



**GOVERNMENT COLLEGE
NAGROTABAGWAN**

Distt. Kangra (H.P.) - 176047

Tel. : 01892-251177

EMAIL ID: gcnagrotabagwan@gmail.com

Best Practice for the Session 2022-23-I

Title of the Practice:

“Sports Addiction”- True Health Mantra!

Objective of the Practice:

The objective of this practice is to encourage the youth for participation in sports activities so that they are able to break the shackles of inactivity, come out of the gadget cocoon and realize the importance of physical activity in their lives.

The Context:

Physical exercise in the form of sports revitalizes and refreshes both mind and body. Through this practice college endeavors to instill in the youth a realization that sports are above all other leisure activities. They can prove to be the true elixir of life and to taste this elixir the youth must perspire in the field events.

Methodology Adopted:

The college has solemnly decided to host at least one University sports event every year and to organize different inter/intra college sports events on important days and on different occasions in the college. A table tennis and badminton court have been constructed right in the inner premises of the

college so that the students can get motivated by the players and can think of playing these games as pass time in free periods.

Evidence of Success:


College hosted HPU Inter College Boxing Championship w.e.f. 1st to 3rd November 2022, in which 32 colleges all over the state with a total number of 166 participants actively took part. Keeping up with the spirit of the Practice Government College Nagrota Bagwan Bagged 2 Gold Medals and 3 Bronze Medals in different categories.

Problems and Resources:

Majority of the students in the college come from remote areas and cannot either come early in the morning or stay for late hours in the evening for sports practice as the bus connectivity is restricted. This problem persists throughout the year. To counter this problem college has decided to reduce the cutoff of attendance to sports persons so that they can practise during teaching hours.

Web Link of the Activity:

<http://gdcnb.org/wp-content/uploads/2024/04/Annual-Report-Sports-Activity-2022-23-2.pdf>


Principal
Govt. College Nagrota Bagwan
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Best Practice for the Session 2022-23- II

Title of the Practice:

Yoga: “Shant Chitt- Sab ka Hit”

Objective of the Practice:

The practice aims at cultivating a spirit of camaraderie by forging a passion for yoga and meditation which can deliver the youth from various life threatening menaces, by preserving their energy for rightful purposes.

The Context:

Yoga has become a necessity in our hectic modern life which is afflicted with stress and anxiety. Yoga helps in silencing the buzzing bees in our mind and grants strength to our senses to focus on true aims.

Methodology Adopted:

The college runs a Yoga and Meditation Club where the students and teachers can hold meditation sessions during vacant periods. These sessions refresh and revive the energy in both after the excruciating teaching-learning work. The college has decided to invite different experts and yoga instructors to sensitize and spread awareness about the advantages of yoga and to urge all to make it an integral part of their daily routine

Evidence of Success:


In order to tell the relevance of Yoga and Mediation in our life, the Yoga and Meditation Club organized Yoga Camp on dated 17th November 2022. More than 60 students participated with great zeal and enthusiasm to make the program a success. Students from different streams practiced Surya Namskaar, Pranayam, Anulom- Vilom, Bridge Pose and other asanas of Yoga.

Problems and Resources:

As majority of the students come from far flung areas and can rarely be available in the college out of their time table span so the whole college cannot be made to attend the yoga sessions simultaneously. But the college has ensured that different units and cells make yoga and meditation an essential feature for students in their activities and camps.

Web Link of the Activity:

<http://gdcnb.org/wp-content/uploads/2024/04/Detail-of-Activities-Conducted-by-Yoga-and-Meditation-Club-during-2022-23.pdf>


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