

# BEST PRACTICE- I

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## SPORTS AND WELL-BEING

*FINANCIAL AND NON-FINANCIAL SUPPORT FOR STUDENTS TO EXCEL IN THE FIELD OF SPORTS*



*Panjab University Inter College Hockey Tournament*

### OBJECTIVES

- Women Empowerment
- Promote gender equality
- Bring self-sufficiency and eradicate poverty and violence
- Foster self-esteem
- Inculcate positive and healthy decision-making ability, team work, strong work ethics

### UNDERLYING PRINCIPLES

- The underlying principle for first two objectives has been the United Nations Goal 5 of SDGs, that aims to ensure gender equality and women empowerment globally.
- Sports improve woman's leadership potential and overall economic growth much in line with Agenda 2030 of reducing violence and poverty.

- Funding opportunities for women in sports as we have students who are achievers but come from economically weak background.

## THE CONTEXT

Sports has the potential to leave social and economic legacies. They contribute to universal values of equality and non-discrimination, empower people and challenge long-seated stereotypes. We at Guru Gobind Singh College have directed our efforts towards developing empowered women through sports as one of our Best Practice.

Challenging issues that needed to be addressed while designing and implementing the practice:

- Financial Constraint imposed a challenge as we have sports person who come mostly from economically weaker sections.
- It is quite a task to convince the parents to send their children out of their home state.
- After admission and free-ships, skill enhancement is the next challenge that is faced. To raise them to the levels of being achievers calls in for a lot of hard work and motivation.

## THE PRACTICE

Women athletes in India are now getting their share of fame and appreciation that they deserved much earlier. In alignment with the Agenda 2030 of Reducing Violence and Poverty, promoting UN'S Goal 5 of SDGs of ensuring women empowerment and gender equality and Centre's policy of promoting women-athletes, our College a seat of higher education has adopted **promotion of well-being of women through sports** as one of its best practice.

There are several scholarships for academically excellent students, but our institution has special arrangements for the sports achievers. Financial and other support to student-athletes of the college is meant to help them focus on sports and encourage them to participate in national and international events, representing the College at University, State, India and International levels. Aligned with the Centre's policy of promoting women-athletes, our college supports women-athletes by providing concession in tuition fees, free accommodation at the hostel, free special diet, proper infrastructure and equipment at the College campus or at the stadium, which is within 5 km of the college. During the session beneficiaries of

scholarship as given by the college as well as received from the University for excellence in this field have been summed up in the table.

Session	Particulars-Title	Number of Beneficiaries	Amount (Rs)
2021-22	Sports Scholarship from Panjab University	18	3,73,000/-
	Fee Concession- College sports students	78	8,67,968
	Fee Concession- Hockey Team	19	2,33,809
	Scholarship to PU Inter college tournament position holders	31	1,0,9000
	Scholarship to PU Inter college tournament position holders	15	61,000
	Scholarship to PU Inter college tournament position holders in Cricket	13	39,000
	Scholarship to PU Inter college tournament position holders	11	22,000
	Freeship- Hostel Sports Students (in the form of Free food and Accommodation)	21	16,41,675
		206	3,347,452

Our management is also quite proactive in promoting sports. For the promotion of hockey game, keeping in mind the outstanding performance of hockey players in SES institutions, SGGS Hockey Club has been constituted. Expenditure related to kit and equipment is met by the management. Our students get an opportunity to play the game through the club in various tournaments other than inter-college. Deserving students are also honoured by the club and by the college at different occasions.

Our efforts have always been directed towards skill enhancement of our students. Concerted efforts go into making them achievers. No stone is left unturned in providing them training with the best available coaches. Further, all out efforts are made to enable them to play in different tournaments such as junior level, senior level, invitational, cash prize to give them maximum exposure and to enhance their skills. The department of physical education during the session carried out two value added courses for furtherance of well-being of students.

## CONSTRAINTS

1. Despite all efforts financial constraint is an issue that needs to be addressed. There are large numbers of games and choice in funding sometimes becomes very difficult.
2. Often deserving candidates do not possess the necessary paperwork required for availing scholarships.
3. Stringent requirements needed to satisfy the criteria for availing scholarship restricts certain students from availing the same.

