

## Ch. Bansi Lal Govt. College for Women, Tosham (Bhiwani)

### Best Practices - I

#### 1. Title of the Practice:

We are following one of the best practices in sports to fulfill the needs & aspirations of students and society with the Title "**PLAY HIT STAY FIT**".

#### 2. Objectives:

- 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 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 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 coaches for various games. **Talent development** in sport is achieved through years of preparation and 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 helps them immensely in their lives ahead. The college significantly, the Department of Physical Education, realigned that nowadays, the system lays more stress on students' mental development and completely rejects 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 kickboxing 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 the above, one of the players also won a "Bronze Medal" in the All India inter-university Karate Tournament. One Of our college students won the "Silver Medal" in all India inter-university Kick Boxing championships & "Bronze Medal" in all India inter-university kickboxing championships.

#### **6. Problems Encountered and Resources Required:**

Every student needs the appropriate guidance and counseling to recognize their inner potential, but they never get this type of facility. The excellence in sports requires regular practice under the supervision of efficient coaches with adequate sports infrastructure. Still, the college encountered the problems of an 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 allow our students to show their talent in this field at the international level. We are unable to provide them Boxing ring or other facilities for Boxers. So, the college is committed and working vigorously to build a rich sports infrastructure in the form of a **Boxing Ring, Indoor Stadium, and a separate sports hall in the college campus** itself.

### 8<sup>th</sup> Annual Athletic Meet:

The college organized **8<sup>th</sup> annual Athletic Meet** on 2<sup>nd</sup> and 3<sup>rd</sup> March 2015, in which 87 students participated in various events. The function was inaugurated by **D.P. Vats, Director Agroha Medical College, Hisar**. 87 Students participated in various games and events. The Prize Distribution Ceremony was performed by Devraj Goyal, Sarpanch, Tosham.



Sr. No.	Name of the Activity	Organizing Unit/Agency/Collaborating Agency	Teachers Coordinated	No. of Students
1.	8 <sup>th</sup> Annual Athletic Meet (2014-15)	G. C. W. Tosham	17	87

### 9<sup>th</sup> annual Athletic Meet:

The college organized **9<sup>th</sup> annual Athletic Meet** on 16-17 February, 2016. In which 91 students participated in various events. Students participated in various games and events. The Prize Distribution Ceremony was performed by Professor, **Santosh Sharma, Chairman, Physical education Department, M.D. University, Rohtak**. All the students and staff showed their zest and zeal in all the events.



Sr. No.	Name of the Activity	Organizing Unit/Agency/Collaborating Agency	Teachers Coordinated	No. of Students
1.	9 <sup>th</sup> Annual Athletic Meet (2015-16)	G. C. W. Tosham	19	91

### 10<sup>th</sup> Annual Athletic Meet:

The college organized 10<sup>th</sup> 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, Deputy Commissioner Revenue, Hisar.**

### 11<sup>th</sup> Annual Athletic Meet:

The college organized 11<sup>th</sup> 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 by **Wrestler Rammehar.** All the students and staff showed their zest and zeal in all the events.



Sr. No.	Name of the Activity	Organizing Unit/Agency/Collaborating Agency	Teachers Coordinated	No. of Students
1.	11 <sup>th</sup> Annual Athletic Meet (2017-18)	G. C. W. Tosham	25	171

### 12<sup>th</sup> Annual Athletic Meet:

The college organized **12<sup>th</sup> annual Athletic Meet** on 16<sup>th</sup> and 17<sup>th</sup> November 2018. In which 108 students participated 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.**



Sr. No.	Name of the Activity	Organizing Unit/Agency/Collaborating Agency	Teachers Coordinated	No. of Students
1.	12th Annual Athletic Meet (2018-19)	G. C. W. Tosham	35	171

### 13<sup>th</sup> Annual Athletic Meet:

The college organized **13<sup>th</sup> annual Athletic Meet** on 25<sup>th</sup> and 26<sup>th</sup> November 2019. In which 120 students participated in multiple events. The function was inaugurated by **Dr. Suresh Malik, Deputy Director Sports, C.B.L.U. Bhiwani.** The Prize Distribution Ceremony was performed by **Dr Sunita Yadav Principal Govt. College, Loharu, Bhiwani.**



Sr. No	Name of the Activity	Organizing Unit/Agency/Collaborating Agency	Teachers Coordinated	No. of Students
1.	13th Annual Athletic Meet (2019-20)	G. C. W. Tosham	45	190

## Best Practice - II

### **Title of the Practice- Innovative Teaching Methods**

#### **Objectives of the Practice:**

**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 to make a student literate and **add rational thinking, knowledgeability and self-sufficiency**. The material presented is only based on lecturer notes and textbooks in traditional teaching methods. In conventional 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 analyzing skills.
- To create 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 compliment to regular classroom teaching. Classroom teaching cannot be overlooked; whatever concepts are studied could be explained more easily with the help of Innovative teaching methods about the topic covered. In bridging the gap b/w theory and practical and making graduates and postgraduates more competitive, innovative teaching methods are more beneficial.

