

# **BEST PRACTICES OF OUR COLLEGE**

## **ACADEMIC SESSION - 2017-18**

### ***Best Practice I: Physical coaching and training activities for the student beyond college hours***

Regular and quality physical education can help students to achieve the recommended amount of daily vigorous or moderate-intensity physical activity and improve fitness and body mass index (BMI). For this, quality monitoring systems are crucially needed to enable monitoring and evaluation of these important outcomes. Keeping this in mind, Srikrishna college has started physical coaching and training activities beyond college hours particularly in the morning and afternoon under the supervision of trainers appointed by the College. Students can access the gym facilities during the same times.

Students have achieved more success which is evident from the achievements of college students at various competitions including district, state, and national levels. Further, a good amount of social and emotional learning takes place on the playground which helps the students to learn valuable social skills as they play.

To encourage more students to take part in this initiative, our college shall consider increasing the number of trainers.

### ***Best Practice II: Permission to use of college playground for social services***

Srikrishna College has a vast beautiful playground located in front of the College. From the year 2017, the College authority has given permission to use one part of the college playground for social programs like school sports, blood donation, exhibitions, health campaigns, local fairs, etc. The college has also decided not to take any fees from the respective bodies for this but they need to inform the college prior to the events and must abide by law and order. The main part of the playground is well-maintained and is reserved for sports activities only.

This initiative helps the local people to get access the playground and also to get involved with greener space. Our College is dedicated to transforming the playground into a high-quality and more environment-friendly playground.