## EVIDENCE OF SUCCESS

Our students have always won various laurels at the University, State, National and International levels over the years and have made our institution and country proud. This session, we have to our credit:

Session	Game	Name	Organized by/ Held at	Position/ Medal	Name of the student(s)
2021-22	Volleyball	Inter College Volleyball	Panjab University Chandigarh	2 <sup>nd</sup>	College Team
		North Zone Volleyball	Kurukshetra University	3rd	Itika, Simran and Shivanshi
		Senior State champion ship	Chandigarh Volleyball Association.	1 <sup>st</sup>	College Team
		All India Inter University	KIIT Univ Bhuvneshwa r, Odisha		Itika, Simran and Shivanshi
		Khelo	Banglore		Itika,

		India University Games 2022,			Simran and Shivanshi
	KHOKHO	Panjab University Inter College Kho-Kho	DAV College Hoshiarpur	1 <sup>st</sup>	College Team
		Senior State championship	Chandigarh Kho Kho Association	1 <sup>st</sup>	Kho Kho team
	BASKETBALL	Panjab University Inter College Basketball		2 <sup>nd</sup>	Basketball team
		North Zone Inter University	Chitkara University Rajpura		Aanchal, Harmandeep Kaur and Vidhi.
		All India Inter University	DCR University Murthal		Aanchal, Harmandeep and Vidhi
		Senior State championship	Chandigarh Basketball Association	1 <sup>st</sup>	Basketball team

		Khelo India University Games 2022	Banglore		Vidhi, Aanchal and Harmand eep Kaur
		Senior National Basketball champion ship	Ludhiana		Meeru, Aanchal, Aanchal, Harmand eep, Liza, Vidhi, Akriti
		Junior National Basketball champion ship	Indore		Vidhi, Akriti Princi, Sameeksh a, Rajni and Niharika
		Sahibzada Ajit singh Memorial Basketball	SGGS College, Chandigarh	Cash Award	College Team
	SEPAK TAKRAW (QUAD)	University Inter-College Sepaktakr aw (Quad)	Panjab University	1 <sup>st</sup>	Asmita, Monika, Rinku and Pooja Sahni.
	SEPAK TAKRAW	Inter-College	Panjab University	1 <sup>st</sup>	College Team

	(REGU TEAM)	Sepaktakraw (Regu Team)			
		All India Inter University	Ruhelkhand University, Bareilly.	2 <sup>nd</sup>	Monika, Asmita, Rinku and Pooja.
	SWIMMING	Inter College Swimming			Deepali Attri and Riya Verma.
		All India Inter University Swimming Championship	KIIT University Bhubaneswar, Odisha	Bronze	Riya
		Khelo India University Games 2022	Bangalore	Bronze	Riya
	WEIGHT LIFTING	Inter College Weight lifting Championship	Mata Ganga Girls College, Kottan Ludhiana	Gold, Silver	Simranjit Kaur, Rajpreet Kaur
		All India Inter	KIIT University		Simranjit Kaur

		University Weight Lifting Champion ship			
	HOCKEY	Inter College Hockey	Panjab University		College Team
		Senior State Women Hockey Champion ship	Hockey Stadium Sector-42, Chandigarh	Silver	College Team
		12 <sup>th</sup> Hockey India Senior Women National Champion ship	Bhopal		Sonu, Kavita, Savita, Samriti and Rajani
		North Zone Inter University	Kurukshetra University, Haryana		Rashanpr eet Kaur, Savita, Rakhi, Palak, Rajani, Sonu, Dhapa Devi,



					Kavita and Sania Mahli
	JUDO	Inter College Judo Champion ship	Panjab University	Bronze	Krishna Sen and Pooja.
		Senior State Judo Champion ship	Judo Centre Sector-34, Chandigarh.	Gold and Bronze	Krishna Sen and Pooja
	CRICKET	Inter College Cricket	Panjab University	Gold	College Team
		All India Senior State Champion ship One Day	Pune, Maharashtra		Nandani Sharma, Parul Saini, Kashvee Gautam, Aaradhna, Shivangi Yadav, Palak Rana, Rameeza Begum, Nikita Nain and Mehul.

