

G.K.S.M GOVERNMENT COLLEGE TANDA URMUR HOSHIARPUR

CRITERION VII – INSTITUTIONAL VALUES AND BEST PRACTICES

Session 2021-22

7.2.1 - Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.

Best Practice 1

OPEN GYM

Our Institution has an open gym in college which is a valuable and beneficial practice for students, staff as well as for the local community. Here are some reasons why an open gym can be considered a best practice:

1. **Promotes Physical Fitness:** An open gym provides students with a dedicated space to engage in physical exercise and promotes a healthy and active lifestyle. Regular exercise has numerous benefits, including improved physical health, stress reduction, increased energy levels, and better overall well-being.
2. **Enhances Mental Health:** Exercise is known to have positive effects on mental health. By having an open gym on campus, students have access to a resource that can help them manage stress, reduce anxiety, and improve their mood. Regular exercise has been shown to boost endorphins, which are known as "feel-good" hormones.
3. **Fosters a Sense of Community:** An open gym creates a gathering place for students with similar interests in fitness and sports. It can foster a sense of community, encouraging students to connect, collaborate, and support one another in their fitness journeys. This social aspect can contribute to a positive and inclusive campus environment.
4. **Provides Opportunities for Skill Development:** An open gym allows students to explore different sports and activities, providing opportunities for skill development. It can serve as a platform for students to try out new sports, improve their athletic abilities, and develop teamwork and leadership skills through participation in team sports or group activities.
5. **Supports Academic Success:** Research has shown a positive correlation between physical activity and academic performance. Regular exercise can enhance cognitive function, memory, and concentration, leading to improved academic success. By having an open gym, colleges can support students in achieving their academic goals.

Overall, having an open gym in college is a best practice that can contribute to the holistic development of students by promoting physical fitness, mental health, community engagement, skill development, academic success, and overall well-being.



Best Practice 2

Launch of new Vocational Certificate Courses

The following three Vocational Certificate Courses are being launched in collaboration with Jagat Guru Nanak Dev Punjab Open University, Patiala during 2022-23 to impart Vocational Education to college students.

1. Certificate Program in Office Automation and E- Governance.
2. Certificate Course in Mushroom Cultivation.
3. Certificate Course in Creative Writing and Content Development.

10+ 2 Pass students in any stream and degree holder students can also take admission in these courses. Students can take this course while pursuing their degree for a low fee.

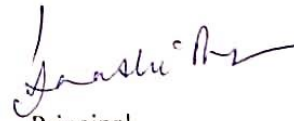
OFFICE OF THE PRINCIPAL G.K.S.M.GOV'T, COLLEGE TANDA URMAR (HSP)

Number: 6160

Date: 17-02-2022

These courses under Jagat Guru Nanak Dev State Open University are being started in the college. The following teachers are put on duty for these courses:-

- | | | |
|---|------------------|--------------------|
| 1. Dr. Shashi Bala | Coordinator | |
| 2. Prof. Parvinder Kaur | Teacher Incharge | |
| 3. Faculty | | |
| 1. Creative Writing & Content Development | | Prof. Deepak Kapur |
| 2. Office Automations E-governance | | Prof. Vinay Kumar |
| 3. Mushroom Cultivation | | Prof. Jasmine |


Principal,
G.K.S.M. Govt College
Tanda Urmar (HSP)