



CH. BANSI LAL GOVERNMENT COLLEGE FOR WOMEN

Tosham (Bhiwani)

Affiliated to CBLU Bhiwani Recognised u/s 2(f) of UGC Act

Ph. : 01253-297062

AISHE Code : C-28470

E-mail : chbansilalgcwtoham@gmail.com

Ref. No.

Dated

7.2 Best practice 1

1. Title of the Practice

We are following one of the best practices in the area of sports to fulfill the needs & aspirations of students as well as society with the Title as **“PLAY HIT STAY FIT”**.

2. Objectives:

To development of lifelong physical activities among student groups.

To recognize the every student hidden talent and inner potential.

To provide an environment for physical development of the students.

To provide opportunity to the student to showcase their talent in sports field.

To promote sportsmanship among students by organizing various sports activities

To provide a diverse range of opportunities for participation in sport and physical activity.

To promote linkage between college and communities.

To Develop physical talents to their maximum potential.

To Engage in competitive activities, while promoting sound health, safety, and physical fitness.

To develop trust and accept the responsibility that comes with earning trust from others.

To Create a positive rallying point for the college in order to help them develop team spirit and loyalty.

3. The contest:

The college realizes that sports achievements add valuable dimensions to our reputation and provide encouragement and support in the form of training facilities, allowances and cash awards. The efforts of the college are not limited to only outstanding sports achievers; it also promotes staff and student's interest in sports and physical fitness through yoga classes, intra-mural competitions and annual meet and athletics meet etc. But the coin has the other side too; keeping in view the talent we have in our students, the college has to face many challenges to facilitate the talent of our college. College with lots of potentials for female players but we are not in a position to provide special coaching, caring and other related facilities to female players. We are also lacking in special coach's for various games. Talent development in sport is achieved through years of preparation and



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requires constant interaction between personal and contextual resources. Accordingly, extensive research has been dedicated to understanding factors that contribute to sport performance. Not surprisingly, the relations established with social agents (i.e., coaches, peers/teammates, parents) can facilitate or impede the developmental process. Consequently, the development of athletes in the context of sport and performance psychology extends past the individual and is influenced by several factors that must be discussed.

4. The Practice:

Everyone knows that Sports give peace of mind that allows greater concentration. Sports acts as a great outlet for frustrations of any kind and sports education in this way is taken up on the war footing in higher education for the all-round development of the students which help them immensely in their lives ahead.

The college specially, the department of Physical Education realigned that now a days the system of education lays more stress on mental development of the students and completely rejects the physical activities. Consequently, "Annual Athletic Meet", "Selection Trials", "Intra-Mural Sports Competitions" and "Yoga & Meditation Classes" are organized regularly in a scheduled manner to overcome the burden of stress and for the overall development of the students.

5. Evidence of Success:

Some of the achievements during this tenure of 5 years is that Our College won "Silver Medal" in Junior National Wushu Championship & "Gold Medal" in all India inter university Championship. "Gold Medal" in All India university kick boxing championship and "Gold Medal" in all India inter university Wushu championship. "Silver Medal" in inter university Wushu championship & "Bronze Medal" in Senior National Wushu Championship. Besides above one of the player also won a "Bronze Medal" in All India inter university Karate Tournament. One Of the our college student won the "Silver Medal" in all India inter university Kick Boxing championship & "Bronze Medal" in all India inter university kick boxing championship.

6. Problems Encountered and Resources Required:

Every student need the appropriate guidance and counseling to recognize their inner potential, but they never get this type of facilities. The excellence in sports requires regular practice



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under the supervision of efficient coaches with adequate sports infrastructure but the college encountered the problems of indoor stadium & a sports hall etc. during the year. Consequently the players have to visit Stadium Tosham for regular practice. We are also lacking the facilities for basketball, hockey and other popular games which can provide a chance to our students to show their talent in this field at international level also. We are unable to provide them Boxing ring or other facilities to Boxers. So, the college is committed and working vigorously for building a rich sports infrastructure in the form of Boxing Ring, Indoor Stadium and construction of a separate sports hall in the college campus itself.

