

LUMDING COLLEGE



LUMDING :: HOJAI :: ASSAM

PIN-782447

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Rd No.



Date: / /

BEST PRACTICES No. 01

Title of the Practice: Martial Art as a way of self-defense.

Objectives of the Practice:

Self-defense tactics are a way of protecting oneself from any form of physical harm. Being trained in techniques such as judo, karate, jiu jitsu, etc. helps in making learner alert and gives them the necessary skillset to defend themselves from any kind of bullying or other forms of physical harm.

The Context:

Martial arts and self-defense techniques such as taekwondo, karate etc. help in maintaining body balance and posture. Fostering self-discipline among students is a task that is considered practically impossible by most teachers, but it can all be turned on its head with a focus on self-defense techniques. The connection between mind and body is something that is emphasized quite a bit in all kinds of martial art forms and this applies to the self-defense aspect of it as well. To be able to defend oneself from any and all kinds of attacks, one must be physically fit to do so. Physical strength is something that comes naturally with such training. Improvement in muscle tone, and general body tone improvement can also be achieved through proper training. Women Cell of Assam College Teachers' Association Lumding College Unit, had developed a mechanism to train up the students in the field of self-defense. Every year the Women Cell, ACTA Lumding college organizes such a program.

The Practice:

Like every year this year also the Cell organized such a programme on noble cause and it was organised in the later part of the period due to Covid pandemic. Nearly 40 students (30 girls and 10 boys) participated in the programme. They had been trained up by expert trainer of the locality.

Evidence of Success:

The programme was successful as all the teaching and non-teaching staff of the College whole heartedly supported the programme. On the day of valedictory session, the trained-up students demonstrated their skill before the audience.

Problems Encountered and Resources Required:

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For conducting the events regularly, the college has not faced any problem. Rather all stakeholders have extended full cooperation in this regard. The expenses incurred on this count are met from Cell's voluntary Fund.

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BEST PRACTICES No. 02

Title of the Practice: STUDENT MENTORING SYSTEM

Objectives of the Practice:

To reduce student stress, boost performance, and dropout rates through individual counselling.

The Context:

For pupils to make general improvement, emotional stability, and to encourage clarity in thinking and decision-making, mentoring is necessary. Page 65/68 03-09-2023 01:17:16 Annual Quality Assurance Report of Lumding College

The Practice:

Each teacher is tasked with guiding pupils over the course of their studies. They get together at least once a month to go through, clarify, and share a range of issues, whether they personal, intellectual, etc. They offer advice to students who need it regarding emotional issues.

Evidence of Success:

Good results, improved exam scores, improved attendance, fewer dropouts, increased participation in co-curricular and extracurricular activities, improved campus discipline, and respectful relationships between teachers and students are all examples of the practice's success.

Problems Encountered and Resources Required:

The students who come from outside to some extent lacks the opportunities due to communication gap. However, there is no involvement of resources.

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