

Session 2023-24

Best Practice 1:

Title 1: Focus on Physical Education and Sports Participation

Overview

Mankar College prioritizes physical education and sports participation as essential components of student life. This commitment is rooted in the belief that physical activity is vital for combating sedentary lifestyles and fostering holistic development among students.

Best Practices

1. **Annual Sports Events:** The college organizes annual sports days that encourage widespread participation from students across various disciplines. These events not only promote athletic skills but also cultivate a sense of community and school spirit.
2. **Competitions:** Mankar College actively participates in district and national-level competitions, providing students with opportunities to showcase their talents. This exposure helps them gain confidence and recognition in sports.
3. **Dedicated Sports Instructors:** The presence of qualified and passionate sports instructors is pivotal. They provide training and mentorship to students, enhancing their skills and instilling values like teamwork and discipline.
4. **Integrated Curriculum:** Physical education is integrated into the college curriculum, ensuring that students engage in regular physical activity. This holistic approach supports academic performance and overall well-being.
5. **Facilities and Training:** The college offers additional training sessions and facilities such as gyms and well-maintained sports grounds, accessible to all students. This infrastructure promotes a culture of fitness and encourages participation in various sports.

Successes

Mankar College has achieved notable successes in sports, including victories at the university level in Kabaddi, long jump, and track events. These accomplishments reflect the effectiveness of the college's sports programs and the dedication of its students.

Challenges

Despite its successes, the college faces several challenges:

- **Financial Constraints:** Limited funding hampers the expansion of sports programs and the acquisition of modern equipment.
- **Malnutrition:** Some students face health issues related to malnutrition, affecting their performance and participation in sports.
- **Limited Resources:** The availability of training materials and facilities is sometimes inadequate.



Best Practice 2:

Title 2: Observance of Constitution Day on November 26

Overview

Mankar College observes Constitution Day on November 26 to commemorate the adoption of the Indian Constitution. This observance serves as an opportunity to educate students about their rights and responsibilities as citizens.

Best Practices

1. **Expert Talks:** The college invites constitutional experts to deliver talks, providing students with in-depth knowledge of the Constitution and its relevance in contemporary society.
2. **Preamble Reading:** A collective reading of the Preamble during the event emphasizes its significance. This activity reinforces the values enshrined in the Constitution among the student body.

3. **Pledge Taking:** Students participate in a pledge-taking ceremony to uphold the principles of the Constitution, fostering a sense of civic responsibility and commitment to democratic values.
4. **Continuous Awareness:** Displaying the Preamble across the campus serves as a constant reminder of the Constitution's ideals, promoting ongoing reflection and discussion among students.

Successes

The observance of Constitution Day has led to a marked increase in student participation and interest in constitutional education. This heightened engagement reflects the effectiveness of the activities organized by the college.

Challenges

While the observance has been successful, it faces challenges:

- **Limited Impact:** Celebrating Constitution Day as a one-day event may not create lasting awareness among students.
- **Curricular Integration:** There is a need to integrate constitutional principles into the regular curriculum to ensure sustained education and understanding.

