



DR. BHUPENDRA NATH DUTTA SMRITI MAHAVIDYALAYA

Best Practices 2019 - 2020

Best Practice 1

Title of the Practice: Emphasis on Physical Education and Participation in Sports Activities

Context:

Swami Vivekananda affirms that playing football helps one to be closer to God than reading Bhagavat Gita. The Tradition of Patanjali Yoga dates back to millions of years before where the Indian tradition emphasises on a “Nirog” (fit) body as a prior need for Moksha, the actual fulfilment of the goal of Human Life. Both the Indian Tradition and the Western tradition have emphasised the necessity of Physical fitness as the platform on which the intellectual super structure may rest. The western saying “A sound mind in a sound body is an old saying” Or the History of Olympic Games testifies it. Holistic development of the students comprises the development of both intellectual and physical plane. In this context the institution has introduced a new curriculum of Physical Education in the academic session 2007-2008.

The Objectives:

1. to open new opportunities for students through this curriculum
2. to promote the students from socially backward classes to institutional, district regional national level sports and games.
3. to build confidence among the students from marginalised sections so as to compete at all levels.
4. to make students competent to find jobs through sports reservations at Government level jobs

The Practice:

Physical Education is part of the BA General Programme. Teachers and students are deeply involved in both in both theoretical and practical classes. Class hours for this department starts from 9 am when students are off to the field for their practical classes. Students are trained to participate in tournaments at various levels with full confidence. The college has realised the scope of better development of its academic environment through the development of this department and has purchased Laboratory and sports equipment worth Rs. 2500000 from RUSA fund with the vision of upgrading it to the Honours level.

Evidence of Success:

The hard labour of the students and the teachers have borne better fruits than the previous years. Thirteen players have distinguished themselves by winning medals at different levels in the present academic session.

Kho-kho: The college teams are Burdwan University Inter-college Champion in both the Men's category and Women's category. The women's team moved ahead to become champion in Bardhaman District Inter College Kho-Kho Tournament.

Football: The college football team made its best performance in the present academic session. It was the Champion of Bardhaman District Inter College Football Championship. But the most remarkable occasion is when the college team emerged as the **NATIONAL CHAMPION** in **Reliance Cup** organized by **Reliance Youth Foundation**. The journey was a remarkable one. At first, the team excelled from the Asansol Zone to enter state level competition. There the boys defeated Charu Chandra College to represent East Zone in the match held at Bhubaneswar. They defeated the State Champions of Manipur, Jharkhand and Odisha to qualify for the finals held at Mumbai. Finally, the team defeated Shillong College to bring Home the trophy and the honour of being **NATIONAL CHAMPIONS** in the category of undergraduate College (Boys). At the final level, Kastur Das achieved the **GOLDEN Glove** for best goal keeping throughout the tournament.

Five players have distinguished themselves Arjun Mahato, Subhas Kora, Suvendu Mandi, Tanmoy Das and Suman Dutta to be a part of the university team on different occasions.



Problems Encountered and Resources Required:

Being located in a rural area dominated by marginalised ones the dream of representing the institution and winning a space is itself a great challenge indeed. The most inevitable problem faced by the institution is that the students come from impoverished families who do not get the amenities that a player is entitled to for better performance. Another major problem is the lack of faculty strength.

The major resources utilised is college fund, however a great deal of upgradation has been possible out of RUSA fund. More Funding from various sources may further equip the players.

Best Practice 2

Title of the Practice: Constitution Day Celebration

Context:

The constitution of a country is not limited to a dull erudition legal periphery, it has a practical aspect as well— which constantly makes the constitution relevant to its citizens and India is no exception. In fact, to live in a society we all have to abide by certain restrictions. The source of these restrictions or rules is the different types of laws introduced at different times and the constitution of the country. In addition to legal protections, the Constitution also embodies the idea of liberating people from the shackles of social practices or prejudices that make conventional reforms. And since student-youth is the foundation of nation building, it is really important to make them aware of the constitution so that through that knowledge along with themselves they can help the society as well.

The Objective :

1. To bring awareness on the importance of the Indian Constitution.
2. To create interest among the students about the Indian Constitution.
3. To inform the students about the concept of ethics and values in the Indian Constitution.
4. Encourage students to do their part to strengthen Indian democracy.

The Practice:



With this objective in mind, Dr. Bhupendra Nath Dutta Smriti Mahavidyalaya organized a state level seminar with the collaboration of NSS college unit on 26th November 2019; in which eminent Professor Apurba Kumar Mukherjee was the keynote speaker along with others. Professor Mukherjee, keeping in mind his long experience as an educator, presented an outline of the Indian Constitution with lucid expression to the audience. In this context, he also provided valuable insights into various legal debates that have arisen in contemporary Indian society.

Evidence of Success:

In the Q&A session, Dr. Mukherjee faced a lot of questions from the students which proved that we were able to fulfil our purpose to a great extent. The rest of the audience also shared and cleared their doubts with the keynote speaker. We have been able to grow a Mind-set among the students that, 'this is a day to express gratitude to the makers of our Constitution and to reiterate our commitment to building the India of their dreams'. In fact it creates an opportunity for students to expand their knowledge of the Constitution, which will affect both our future history and our lives.

Problems Encountered:

Although we were aware about the fact that a day's awareness programme is not adequate on this issue. Therefore, to solve this issue, quiz programs on constitution have been organized among the students at different times.

Ashish
28.05.2022
Principal
Dr. Bhupendra Nath Dutta
Smriti Mahavidyalaya
Hajobindapur, Fuliawan