Sr.No	Name of the activity	Organizing Unit/Agency/Collaborating Agency	Teachers Coordinated	No. of Students
1.	10th Annual Athletic Meet	G. C. W. Tosham	55	121

The college organised two day's annual Athletic Meet on 11th and 12th November 2016 in which 121 students participated in various events. The function was inaugurated by Shushil Lega, Chairmen and Head of the department of Physical education, Ch Ranbir Singh Hooda University, Jind. 121 Students participated in various games and events. Bharti and Aarti were declared the best athlete of the Year in their respective category. The Prize Distribution Ceremony was performed by Sh. Rajesh Kumar Nafria, IRS, DUPTY COMMISSIONER, REVENUE, HISAR.



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Sr.No	Name of the activity	OrganizingUnit/Agency/Collaborating Agency	Teachers Coordinated	No. of Students
1.	11th Annual Athletic Meet 2017	G. C. W. Tosham	55	171

The college organised annual Athletic Meet on 18 November 2017. In which 171 students participated in in various events. Students participated in various games and events. Bharti and Aarti were declared the best athlete of the Year in their respective category. The Prize Distribution Ceremony was performed bye Wrestler Rammehar. All the students and staff showed their zest and zeal in all the events.



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Sr.No	Name of the activity	OrganizingUnit/Agency/Collaborating Agency	Teachers Coordinated	No. of Students
1.	12th Annual Athletic Meet	G. C. W. Tosham	55	171

The college organised two day annual Athletic Meet on 16th and 17th November 2018. In which 108 students participated in in various events. The function was inaugurated by Sh. Devraj Goyal , Sarpanch, Tosham. The Prize Distribution Ceremony was performed by Ravinder Kumar (HCS) S.D.M TOSHAM.



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7.2 Best practice 2

7.2.1 Title of the Practice- Innovation teaching methods

Objectives of the practice-



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Innovation in education encourages teachers and students to explore research and use all the tools to uncover something new. It involves a different way of looking at problems and solving them. Innovation improves education because it compels students to use a higher level of thinking to solve problems. The purpose of education is not just making a student literate but adds rational thinking knowledge ability and self sufficiency. Creativity can be developed and innovation benefits both students and teachers of ten continuously talk for an hour without knowing students response and feedback. The material presented is only based on lecturer notes and textbooks in traditional teaching methods. In traditional teaching methods there is insufficient interaction with students in the classroom. The following objectives of Innovative teaching are given below-

- To develop the abstract of rational thinking.
- To improve analysing skills.
- To develop a sense of quick decision making.
- To make students co-operative and team players.
- To give them long lasting impression of topics.
- To reduce the absenteeism and feeling of boredom and monotony in the class.

Contextual features of Innovative Teaching Methods:-

Innovative teaching methods could be a better complement to regular classroom teaching. Through classroom teaching cannot be overlooked whatever concepts are studied could be explain more easily with the help of Innovative teaching methods pertaining to the topic covered. In direction of bridging the gap b/w theory and practical and making graduates and post graduates more competitive new innovation teaching methods are more beneficial.

- Educational video stimulates (encourages) students to pay more attention during classes and enhance their learning abilities. Watching video helps students to create associations that help them in remember learning material.
- Social media allow students, teachers and parents keep in touch and inform each other about events or assignments.



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- Using computer assisted instruction helps improve students skills and solve study related problems in a group.
- Showing a movie related to the subject will throw a memorising effect about the subject in students minds and getting movie reviews done will enable the students to analyse a situation.
- Innovation in teaching methods is an effective approach to make positive change in students behaviour and attitude towards learning to improve their motivation and engagement.
- Innovative teaching methods will lead to a learning society in which creative and mental abilities of students will allow them to meet the goals of transformation and development.