		All india under-19 state one day champion ship (junior national)			Kashvee Gautam, Aaradhna Bisht and Palak Rana.
		All india woman challenger trophy			Kashvee Gautam and Aaradhna Bisht.
		Punjab Inter District Cricket Champion ship	Amritsar.		Akshita Sharma
	BOXING	Inter College Boxing Champion ship	Panjab University	Gold and Bronze	Aarti and Komal
	KARATE	Inter College Karate Champion ship	Panjab University	Gold and Two Bronze	Sneha, and Shanu Rathor
		All India	Kurukshetra		Sneha

		Inter University Karate Championship	University, Haryana		
	WUSHU	Inter College Wushu Championship	Panjab University	Bronze	Anjali, Anjali, Sanjana and Naobi
	NETBALL	Inter College Netball		2 <sup>nd</sup>	College Team
		All India Inter University	Dharamshala	1 <sup>st</sup>	Anchal, Meeru, Vidhi and Nandini.
		All India Inter University	DCR University Murthal		Aanchal, Harmandeep and Vidhi
	RUGBY	Inter College Rugby		3 <sup>rd</sup>	Riya, Chetna, Pavitra, Soni, Shivani, Sakshi, Shivani, Gaganpreet, Sukhjinder

					r, Nidhi, Harmand eep, Harsukhm an
	TAEKWON DO	Taekwond o Inter College Champion ship	Panjab University	Silver	Manisha
	PENCAK SILAT	Pencak silat Inter College Champion ship	Panjab University	Bronze	Pooja
	SOFT- TENNIS**	Inter College Soft- Tennis	Panjab University	Bronze	Anamika, Ashu, Anamika, Anjali, Mannat and Nandini Kashyap.
	HANDBALL	North Zone and All India Inter University	Zind, Haryana		College Team

Our institution even before adopting it as our best practice had been working towards creating empowered women through sports. It is quite reflected in the fact that many of our sports person have carved a niche for themselves in the society, and are contributing towards the

development of society in various fields like police, teaching in various colleges and university and much more.

### **PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED**

In the successful implementation of this distinctive practice, the problems were encountered at two major levels, that is, *generation of funds and distribution of funds*.

1. **Generation of Funds:** At the institution level an all-out effort is made to make this practice a success by giving freeships, maximum possible exposure to enhance their skills and best of training through available coaches. Yet, lot more funds are required to make it a success in the manner we had caricatured it to be. The limitation that comes is that all what is done is at institutional level. Our Students receive scholarship from university though, we do not have major funding from any NGO, private institution or from any other source.
2. **Distribution of funds among students:** With the limited funds in hand, it becomes difficult to distribute them amongst the deserving students as per their requirements.

# BEST PRACTICE - II

## PROMOTING WOMEN ENTREPRENEURSHIP

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*"EARN WHILE YOU LEARN"*

### OBJECTIVES

The college strongly believes in creating individuals capable of becoming financially independent. Club Saksham, constituted in session 2019-20 is an entrepreneurial venture of students of all departments through which we aim:

- To showcase skill of students.
- To Inculcate the value of hard work and dignity of labour.
- To help them understand the concept of entrepreneurship.
- Make them learn the basics of management and enable them to create profits on small scale.

### UNDERLYING CONCEPT

- Facilitation of concept of earning while learning.
- Generate feeling of confidence among students.
- Develop range of skills and competencies valuable in personal and professional life and make them resilient and adaptable.
- Teach them to think creatively and critically, take calculated risks and solve problems.
- Develop the much-needed expertise to start their own business and stimulate economic growth.

### THE CONTEXT

During the session an effort was directed towards reviving this practice with full zeal which we tried to upkeep in the challenging times of pandemic. The Club aims at creating an entrepreneurial ecosystem in the campus through talks, discussions, exhibitions and stalls.

- Forced U-turn in the method of imparting knowledge during pandemic had brought about a much change in the mental state of everyone. Need was to instil confidence for fear factor much ruled the minds.
- To bring about an enhancement in the learning skills of students and prompt them to think about their economic well-being as pandemic had hit hard the economy as whole.

- Provide an opportunity to get work experience and hands-on training of organizing stalls and art exhibitions even in different places outside the college.
- To provide a forum to translate an idea into a marketable business.
- To add value to resume of students.
- Best utilization of the immense potential of students as valuable human resource.
- Explore their subject preferences and develop them into a career.

## **THE PRACTICE**

The Department of Home Science under the able guidance of Ms. Jasneet Malhi (HOD, Department of Home Science) and department of Fine Arts under Dr Anju Bala (HOD, Department of Fine Arts) under the flagship of the 'Saksham Club' carry forward this practice for knowledge acquisition and upgradation of human capabilities paving for their skill development to enhance self-employment opportunities.

