

Best Practices

1. Title: Encouraging sports activity in the college
2. Goal: Ramgarh College, Ramgarh is situated in a semi urban locality. Most of the Students are very keen to participate in sports activities. As we know.

Games and sports are an important means of recreation. “All work and no play makes Jack a dull boy” is a well known proverb. After their studies during the day, students require some rest and recreation in the evening. Games and sports, specially the outdoor ones, are most suitable for them. They refresh them and enable them to regain their lost energy. Then only can they work harder and with greater interest in the night.

Game and sports are also very useful from the point of view of health. They take students into the company of nature where they breathe fresh and pure air. They have to run and jump a lot. This physical activity is very useful for digestion. In this way, games and sports not only refresh the mind, they also improve digestion, fill the lungs with pure air, and so make the students more active and healthy.

3. Context: The students were more than eager to participate in the sports activity. Many games old and new were introduced. Special recess periods after and during the routine were noted exclusively for games. Both the indoor games and outdoor games were panned out girls students were especially encouraged to take up sports activities in big ways.

The indoor game which the girls students whole heartedly took up were

(1) Carrum (2) Chess and Table-tennis

The outdoor games which were taken up for the girls were (1) Football, (2) Volleyball (3) Kabaddi and Athletics.

The boys readily participated in both indoor games and outdoor games. The faired well in Football, Volleyball and Kabaddi. Inter class tournaments in all the faculties namely, Science, Commerce and Arts were organised. And the best among the students were coached for inter-college tournaments which are organised by the V.B.U. University every year (based on sports calendar of the university).

4. Practice:

Sports activities were organised according to the college sports calendar.

Month	Activity
January	- Athletics + Indoor games
February	- Athletics + Indoor games
March	- Badminton + Indoor games
April	- Badminton + Indoor games
May	- Indoor games
June + July	- Kabaddi + Football
August + September	- Kabaddi + Volleyball
October + November	- Cricket + Atheletics
December	- Cricket + Athletics

They teach students the value of discipline. Every game has its own rules and regulations and all have to obey them. Every player has to bow down before the judgement of the referee. This teaches the players to respect the laws even if they do not like them. That is why we find that sportsmen are more disciplined persons than others.

Games and sports also teach students to lead a corporate life. They teach them the importance of team work. While playing, every player is the member of a team and he has to play not for his own good but for the good of the whole team. Thus he learns to co-operate with others for the common good. In this way, when he enters life, he proves to be a good citizen. Games and sports have already taught him how to sacrifice his own desires and his own good for the good of society, Sportsmen are more social and more self-sacrificing than those who have never participated in sports.

Games also provide an outlet for the surplus energy of youth. Young people are full of energy, all of which cannot be used in their studies. If no healthy outlet is provided for it, it expresses itself in the form of mischief, hooliganism and other undesirable activities. Games and sports are the best and so leave them with no time and energy to loiter about in evil company.

5. Evidence of Success :

We witnessed a spurt in good results at all the sports meet organised by the college and university. The most encouraging fact was that the attendance in classes increased remarkably. The girl students participated whole heartedly in the extra curricular activity and girls even from minority community also participated.

There are certain other advantages as well. Good sportsmen are popular in society. They are able to earn name and fame for themselves as well as for their institutions. They are respected, wherever they go. They get many opportunities for travelling and so are able to meet new people and see new sights. They get jobs easily because in services as well, sportsmen are given preference over others.

6. Problems encountered and Resource Required :

As Ramgarh College is a unit of V.B. University, it is dependent on funds for sports activities on the university. The problem faced are-

1. The budget allocated is very meagre and hardly suffices the annual budget of the college.
2. Though we have hung playing arenas but there is paucity of resources and infrastructure.
3. We are trying our best to enhance the resources so that the sports activities go on unhindered.

