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Ref.No: RMPC /

Date :

7.2 Best practices:- 2019-2020

7.2.1 Describe at least two institutional best practices Upload details of two best practices successfully implemented by the Institution.

1. Title of the Practice : Training students of Music department to participate in programmes and competitions

Objectives: To equip students with the latest skills in the field of music; Students seeking education in nonprofessional courses such as Arts should have placement opportunities in the field of music and entertainment; To provide a platform to the rural students. ; To build self confidence and self esteem.

The Context : The institution is situated in rural area and offers non professional programs.

Majority of students come from poor and deprived background. Getting a degree is primarily believed to be a guaranty of earning. Lack of awareness towards career opportunities is a big challenge. Poor academic background is yet another challenge and obstacle in securing jobs. Students look at the institution as a primary source that can open up doors to opportunities with a strong belief.

Consequently the institution must come up with a formalism that would pave way to student placements. Rural students in general have interest and great talent in music.

Hence the institution has been training the students since last 15 years.

2. Best practice:

Title of the Practice : Physical Training for Entry in Defence and Police Services 2. **Objectives :** Students seeking education in nonprofessional courses such as Arts should have placement opportunities .So the Sports department is very active to train and promote the students for building their career in various fields of life. To serve national cause of internal and external security.

To provide a platform to the rural students. To induce habits of physical fitness. To ensure Gender Equity. To build self confidence and self esteem.

Optimum use of on campus physical facilities.

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The Context :

The institution is situated in rural area and offers non professional programs.

Majority of students come from poor and deprived background. Getting a degrees primarily believed to be a guaranty of earning. Lack of awareness towards career opportunities is a big challenge. Poor academic background is yet another challenge and obstacle in securing jobs. Our nation is facing internals well as external threats. Students look at the institution as a primary

source that can open up doors to opportunities with a strong belief. Today' situation is far beyond the word competition. Consequently the institution must come up with a formalism that would pave way to student placements. Rural students, in general, have good physical fitness.

Hence the institution has been continuing this practice since last 15 years.

Selection of students in security forces would definitely serve National cause and ensure Gender Equity as well.

4. The Practice :

The Physical Training given includes: Running (Short and Sprint), Shot put, Long Jump, Pull-ups including walking in place of pull-ups for women students. These are the main components during selection trials.

Supplementary Exercise as warm-up: Shuttle run, sprints, hurdles run, deeps, stepping, skipping and Surya Namesakes. In addition these cadets also avail the Gym facility.

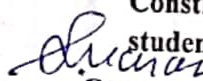
Available Physical Facilities: The ground, the skipping ropes, shot put, hurdles, time watches, measurement tapes and other allied material.

Role of Physical Education Director:

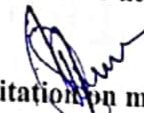
The Director trains, Monitors and organizes practice sessions of the cadets. Being in charge of the Department, he looks after the requirements and provision of appropriate facility. He plans the training sessions in the morning as well as evening hours so that routine of college activity does not suffer. The two sessions provide flexibility to participate as per the convenience of the aspirants.

Information of Selection Trials: The department keeps a track of selection trials at regional, state and national levels and informs the cadets of the same.

Constraints/Limitations: The Department has single faculty that puts alimitation on maximum number of students that could be accommodated.


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