**Best Practices:**

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| 1. **DEVELOPMENT OF SPORTS CULTURE WITH COMMUNITY INVOLVEMENT**

Our college considers Sports as an indispensable part of student life. A separate sports activities calendar is issued for preparation and participation in Inter College Activities for this whole academic session. Sports plays an important role for inculcating the spirit of discipline and punctuality among students and preparing them as a better citizen. Sports are also promoting better career avenues for our students especially in Armed Forces and Police. Keeping these paradigms in focus, the Institution has always strived to encourage students in the field of sports by giving them refreshments 10 days prior to participation. College spent a lot of funds (Mentioned in metrics5.1.1.) by providing sports uniforms at 50% rates along with complete expenditure on travel and daily allowance during participation in Inter college tournaments. The process does not end here. The students who excelled in various tournaments were given due honour through warm welcome by college fraternity along with financial incentives. The College is a constant source of motivation for sportspersons and many students from distant areas also prefer admission here. Around 15 students of our college have been selected to represent HPU at Inter Varsity Level in various sports (Mentioned in Chapter 5).The college not only encourages participation but is equally serious for the creation of state of art sports infrastructure. In this regard, College has involved local administration, Industry through CSR and general public at large. In collaboration with SDM Nalagarh Sh. Harikesh Meena, lot of funds, construction machinery, building material was mobilized directly and through Higher Education Institute Society. The cost of project runs in crores. Not even a single penny was taken from state Govt. The College teachers also contributed 69000 rupees for the development of this playground. The existing playground space of around 4500sq.m was extended in 24000sq.m. The existing dimensions of playground are 200x120sq.m. The existing stairs of 120 m. in length were extended to around 350m in length. With the help of retaining walls in low lying areas, proper gradient for drainage of rain water and transplantation of grass in playground it was converted into a beautiful playground. This sports facility is now used by our students in addition to local youth round the year. The playground is also rented with nominal charges to Industry and other organization for conducting their tournaments. The Institution is playing important role for the promotion of sports in Himachal Pradesh as well as HP University. To meet this objective, following activities were conducted in the college campus during session 2016-17:1. The institution hosted Inter-college Basketball Men’s Championship in which 350 students participated.
2. The institution hosted Inter-College Cricket Men’s Championship in which 100 students participated.
3. Camp of University Basketball Men’s team was held in the college in which 15 students participated.
4. Camp of University Weightlifting team was held in the college in which 25 students participated.

College athletics meet was conducted by the college where 500 students participated in various sports events.1. **GENDER EQUITY:**

Gender equity is the process of being fair to women and men. To ensure fairness, strategies and measures must often be available to compensate for women’s historical and social disadvantages that prevent women and men from otherwise operating on a level playing field. Equity leads to equality. The institution is promoting gender equity concern through following mechanisms:1. Separate common room for girls with basic amenities.
2. Sick room for immediate help.
3. Round the clock CCTV security in the campus to check any untoward incident.
4. 24 hours gate security to check outsider entry.
5. No tuition fee charged from bonafide girl student.
6. Financial assistance in the form of scholarship to girls’ students.
7. Women empowerment cell is functioning in college for gender equity concerns.
8. Sexual harassment committee to address any sexual incident.
9. Installation of complaint box.
10. Installation of incinerators in girls’ toilet and girls’ hostel.
11. Following activities were conducted in the institution during this session for gender equity concerns:
12. Separate unit of NCC girls is functioning in the college to inculcate the leadership qualities and spirit of self-defense among girls student. NSS and Rover and Rangers units are enrolling girl students for addressing the issue of gender equity. Programmes of NCC Girls wing are coducted throughout the year.
13. Sensitization programme on Sexual harassment of women at work place
14. Sensitization programme of sexual harassment of women in work places for teaching and non-teaching staff
15. Lecture on fruit product preparation
16. Essay writing competition on ‘Awareness of Women Rights
17. Debate & Declamation competition on ‘Save The Girl Child’
18. Poster making competition on ‘Save The Girl Child’
19. Awareness Rally on ‘female Foeticide’
20. Awareness Rally on ‘Drug De-addiction and Corruption free India’
21. Awareness Rally on Female Foeticide, Drug De-addiction and Corruption Free India
22. Sanitary napkin vending machine and sanitary napkin incinerator is installed at girls’ toilet Arts Block and made girls aware of its usage with emphasis on hygiene.
23. Participation of Girls in Inter college sports like Kabaddi, Wrestling, Judo, Shooting, Athletics, college Athletics meet and Others sportive events
24. Participation in Cultural Activities in Intra college and Inter College Activities throughout the year (Group I,II,III)
25. Participation in Eco Club, Red Ribbon Club, CSCA and all other activities held in college campus from time to time.
26. Welcome, Farewell, Birthday parties organized in Girls Hostel as well as in College from time to time.
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