It is, therefore, clear that games and sports have a great value in life. But they can also do much harm to students, if they come in the way of their studies. They should be enjoyed only as a means of recreation for a limited time. Excess of everything is bad and it would be misuse of games, if they are played at the cost of studies. Then they shall no longer remain a blessing but shall become a curse. Also, sportsmanship is the essence of sports. A game should be played in the spirit of the game. The nobility of a game should not be lost. Victory is not all that matters, the main thing is the participation in an event. Thus a game should not become a cut-throat event. Losing a game gives an opportunity to show real sportsmanship grace, dignity, generosity and nobility.

1. Title: Importance of the study of English

2. Goal:

Free India wants to grow into a powerful nation. She is trying to progress in all spheres. The economic, social and political life of the people is to be changed. This is a gigantic task. To fulfil this, people must have upto-date knowledge of the different branches of science. Without expert technicians, mechanics and engineers much progress is not possible. We need them in increasing numbers. Besides this, a growing nation has also to guard herself against various internal dangers. Under such conditions, the selection of language to be studied by the youth of the country becomes very significant. English is the store-house of scientific knowledge. Hence its study is of great importance for a developing country like India.

3. The Context :

India's foreign policy is the focus of attention of all the countries of the world. The whole of the world expects to quench its thirst for peace with this policy. India wants to be friendly with all countries. She has to explain and convince others that her point of view is correct. This cannot be done without an effective medium for the exchange of ideas. English provides us with such a medium. This is the language which enjoys the status of an International language. In the U.N.O., the discussions are carried on in this language. In fact, the majority of the countries of the world conduct their business in this tongue. If India wants to play her role in international matters effectively, her people must study it.

4. Practice :

India is a country in which people living in different parts have their own languages. The regional languages are quite different from one another. On the whole, there are 15 officially recognized languages and more than 1,650 languages and dialects in India. The leaders and the administrators of the country

cannot remain in contact with all these regions without a common language. It is not possible for everyone to know ten or fifteen languages. We do not have any common language at present, except English. During the English rule, all tried to learn this language. English is the language best suited for maintaining internal unity. If we want to crush the provincial, communal and separatist tendencies of our people, we must continue to study it. English is the most important means of national integration with terrorism raising its ugly head in different parts of the country. We must study English or perish.

This is the age of science. The world is changing at a terrific speed. This is all due to the scientific and technological progress which the other countries have made. If we want to keep pace with these fast moving countries, scientific and technological research must be made in our own land. We can advance only through a knowledge of these subjects. Our own regional languages do not have the capacity to serve this purpose ultimately, we have to depend upon English. To produce first rate scientists and technicians, English must be taught to our people as good and useful books on these subjects are available in this language only.

5. Evidence of Success:

For proper mental development it is essential that we study the best literature. If we want to shed the feeling of false superiority and to broaden our minds, we must be ever-ready to take the best from others. Now, the literatures of other countries and of our own different languages can be easily obtained in English. In our languages, modern upto-date literature is not available. This makes it essential that our youngmen continue to learn English. Moreover, many a youngmen go to foreign countries for advanced studies. They need good knowledge of English. Its importance for such scholars is indeed very great.

Ramgarh college is very keen to make students proficient in English language. Expert professional are invited to help the students of Ramgarh College Mock interviews, Speech and quiz competition are organized for perfection in the language skill.

6. Problem and Resource Required :

English must remain a compulsory subject for quite a long time to come. It must also continue to be the medium of instruction, at least in science and technology, and in other subjects also in higher classes. Every effort must be made to develop our own languages. But, till our own languages are fully developed we must continue to provide facilities in our schools and colleges for its study. It would be a sad day, indeed, when India discontinues the study of this important world-language, or lowers its standard. This truth is being recognized now, even by those who had indulged in anti-English agitation only a few years ago.

Our faculty members face problems to communicate with the students in English. Regular tutorial classes are conducted to enhance their communicative ability. Demand for English language Lab is regularly made to the concerned authority.