- **Educational video** stimulates (encourages) students to pay more attention during classes and enhance their learning abilities. Watching a video helps students to create associations that help them remember learning material.
- **Social media** allow students, teachers, and parents to keep in touch and inform each other about events or assignments.
- Using **computer-assisted instruction** helps improve student's skills and solve study-related problems in a group.

- **Showing a movie** related to the subject will throw a memorizing effect about the issue in students' minds. Getting movie reviews done will enable the students to analyze a situation.
- Innovation in teaching methods is a **practical approach to making a positive change** in students' behavior and attitude towards learning to improve their motivation and engagement.

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



### **Review of Result of Innovation Teaching Methods:**

From the discussion about the result of these methods, it is clear that implementing these methods makes 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

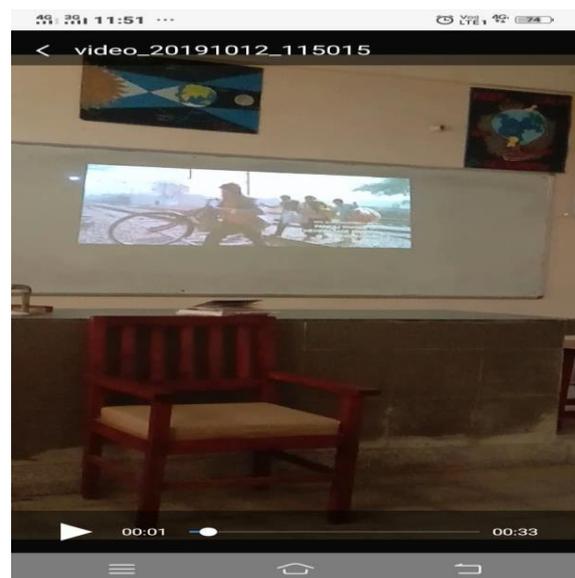
practice is the only way to enhance **the quality of our education**. The innovation teaching method is a proactive approach to integrate new teaching strategies and methods into a classroom. Any techniques are innovative if it serves the attainment of the core objective of teaching.

### **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 backgrounds**, so they face difficulty in learning through these methods. Also, it is impossible 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, teachers **sometimes receive no response from the students**, so teachers take less interest in teaching. Many of the challenges innovative teachers take less interest in teaching through these methods. Many of the challenges creative teachers face result from the current culture about teaching and learning in the legal academy. For science students, teachers **should use the demonstration method**, but there is **a lack of equipment** used in the above teaching method for effective teaching. For effective teaching, first of all, teachers should first know the students about the 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 the student to learn real-life problems based on applied knowledge and keep students' interest and understanding at its highest level. Teachers of our college give different kinds of works such as team project individual projects etc. to the students. **Audio visual aids** also clarify some topic. We make education a learning process that generates interest in the students



and motivates them to stay back in college instead of running away from it. **Science integration**

suggests a new type of Communication that requires the presence of an appropriate set of conditions both of theoretical and practical nature. This integration is the foundation for **designing new educational content**. The students are divided into some group and allowed them to discuss the assigned topic for better understanding of the topic.

Also, sometimes, we arrange **interclass and intra-class quiz competitions** for making students more competitive. Some topics of some subjects are also taught with the help of **power point presentation**. Some topic of geography is also clarified by arranging survey like activities by our college. Some topics of science subjects are explained 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 in their learning. **Computational thinking** is also used as an innovative teaching method. It is a powerful approach to thinking and problem-solving. It involves breaking significant problems down into smaller ones recognizing how these related to the past issues have been solved. Computational thinking can be taught as part of mathematics, science, and art. Learning in our college is also enriched by experiences from everyday life. Learning is also dependent on adding questions and knowledge from the classroom. Self Learning teaching method improves the research skills and thinking ability of learners. Social media's use increases effective communication among the learners and helps in networking and preparing for employment. **Inquiry-based learning** is also used as a teaching strategy in the classroom because students learn best when they construct their meaning. **Project-based learning** develops the deep learning capability required for success in college, career, and life. Project-based learning uses a problem to engage students in critical thinking, problem-solving, and self management. These connect students and college with communities and the real world. Teachers also ask **open-ended questions from the students**, and students answers, which can lead to strong collaboration, exciting conversations, and new ideas.