



DR. BHUPENDRA NATH DUTTA SMRITI MAHAVIDYALAYA

Affiliated to the University of Burdwan

**Best Practice : 2017-2018**

**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



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**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.

- i. **Handball:** Suman Basu, Bikram Pal and Piya Gupta have played for the mother university in Inter-university championship (East Zone). Suman Basu has even moved up to play Federation Cup (Senior National level) and All India Inter- University Handball Tournament.
- ii. **Kho-Kho:** Sk.Suman has been selected for University team in All India Inter-University championship
- iii. **Yoga:** Vivekananda Pal and Chiranjit Mal have participated in National Yoga championship and have secured **second position and seventh position** respectively. the duo along with Kaustav Das have



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Affiliated to the University of Burdwan participated in All West Bengal Yoga Competition as a group and secured **winner's** position.

- iv. **Football:** Intra-district **champion** (Bardhaman), held at Chandrapur college. **State Runner's up** in All West Bengal College Championship. **Semi-finalist** in Inter-college Football championship (The University of Burdwan)
- v. **Athletics:** Piya Gupta and Sk Suman, both, are District Champions in 200mts and 400mts each.

### 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.



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### Best Practice

#### 2. Title of the Practice: Women Empowerment and Harassment

##### Free institution

##### **Context:**

The reformers of the Renaissance have emphasised the need for female education as the road to emancipation. “*Ya vidya ya bimuktaya*” upholds the Indian ethos of education. It is only with formal education and empowerment that women who constitute half of the society can shape their future on their own terms. The issue of Women empowerment has been the focus of Governments since independence. However, the ironical situation is that even standing in the 21<sup>st</sup> century, the elected Governments have to formulate laws to fight against violence perpetrated on women like child marriage, dowry deaths, honour killing, acid attack, rape molestation and other form of physical and mental harassment. Governmental efforts and policies like “*Beti Bachao beti padao*”, *Kanyashree*, *Rupashree* all underscore the need of female education. Women have always relegated in the society and women from the socially and economically backward positions are doubly marginalised in Indian society. Our college situated in the rural area has female students from both the nearby town and the surrounding villages thus becoming a mixed bag.





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**The Objectives:**

1. the primary objective is creating a sustainable society.
2. to assure greater enrolment of girl students in higher education.
3. to ensure proper disbursement of governmental funds for girl students
4. to maintain create scope for employability among girl students
5. to create awareness of women rights among all the students
6. to offer harassment free ambience to girl students and female employees.

**The Practice:**

Being a coeducational college the students irrespective of their sex get admitted on the basis of their merit. However, the college monitors the position of its girl students since their admission. It has been the practice of the college to keep a record of number of Girl students admitted along with their category. Similar records are maintained regarding their results. the college publishes a handbook on Code of Conduct where rules are framed which ensure harassment free campus. it is clearly stated that all Staff members must refrain from any form of unlawful discrimination relating to gender/sexuality/age/marital status in their behaviour towards their colleagues, teaching staff and students. All members of the staff shall refrain from verbal, non-verbal and/or physical misconduct of a sexual nature in their interactions with students, other college staff, and visitors at the college. The college has a zero-tolerance policy towards sexual harassment. the college tries to arrange workshops for creating scope of employability.



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**Evidence of Success:**

The issue of women empowerment is a continuous process which bears fruits over the years. However following milestones have been achieved in the current year

1. the office record shows that in the current academic session 47.9% were girl students. the percentage of girl students graduated from this institution is 52.71%.
2. the college can set example of women leadership in a coeducational institution. there are 15 Honours programmes in this college of which 11 are headed by female teachers. other portfolios asserting leadership like representation in the College administration and IQAC coordinator is also held by female teachers.
3. the college has organised a seminar on women empowerment on 20/09/2017
4. the college has set up ICC abiding the UGC regulations to address any harassment related issue. one complaint was lodged in the current academic and immediately addressed by the institution.
5. two workshops have been organised — one of handcraft conducted by Pidilite and one on cake making conducted by District administration—to train girl students.
6. the college has a three storied girl's hostel to provide accommodation.



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**Problems Encountered and Resources Required:**

One of the major problems that lies before the college is in spite of the completion of the Girls' Hostel there are no applicants from the students. Coming off age many students are given into marriage some of whom continue studies even after marriage while others prefer to discontinue.

More funds need to be raised to continue with other development works regarding women hygiene and upliftment. At present all is met out of college fund.

*Kurash*  
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