



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

Our College has tried to successfully implement Best Practices as follows:-

BEST PRACTICE -1

1. **TITLE OF PRACTICE:-** Empowering Youth through Sports, NCC and Co-Curricular Activities

2. **OBJECTIVE OF THE PRACTICE:-**

- To teach discipline and leadership skills
- To instill sportsmanship
- To make physically fit and mentally alert
- To create the spirit of patriotism and national responsibility
- To develop self esteem and self confidence.

3. **THE CONTEXT:-**

Sports and NCC have proven to be the activities which must be an integral part of a student's academic life, as these are committed to provide a student with a disciplined life, fit body, alert mind and make him a responsible citizen who can help in building a strong nation.

4. **THE PRACTICE:-** Our college has always given top priority to promoting physical and mental well being of our students and the college being situated in rural belt, most of the students come from villages, who are naturally blessed with robust physique and their bent of mind is also oriented towards physical activities. Thus, efforts are made for their grooming towards physical activities by involving students in sports and NCC activities.



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Shining department of physical education is our pride. College has a vast a vast campus of 43 acres supported with Majestic Stadium, Amamoth playground with a 400 mt standard track for athletes and facilities for games like volleyball, badminton, football, cricket, gatka and boxing. We have an Indoor as well as outdoor gym. It is pertinent to mention here, that proposal for 400 mt synthetic track as per international standards has been approved by Higher Education Department. The college is fortunate in having access to the voluntary and free service of competent coaches, who train our sports persons due to their love for the institution. There is a strong connection between Yoga practices, physical mental fitness and stress-free life. Our institution took initiative to involve the students in various meditation sessions and celebration of International Yoga Day regularly. Yoga plays important role in reducing stress, adding confidence, enhancing concentration, self control, improves memory, metabolism and body posture. NCC unit of our college has always remains our pride, since its inception in the year 1966. The college is running a coy of 2 PUNJAB Bn NCC with enrolment of 110 cadets. In consonance with its mission for the holistic development of its students the teaching faculty remains active in engaging students in various extra and co-curricular activates

5. EVIDENCE OF SUCCESS

Our playgrounds have produced sports persons, who have brought laurels to their alma mater by winning awards at Inter College, university, state and national levels in athletics, boxing, gatka, karate, weight lifting etc.

KARATE: Sudha of B.Com won gold medal at international level in 2018

WEIGHT LIFTING: Balkaran Singh and Pushap Bhardwaj won gold medal in 2018

WUSHU: Kisan Bahadur won silver in state level

GATKA: Jaspreet Singh, Harjot Singh and Manjit Singh won gold in state level in 2019



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SHOOTING: Ankita won position in North Zone Shooting Championship

CROSS COUNTRY: Akash, Lakshdeep and others won bronze in 2021 at state level

TAEKWONDO: Sonia won Gold medal in National Level in 2021

ATHLETICS: Lakshdeep Singh won silver medal in 5000 mts and 10000 mts in 2022 in state level, Taranpreet won gold in 400 mts and 800 mts

STEEPLE CHASE: Ajar won silver medal in 3000mts Steeple Chase state level

NCC

- Our Cadets namely Harpreet Kaur and Om Kumar hold the honor of participating in Republic Day Camps and Parade at New Delhi during the last two sessions
- Participation of our Cadets in Army Attachment Camps, advance leadership camp, special national integration camp, ek bharaat shresht bharaat camp and combined annual training camps has remained regular feature through.
- Our UO Kirandeep Kaur was awarded for being the best cadet in the inter Coy competition.
- Every year our cadets pass their exams to receive 'B' certificate and 'C' certificates.

EXTRA and CO-CURRICULAR

Every Year our students outshine others at Zonal and Inter- Zonal Youth and Heritage Festivals during their performances in events like Gidha, Bhangra, Traditional Songs, Craft Items, Light and classical Music, Percussion , Non- percussion, fine Arts.

BEST PRACTICE -2

1. **TITLE OF PRACTICE:- IMANDARI DI DUKAN (HONESTY SHOP)**
2. **OBJECTIVE OF THE PRACTICE:-**



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Inculcating human values and producing responsible citizens.

3. THE PRACTICE:-

The Honesty shop was inaugurated under the gracious presence of Naib Tehsildar Manjeet Singh and DSP Gurpreet Singh Gill in GKSM College Tanda Campus on 3 August 2018 with the aim to provide valuable lessons of truthfulness, integrity straight forwardness of conduct...Faculty members and students collaboratively manage the working of this shop. The shop stocks a wide range of necessary stationery items like pen, pencils, papers, registers, chart papers, Colors paints, etc and nobody is there to supervise. The students learn the importance of honesty by allowing them to buy and pay through honest system .They drop their payment into the cash box placed at the centre without anyone to monitor. The shop is based on no profit motive objective .The honesty shop is to provide students a chance to experience the virtue of honest .This practice proves to be very successful since 2018 and the students participated in this practice very positively.

S.No	Link	Description
1.	Best Practice Details	Sports , NCC and Co- curricular Activities Achievements.