EVIDENCE OF SUCCESS:-



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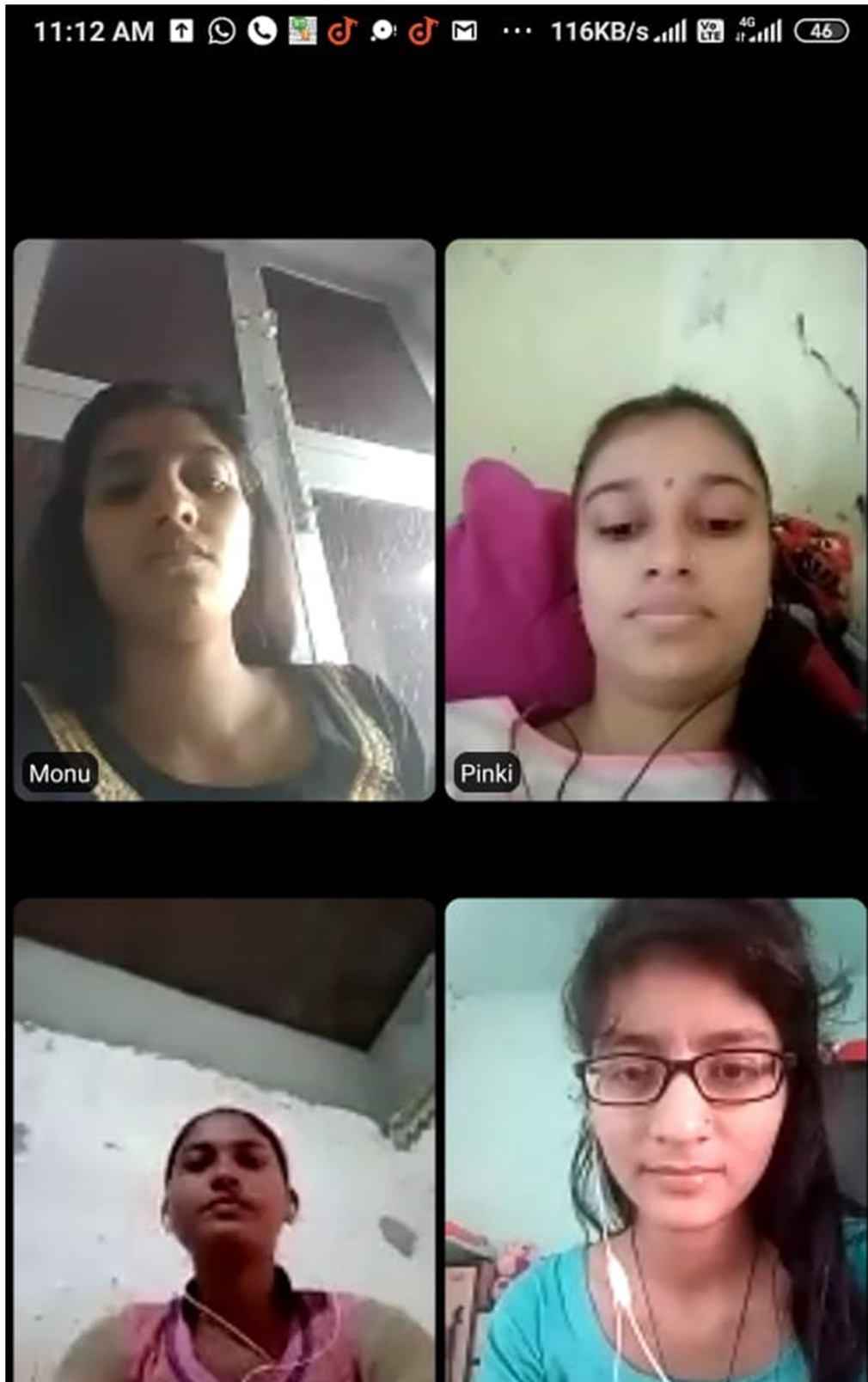
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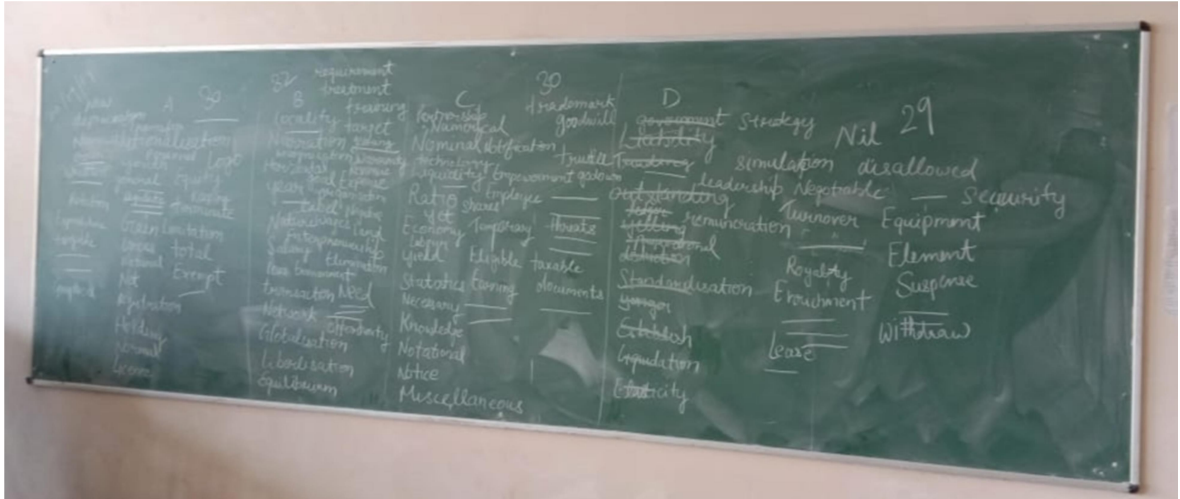
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Students taught by teacher using innovative methods give better results as compared to students taught with traditional method. The students taught by teacher using these methods have more clear concepts and they will be retained longer as compared to those taught with traditional method. Using innovative methods students attend the classes regularly and take interest in the class. It is more effective if students are made to perform rather than just asked to remember some information. In innovative methods course material is not limited to prepared lectures and textbook so students attend the classes with full excitement. In innovative focus is based on applied and real life knowledge which helps the students in getting employment. The positive responses of the students also show that new techniques are effective means of reinforcing the learning process particularly for those learners who are not getting benefited from traditional teaching methods.

