पोटा, अजयसिंह, रमेश, प्रेमकुमार, रामनाथ, केश्वर, उत्तम, डमरूधर, पुष्पेन्द्र, मनोज, सागर, लाजरूस
7	20.10.16, जिला स्तरीय व्हालीबाल पुरुष, रायगढ़	09— लाजरूस, भूजेन्द्र, शिवपाल, डमरूधर, मती, सागर, दिनेश, गंगाकुमार, उत्तम
8	27.10.16, राज्य स्तरीय व्हालीबाल पुरुष, कोरबा	01— भूजेन्द्र
9	14.11.16, राज्य स्तरीय कबड्डी पुरुष, धमतरी	01— सुकलाल
10	19.11.16, जिला स्तरीय क्रिकेट पुरुष, रायगढ़	16— सागर, मनोज चौहान, मनोज सिन्हा, लेखराम, राजेन्द्र, धनेश्वर, टिकेश्वर, दिगम्बर, शेख मोहम्मद, शिवपाल, सूरज, निर्मल, एवनकुमार, चंदन, दीपक, गोवर्धन
11	04.12.16, राज्य स्तरीय क्रिकेट पुरुष, बिलासपुर	01— मनोज चौहान
12	06.12.16, राज्य स्तरीय फूटबाल पुरुष, अंबिकापुर	01— मती किस्पोटा
13	10—11.12.16, जिला स्तरीय एथलेटिक्स महिला एवं पुरुष, खरसिया	29— गायत्री एवं अन्य, मनोज सिन्हा एवं अन्य
14	15—16.12.16, राज्य स्तरीय एथलेटिक्स महिला एवं पुरुष, महासमुंद	09— मनोज, राजकुमार, दीपक, अमरलाल, रविशंकर, दिनेश, गायत्री, सरोज, तारावती
15	04.01.17, जिला स्तरीय खो—खो महिला, खरसिया	12— गमलेश्वरी, कमलेश्वरी, अनिता, उनिता, कविता, पद्मा, गायत्री, गिरिजा, मंगलासो, अखिलेश, नमिता, गोपिका
16	09—10.01.17, राज्य स्तरीय खो—खो महिला, बलौदाबाजार	04— गमलेश्वरी, कमलेश्वरी, अनिता, गायत्री
17	14.01.17, जिला स्तरीय खो—खो पुरुष, धरमजयगढ़	12— सुभाषप्रसाद, रूपेन्द्र, अजय, राजकुमार, केश्वर, बंशीलाल, दिनेश, डमरूधर, पुष्पेन्द्र, दिलेश, दीपक, उत्तम
18	02—03.02.17, राज्य स्तरीय खो—खो पुरुष, बिलासपुर	06— रूपेन्द्र, सुभाष, अजय, केश्वर, राजकुमार, बंशीलाल
19	29—30.01.17, अन्तर विश्वविद्यालयीन खो—खो महिला,	02— कमलेश्वरी, अनिता

	बोलपुर (कोलकाता)	
20	24-28.02.17, अन्तर विश्वविद्यालयीन खो-खो पुरुष, मिदनापुर (कोलकाता)	02- रूपेन्द्र, सुभाषप्रसाद

Problems Encountered and Resources Required :

Being a government college every motivation or any benefit needed has to be through the long process of note sheet process and also the satisfaction. But the true motivation was done by the whole teaching staff with the availability of spoken words as the only financial benefit. But the true determination and confidence made the second year of making a practice possible for students.


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Mahatma Gandhi Govt. Arts and Science College Kharsia

2016-17

BEST PRACTICE (2)

ENHANCING THE EDUCATIONAL QUALITY OF THE LEARNERS OF MG COLLEGE KHARSIA.

Goal:

To Enhance the educational quality of the learners of MG college Kharsia.

Context:

The motto of the college is as being one of the biggest colleges of Raigarh area should that the boys and girls of the UG and PG of the institution. The total enrollment of the students in our UG and PG is 1515 in the year 2016-17. The career advancement through the competitive exams need attention and also the basic information to be in memorized in with the actual data. Our placement learners told us in the classes that they have the problem of memory feeding, and also lack in Communication skill. Thus the students of MSc and M.com. asked about the practical knowledge regarding the industry job. Thus the IQAC thought to have a memory power and writing techniques workshop and also to have a Employabilityenhancement through the communication skill workshop and also to have a Enhancement of educational quality and Career guidance workshop.

Practice:

EmployabilityEnhancement through the communication skill workshop:

The workshopwas organized on 07/12/2016. Students were given the messages to attend the workshop to erase the problem of communication in various situations especially in the interview field. Asst. Prof. Shailash Mishra Govt. College Patan was invited as a guest speaker on this occasion. He using both the languages hindi and English and also the dialect chhattishgarhi presented the whole dealing there to the learners and also replied to the queries of the students. More than 149 students and also the whole staff were present in the whole workshop.

Memory Power and writing techniques:

The workshop was organized on 07/01/2017. The speaker was Shri Krishna Shukla motivational speaker from OP Jindal Raigarh with specialization on as speaker in many Higher Secondary schools. He placed different gestures and also techniques in a way to maximize the brain power to get rid of forgetfulness in the time of examination. He focused much on yoga techniques and also displayed some zen use of technology.

Enhancement of educational quality and Career guidance:

This workshop was organized on 23/02/2016 with the theme of Enhancement of educational quality and Career guidance. The speakers were the B.K. Patel Principal Navagarh College and also Anita Panday assistant Professor Zoology KG College Raigarh. Prof.B.K. patel presented the subject wise emphasis and the aim and its use for the different criteria wise competitive exam. Prof. B.K. Patel presented the systematic career guidance on various competitive examinations one by one from the SI exam, PSC, Vyapam examinations and also how to go for the B.Ed. Entrance Exam. and several other exams. Prof. Anita Pandey also emphasized on the various job for Science faculty. The total strength of the students 79 attending from the college and the staff of 16.

Naac awareness and institutional preparation workshop:

This workshop was organized on 31/03/2017. The theme of the workshop was Naac awareness and institutional preparation. The speaker was Dr.D.K.Shrivastav Asst.Prof.Govt.E.Raghavendra Rao P.G.Science College Bilaspur. Prof.D.K.Shrivastav explained in detail about the preparation of AQAR as well as SSR. He thoroughly dealt with all the 7 criteria of SSR. 20 teaching and non teaching staff of the college and 45 students participated in the programme.

SKS Plant visit:

The scheduled plant visit was organized on 28/02/2017. The students of M.com. And M.Sc. Chemistry was scheduled for the plant visit. The fine morning one bus was sent by the industry to the institution for the scheduled plant visit. The students were taken to the whole plant visit especially the laboratory which fascinated the Msc students. All the students were given the helmets to wear as a safety measure. The science faculty learners were taken to the laboratory separately with the Science in-charge teacher. They viewed the whole process of the testing the coal and also the usability and insurability norms of any coal. Similarly the M.com. Students were taken to the Account section where the students saw the computerized sheets and also the various big amounts of data to be maintained by the staff. This visit really emphasized the learners to focus more on their subject and also they were given broader advice to have the better motivation on their next visit.


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