

### **1. Title of the Practice:**

Sustained emphasis on co- and extra-curricular activities to stimulate all-round development

### **2. Goal:**

The college engages in several cocurricular activities and education practices with the following objectives: To encourage the holistic development of students To explore and bring to fruition the latent potential of each student and to provide an ambience for creative expression To provide a platform which facilitates smooth transition from college campus to higher education or the professional sector. To provide optimum exposure to the cultural environment and develop a sense of cultural belonging To promote goodwill and interaction among all students and teacher-student interaction To inculcate the values of discipline and moral character To expose the students to new ideas of research and development to develop leadership skills and organizational abilities.

### **3. The Context:**

The motto of our college has been “Knowledge leads to happiness” every effort has been made by our college to tap the hidden potential in the students and inculcate good human values. Since its inception, the college has been tirelessly engaged in the task of creating a long and illustrious lineage of women achievers in every field of life. In order to achieve this purpose of all-round individual development, mere academic pursuit is not adequate. Therefore, alongside the curricular programs, extracurricular activities have been designed to ensure their cultural and moral well being. The college considers it its duty to provide value -based education and life–skills which will help to create individuals who can not only adapt themselves easily to an ever-changing society but can also provide leadership and guidance when necessary.

### **4. Practice:**

Co- and extra-curricular Activities The college has always believed that an all-round educational development can only take place through a holistic approach. In this context, the college has taken the following steps: a. The Fresher’s Welcome is annually held in a 100 percent ragging-free environment. This is achieved by encouraging equal participation of the seniors and the new entrants in designing the program. This fosters a strong bond between freshers and seniors and creates a friendly ambience. b. The college upholds Indian tradition and heritage in all such events. In the present scenario of steadily degrading social values, our college has been able to maintain distinction with regards to the quality and nature of such programs. A strict discipline is followed during these programs. Active participation of teachers and their valuable guidance during the same also ensures meaningful achievements. These cultural programs have been the platform where a lot of our students have discovered and realized their love for performing arts which they have pursued professionally later in their lives. The college regularly observes the birth and death anniversaries of personalities of national interest like freedom fighters, scientists, moral leaders, educationists, poets, writers etc. with a

view to provide role models to the student community. The literary talents of the students find expression in the annually published college magazine and the wall magazines of the different departments.

**5. Evidence of Success:**

The quality education imparted by the college has resulted in it becoming one of the most sought-after institutions for higher studies. This is reflected in the increased number of students admitted to the college each year. Over the years many students have benefitted from these practices and have been able to successfully complete their education as a result. Moreover, our efforts have also made it possible for many students to tackle their personal and emotional problems and rise above them to carve out their individual identity. Our college is proud to have as its alumni countless prominent figures in the fields of academics, literature, art and culture, politics, administration and law, sports. They have not only carved out a niche for themselves but have also upheld the name of the college by utilizing the opportunities given to them. Their exemplary achievements have brought honour and glory to the college and reaffirmed its faith in the best practices mentioned above. We must have life building, man making, and character making assimilation of ideas. If you have five ideas and make them your life and character, you have more education than any man who has got by heart a whole library.”

**6. Problems Encountered and Resources Required:**

The primary constraint in the implementation of the practices mentioned above is the shortage of time and space and the timely detection of students’ needs. The college has to contend with a growing number of students and shortage of staff. This severely impedes the much-needed one-to-one interaction between teacher and student. Shortage of laboratory space does not enable us to carry out short term laboratory projects after college hours.

**7. Notes:** We are awaiting the message and the suggestion of the NAAC for the betterment to install something appreciating and glorious.