

TWO BEST PRACTICES OF CHHOTU RAM ARYA COLLEGE, SONEPAT

Introduction:

The institute is proud to claim that two best practices of Chhotu Ram Arya College are Co-curricular activities i.e. the promotion of sports and cultural activities. Co-curricular activity is a catalyst to fuel learning by inspiring creative acumen, improvising social and organizational skills, developing interests and talents, and offering the chance to do something one enjoys while learning. These activities metamorphosis the personality of the students in a very positive way. In college staff members and students have been encouraged to take an active part in Sports and Cultural activities because sports make a healthy body and a healthy body makes a healthy mind. On the other hand cultural activities give confidence and remove stage fear. Sports and Cultural activities have opened new avenues for participants, as Haryana Govt. has launched various schemes for outstanding sportspersons and cultural activities participants in cultural programs in the shape of Weightage of marks and reservation of seats in Class-I, Class II, Class III, and Class-IV cadre. Co-curricular activities furtherance the removal of discrimination on the basis of caste, class and gender in society and institutions as well. The institution has the practice to involve one and all without any consideration of category of students. The selection and participation of students is solely on the basis of merits and potential of students. To empower girl students, the authorities invite the parents of the girls' students and convince them of the relevance of co-curricular

activities. These two Co-curricular activities are part of the diversified sets of measures taken by the institution to keep pace with the fast-changing scenario of teaching and learning.

Introduction of the two best practices of our institution:

The education system should not be restricted to academics only. For the overall development of the students, co-curricular and extracurricular activities should be involved. To support this venture, apart from community services the college focuses on sports and cultural activities. Our college has earmarked an amount of Rs 8,00,000.00 (Rupees Eight Lac) for promoting the sports activities in the college. A full fledged Sports Department is set up to promote sports among faculty and students by providing funding and by framing policies conducive to promotion of sports activities. To encourage sports among the students, efforts are made at the grassroots level. The dedicated staff of the college has set up a Multi-tier system to promote sports in the college.

In the same way a full fledged department is set-up to promote cultural activities involving maximum number of students and faculty members. The College provides fund of approx Rs 7,00,000 (Rupees Seven Lac) to organize these activities annually. The experienced staff members and instructors provide efficient policies which are conducive to promote cultural activities on different levels. Thus Chhotu Ram Arya College believes in imparting education to students in a holistic and friendly manner that favorably have a direct bearing on society and reinforces the Aryan ideology of the institution in creating young men and women beaming with concern for the

vulnerable sections of society.

TWO BEST PRACTICES

1) Title of the Practices:

a) Sports Activities

b) Cultural Activities

2) Introduction:

a) Sports:

The Sports Department is functional to promote sports among students and faculty by providing the required facilities both infrastructural and instructional. There is also a provision of financial assistance for the sportspersons to undertake their specific sports. Our College has a rich history of producing renowned sports person who have been holding prestigious position in Govt. Jobs.

b) Cultural Activities

The Cultural Committee remains functional throughout the session to encourage the students to take part in cultural activities. The committee members are entrusted with the task to provide the required facilities both infrastructural and instructional to the participants. There is also a provision of financial assistance for the participants to take part in various activities.

3) Objectives of the Sports and Cultural Practices:

A) To enhance overall development of one's personality.

B) To bring out the hidden talent of students and staff members as

well.

- C) To provide environment conducive to create feeling of responsibility comradeship and teamwork.
- D) To bring laurels to the institute.
- E) To assist students to get jobs in different areas.

4) The initiative taken by the College:

Student Motivation Forum

To motivate students to take part in co-curricular and enumerate all the benefits of co-curricular activities as a profession or as a discipline. In the very beginning of the session students have been acquainted with the facilities which are provided by the college.

- To inspire the undergraduate students in the first semester and transform them into able sportspersons and dedicated students.
- To invite professional of high repute to train participants.
- To encourage participation on National and International level.
- To constitute a special team for the girls' students.
- To take measures for the safety of girl students.
- To organize lectures and workshops for sports and cultural activities.
- To organize annual sports meet.

- To encourage participants with medals and cash prizes on annual function day.

Faculty Motivation Forum

To strengthen and promote co-curricular activities, staff members have voluntarily adopted a game or event where they chalk out the plan for the promotion of their respective games or events. They are entrusted with the task to prepare the blueprint of their activities which they will follow during the session.

5) The Context

The education system in the country has been afflicted, for far too long, with obsolete methods restricted to books. There was a need to eradicate the stigma of being a bookworm to a student with the help of more practical learning for the all round development of students. We aim to inculcate culture of sports and stage performance among faculty and students to make them the best fit in society.

6) The Details of Practices

a) Sports:

Sports have been taken as a discipline to facilitate professional excellence in our institution. To promote and make sports facilities available to each and every student of the college, a Multi-tier system is adopted in the college.

1. **Kindergarten:** At this level, students are motivated to come to the playground/field and devote some time to sports. Here, the students on the field are candidly observed by our highly trained

and technically advanced faculty members. They make their observations on the caliber and physical fitness of all the students on the fields.