### **DEPARTMENT OF HOME SCIENCE**

Department of Home Science has gone an extra mile to unleash the latent talents of students. The food stalls made the students come up with different strategies to attract customers with innovative ideas in marketing and competitive pricing to enhance their sales. The food fest was met with an overwhelming response in the sale of a variety of food items. These events provided the students a platform to learn team work, leadership, planning and overall management skills. It gave them exposure and an insight on conducting events, while ensuring profit from their ventures.

S.No.	Name of Stall	Date	Total Profit (in Rs.)
1.	Mehandi/ tattoo application	23 <sup>rd</sup> October 2021	10, 250
2.	Diwali Bonanza Cake Stall	2 <sup>nd</sup> November 2021	5680
3.	Idli sambhar and Badam Shake	19 <sup>th</sup> May 2021	320
4.	Potato lollipops	20 <sup>th</sup> May 2022	760
5.	Aam Panna	27 <sup>th</sup> May 2022	170
6.	Momos and Mojito	26 <sup>th</sup> May 2022	400
7.	Dahi Bhalla	30 <sup>th</sup> May 2022	1000

8.	Stuffed Golgappa	24 <sup>th</sup> May 2022	180
9.	Bhelpuri Chaat	1 <sup>st</sup> June 2022	230
10.	Pav Bhaji	2 <sup>nd</sup> June 2022	45
11.	Mint Mojito	3 <sup>rd</sup> June 2022	790
12.	Fresh Lime	6 <sup>th</sup> June 2022	220
13.	Kulfi Falooda	31 <sup>st</sup> May 2022	215
14.	Kulcha Channa	23 <sup>rd</sup> May 2022	990
15.	Muffins	20 <sup>th</sup> May 2022	375
		TOTAL PROFIT	21,625







## CONSTRAINTS/LIMITATIONS

- Some recipes could not be prepared on mass scale and quickly e.g. sizzlers so students could not consider them for stall.
- Estimate of number of servings was difficult and were sold on first come first basis. Therefore, sometimes items fell short and sometimes stocks piled.
- Selected dishes had to be of mass appeal, quick to prepare and economical for students to purchase.

## DEPARTMENT OF FINE ARTS

### EMPOWERING STUDENTS THROUGH EARN WHILE YOU LEARN

#### DIWALI BONANZA 2021



There were 15 students who put their handmade articles such as painted dupataas, bangles and plates, handmade candles and diyas, canvas paintings, drawings, handmade masks, idols made of clay, bookmarks, painted pots etc. for sale. Teachers and students of the college showed great interest in the exhibition.

## **CONSTRAINTS/LIMITATIONS**

- Major constraint faced was that the buyers were mainly students who could not buy art pieces as they turn out be expensive.
- Only few of the staff members bought them.
- Students find it difficult to store the unsold art pieces in their home so very few take initiative.
- Work of few was appreciated and they were able to sell hand painted masks. Rest felt a little dejected.

## **EVIDENCE OF SUCCESS**

The measuring rod of success for our best practice *Earn while Learn* as the name goes is two-fold, earning and learning, but prima-facie we measure its success by analysing as to how far we have been able inculcate the spirit of financial independence and nonetheless of being responsive citizens in such trying times.

This practice provided a platform to students to show case their talent and opportunity for better understanding of how to deal with ideas of organising art exhibitions, mehndi stalls, and Summer Food Festival in which students participated in great number. This practice has helped to foster the entrepreneurial skills among students and most of them can venture into creating their own small-scale setups of solo shows and group exhibitions. This activity definitely helps for capacity building of the students in a holistic way.

Teachers and students of the college exhibited keen interest in the exhibition and bought items to encourage students. The Fine Arts students earned Rs. 1800 from the sale of items under the Diwali Bonanza Exhibition. During the session, both the departments carried out various value-added courses to enhance the skill of the students.

## **PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED**

- Due to blended teaching till December 21 the scope of the student involvement in various stalls and exhibitions was limited.
- The timings of the stalls could also not be planned properly keeping into mind the occasions because of the blended mode as student turnout was quite limited.
- Organization of Art exhibition calls in for lot of funds and preparation also requires lot of time.
- It cannot be repeated at same place without making substantial changes in art works