

Best practices - 1

Title of the practices: “Facilities for professional badminton training “

Objective of the practices: - Badminton is a competitive sport that requires speed, equality and skill on the court. Playing Badminton regularly can help strengthen the hard muscle and limit the risk of blood vessels clogging reducing your risk of CHD.

CONTEXT: - **Badminton** is a racquets sport played using request to hit a shuttlecock across a net. Although is may be played with larger teams, the must common forms of the game are signal and doubles.

THE PRACTICES: - **Badminton** training has started in our kantidarshan shakshanic avam computer prashikshan sansthan campus, which is beneficial for our students, and other students, which beneficial for their health along with entertament

PROBLEMS ENCOUNTER AND RESOURCES: - Money was needed for the success of this business, for this purpose the college arranged money and resources.

EVIDENCE OF SUCCESS: - Badminton is loved all over the word. Badminton is not a game, but a perfect exercise which gives many benefits to our body like a hearty heart, losing weight beneficial for strong bones.



BEST PRACTICES 2

TITLE OF THE PRACTICES :- NAV – PALAWAN (imitative green campus)

Objective of the practice:-

- To promote clean and green environment.
- Optimum utilization of water
- To develop responsible attitude and commitment towards green

kosa nagar. 100 trees plantation drive a kosa nagar ground. College building is beautiful with indoor plants at different places.

PROBLEM ENCOUNTER AND RESOURCES:- by college reasonable prices and resources are made available

for the conservation and protection of plants .

- Environment.
- Motivate students and staff through environment education

The context:-

- Air pollution is increasing day by day . it has gone level in some parts of the country that it has become cause for many human respiratory diseases and has affected human health significantly .
- Air pollution is the mixing of any harmful substances with the atmosphere, which affects the fresh air, human health, quality of life etc. on large scale.
- The ozone layer is also being greatly affected due to air pollution, with is causing serious disruption in the environment.

THE PRACTICES: - NAV PALAWAN (GREEN CAMPUS INITAIVE)

FOCUS AREA: -

- PLANTATION
- WATER CONSERVAION

- **SOLAR ENERGY**
- **ENVIROMENT EDUCATION**
- **OTHER INTIATIV**

The institute strongly believes that environmental sustainability should be intergraded in every aspect of life.

EVIDENCE OF SUCCESS: - tree plantation by our student's .at kosa nagar .100 trees plantation drive a kosa nager ground . college building is beautiful wih

Indoor plants and different places.

PROBLEM ENCOUNTER AND RESOURCES :- by college reasonable price and resources are made available for the conservation and protection of plants