2. **Nursery:** Based on the observations of the faculty members, the students are allotted different games and sent to the nurseries of different games for further training and practice. The sports nurseries are run by the college some in collaboration with the Sports Department, Govt. of Haryana, some are in collaboration with Sports Authority of India, and some are run by Prominent Sports persons.
3. **Club:** Selected sportspersons are divided into different groups and competitions are conducted among the different clubs at regular intervals of time.
4. **Selection:** Just after the announcement of the Sports Calendar by the University, open trials are organized by the college of almost all the games that appear in the University Sports List. Double the number of scheduled strengths of the game are shortlisted for the final selection of the team.
5. **Participation:** After, final trial, the college team is announced, and they take part at various levels:
 - a) Inter College Competition
 - b) Inter-university Zonal Competition
 - c) Inter-university National Competition
 - d) World University Competitions

b) Cultural:

Cultural activities are invaluable and beneficial in their own right. Participation in cultural activities also gives young people the chance to develop important life skills such as creativity, confidence, self-discipline, effective communication, and the ability to work in teams. These activities are used to be organized on different levels:

- a. Talent Search Programme
- b. Intra-college Competition
- c. Inter-College Zonal Youth Festival
- d. Inter-zonal Youth Festival
- e. North Zone Interuniversity Youth Festival (UNIFEST)
- f. Interuniversity National Youth Festival (UNIFEST)
- g. South Asian University Festival (SAUFEST)

7. Support: Faculty

1. **Moral:** Our dedicated staff is available round the clock to the students who want to take part in sports and cultural activities. They serve as the polar star for aspiring participants.

a) Sports

1. **Infrastructural:** Our College has all the facilities which are required for track and field events. There is a huge ground for football, basketball, handball, volleyball, korfbal, hockey,

kho-kho and kabaddi. 400m track is also available in institute.

2. **Financial:** An amount of Rs 8,00,000 (Rupees Eight Lac) is earmarked for promotion and organization of sports activities in the College.
3. **Logistic:** With the help of the head of the institute, the incharges of sports department and other staff members, the College provides comprehensive plan and appropriate arrangements to make any sports event successful.

b) Cultural

1. **Infrastructural:** College has one auditorium and one large room specially earmarked for this activity and other facilities which are available to each and every student of the college without any discrimination on caste, class, and creed. These facilities are available throughout the year.
2. **Financial:** An amount of Rs. 7,00,000.00 (Rupees Seven Lakh) is earmarked for the development of the cultural activities in the college.
3. **Logistic:** The function of this feature is to provide practical organization and detailed arrangements needed to make a comprehensive plan, involving a lot of people and equipment, successful. There is 7R's concept of logistics: Giving the Right Advice, to the Right gentry, in the Right direction, at the Right place, at the Right time, to the Right person, with the Right financial support.

8) Evidence of Success

The evidence of success of this activity is evident from the level of achievement, with which our students have brought laurels to the college, community, and state.

i) Sports: Our college participates in 32 sports events every year both indoor as well as track & field events. For the last ten years, our college is runner-up in the 'Best College' category out of more than 800 colleges affiliated to Maharshi Dayanand University, Rohtak. Our sportspersons have represented Maharshi Dayanand University in Interuniversity Sports Competitions and World University Competition and secured top positions in various events. Our students have also represented India in Olympic, Asian, and Commonwealth Games.

ii) Cultural Activities: Our college participates in 41 items of different categories viz. Dance, Music, Theatre, Fine Arts, and Literary Sections events every year. For the last Fifteen years, our college is a champion in Group Folk Dance, Folk orchestra, Folk Food, and One Act Play out of more than 800 colleges affiliated to Maharshi Dayanand University, Rohtak. Our Cultural team has represented Maharshi Dayanand University in Interuniversity Youth Festival several times and secured top positions in Folk Dance, Folk Orchestra events. On the basis of our performance at the National Youth Festival, our college has represented India in SAUFEST (South Asian Universities Festival) at BRAC University, Dhaka (Bangladesh), Kurukshetra University (India), Devi Ahilya Vishwavidyalaya, Indore (India), etc. and adjudged as the 'Best

Performer' of the Fest. Our team has been participating in Phagun Mela organized by M D U Rohtak and Ratnawali by K U Kurushetra.

9) Problems Encountered

a) Sports Activities

In these activities, there were several problems but under the able guidance of the faculty members, these challenges and hurdles were addressed and resolved well in time. When our college begins the selection trial of various games the numbers of participants are either too large or small. In case of larger participation, it becomes very difficult to hold the trials, because every player cannot be selected. So there is fear of discouragement among the unselected players. To motivate them and to encourage them to stay in the arena of sports is quite challenging. Some students and parents were also apprehensive about security and other technical issues, which was initially a concern. But after detailed deliberation, explanations, and clarifications on the benefits of sports and cultural events, they somehow were convinced and agreed to participate in the events.

b) Cultural Activities

In Cultural activities, to Mobilize the entire College to involve in these activities is an uphill task. The biggest challenge was to train those students who were very enthusiastic to participate but without any knowledge or practice of the item such as dance or playing musical instruments. Amid hectic regular academic schedules, to find out time for co-curricular and extra-curricular activities has also posed a great challenge, but our firm determination and commitment to our contribution to nation-building is a booster to accomplish all

these activities without any hassle and hurdle. At time it was difficult to maintain and provide all the resources whether financial as well as infrastructural required for this programme like logistics, boarding & lodging, food, first-aid, stationery, and other materials.

10) The resources involved in sports and cultural activities are:

- a) Human Resources:** 2 DPE, 3 ground men and one clerk have been sharing the responsibility of sports department. 8 Staff members (3 Teaching, 6 non-teaching) are exclusively given responsibility for the smooth conduct and coordination of Cultural programme. Professional trainers and instructors.
- b) Infrastructure:** Sports office and Cultural Club are housed in two separate rooms in the main building of the college.
- c) Financial Resources:** Camps and programs are funded by the college. Every year Rs. 8,00,000/- is spent on Sports activities and Approx. 7,00,000.00 are spent on Cultural Activities excluding financial assistance to participants.

Photo Gallery (Sports Activities)





Photo Gallery (Cultural Activities)



Participation in SAUFEST organized by BRAC University, Dhaka (Bangladesh)