REVIEW OF RESULT OF INNOVATION TEACHING METHODS:-

From discussion about result of these methods it is clear that implementation of these methods make the classroom experience much more lovable for the students. The combination of traditional and innovative teaching methods can help an educational institution stand at the top. Innovation teaching practice is only way to enhance the quality of our education. Innovation teaching method is a proactive approach to integrate new teaching strategies and methods into a classroom. Any method is innovation if it serves the attainment of core objective of teaching.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:-

Most of the students are not interested in innovative teaching methods because they have no awareness about these methods. Mostly students are from rural background so they face difficulty in learning through these methods. Also it is not possible to teach each topic through these methods because students cannot understand each topic through these methods. Some topics are also covered by practical work but students are not very interested in practical work. After teaching through these methods sometimes teachers receive no response from the students so teachers take less interest in teaching through these methods. Many of the challenges innovative teachers take less interest in teaching through these methods. Many of the challenges innovative teachers face result from current culture about teaching and learning in legal academy. For science students,



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teachers should use demonstration method but there is lack of equipments which are used in above teaching method for effective teaching. For effective teaching through these methods first of All teaching through these methods, first of all teachers should aware the students about benefits of learning through these methods. Teachers should use those methods which do not create boredom and monotony in the class. For effective teaching through these methods teachers should be also trained by different workshops, seminars conferences etc. so that they make their teaching process effective.

PRACTICE:-

Activity based learning encourages student to lean real life problems based on applied knowledge and keep the interest and understanding of students at its highest level. Different kind of works such as team project individual projects etc. are given by teachers of our college to the students. Some topic are also clarified by audio visual aids. We make education a learning process that generate interest in the students and motivate them to stay back in the college than to run away from it science integration suggest a new type of Interaction that requires the presence of an appropriate set of conditions both of theortical and practical nature. This integration is foundation for designing new educational content. The students are divided into some group and allowed them for deep discussion on the assigned topic for better understanding of the topic. Also sometime, we arrange interclass and intraclass quiz competition for making students more competitive. Some topics of some subjects are also taught with the help of power point presentation. Some topic of geography are also clarified by arranging survey like activities by our college. Some topic of science subjects are clarified by doing practical work in labs. Teachers use different teaching methods and approaches that allow students to be active participants with strong motivation and engagement to their own learning. Computational thinking is also used as an innovative teaching method. It is a powerful approach to thinking and problem solving. It involves breaking of large problems down into smaller ones recognising how these related to problems that have been solved in the past. Computational thinking can be taught as part of mathematics, science and art. Learning in our college are also enriched by experiences from everyday life. Learning are also depended by adding questions and knowledge from the classroom. Self Learning teaching method improves research skills and thinking



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ability of learners. Use of social media increases effective communication among the learners and helps in networking and preparing for employment. Inquiry based learning is also used as teaching strategy in the classroom because students learn best when they construct their own meaning. Project based learning develops deep learning capability required for success in college, career and life. Project based learning uses problem to engage students in critical thinking, problem solving and self management. These connects students and college with communities and the real world. Teachers also ask open ended questions from the students and students answers can lead to strong collaboration, exciting conversations as well as new ideas.