



1. Title of the Practice: Value added courses

Objective: *To train the Students to face the outer world with the right values, and attitude.*

The Context: B.P.C.A's College of Physical education build the base for a student's future. This is why it is said that our college play a significant role in providing Value Education or moral education.

Value Education means to teach universal values like moral values, honesty, patience, etc to students. Today, education is not just confined to books. It goes much beyond that. In today's world, what is most important is a student's holistic development. This is why our institution focus on extracurricular activities and Value Education along with academics. It feels like moral values are almost disappearing in today's generation. To resolve this, Value Education is the best practice. Physical Education is a lifelong process and one's personality development starts from extra-curricular activities. Through Value Education, as it is commonly known, we can develop the children into people with a strong character. Such students know how to utilize their knowledge and skills for the advantage of mankind. Physical Education is a strong weapon that can change the world. Here, Physical Education refers to Physical, Mental and social as well as moral Value Education. As much as academic education is important, Value Education is important too. It has the power to change the world.

Our college aims at training the students to face the outer world with the right values and attitude. This is a process of the overall personality development of a student, i.e. Character, personality, citizenship, and spiritual as a part of Value Education. A good Physical Education training when added with Value Education sessions can change the character of a person drastically. This helps students in all dimensions so that they can serve their country more democratic, cohesive, socially, and responsibly.

The Practice:

- i. In order to improve the professional qualities of the students Value-added courses such as district level technical official classes and examinations in Volleyball, Kabaddi, Kho-Kho, Langadi, Athletics were made part of the training.*
- ii. By taking the cognizance of fitness and the interest of the society towards exercise and overall health two Certificate Course i.e. in Personal Fitness Training & Certificate Course in Gym Management. Were introduced by the institution by establishing well equipped Gym as well as collaborating institute with a well-known fitness academy in India i.e. Gayo fitness. Students are trained and certified by the University of Mumbai by these two courses.*
- iii.*

- iv. *To develop the love and responsibility towards Nation every year the patriotism awareness programme and Indian flag code training programme is been implemented by way of organising Training camp to give information about the great leaders and their sacrifice towards bringing independence.*

Evidence of Success:

- i. *The success in the district level technical Official classes evident that the learners were given opportunity to officiate in interschool and sports day competitions organise by DSO and various nearby schools.*
- ii. *The certified students in CCPFT AND CCGMT gives and additional way of income to the learner every year 40% to 50% students who goes for Higher education been appointed as a part time trainer in various gym of Mumbai.*
- iii. *The purpose of the two practices brought change and awareness among the learners towards their role and responsibility as a good citizens. They also learn the importance of National Flag and its code in their service.*

2. Title of the Practice: Earn and Learn scheme

Objective: *To provide financial assistance to economically weaker learners.*

The Context: *About 30% admitted students in UG & PG programmes are from rural and tribal areas and are of very poor economic background. These students are identified in the begging of the programme and are brought under the scheme of, "Earn and Learn."*

The Practice:

Under the scheme the identified students were given proper counselling by the head of the institution to motivate and remove the inferiority complex. A head of Earn and Learn scheme allots students works related to library, administrative office, various laboratories, IQAC and indoor halls. The students are allotted works after their college hours every day for at-least two hours. They were given honorarium of Rs. 50/- per hours. The daily attendance and nature of works is been maintained by the head of the scheme.

Evidence of Success:

The purpose of the scheme is to develop confidence in the identifies students which also enables them to Earn while Learning which help them to solve the problem of their daily expenses. The scheme is also meant for the development of quality such as self-reliance, confidence, dignity of labour and integrity.