

## **Best Practice 1**

### **Holistic Development of Students through Extracurricular Activities**

#### **Objectives:**

- i.** The objective of extracurricular activities is to offer opportunities for students to learn the values of teamwork, individual and group responsibility, fair competition, diversity, and a sense of culture and community.
- ii.** Participation in extracurricular activities is also done with the objective of increase students' sense of engagement or attachment to their institution.
- iii.** Activities such as book reading, drama, and film clubs expose students to different cultures and perspectives, fostering appreciation for diversity and global awareness.
- iii.** They offer opportunities for students to develop a wide range of skills which are not covered in curriculum.

#### **The Context:**

While curricular activities including classroom teaching and learning, are essential components of a student's educational experience, they alone may not be sufficient to meet all of their developmental needs. Extracurricular activities were deemed necessary to provide opportunities for students to develop skills, talents, and interests beyond the classroom. Activities such as book reading, drama, and film clubs expose students to different cultures and perspectives, fostering appreciation for diversity and global awareness. Extra-curriculars offer students a chance to interact with peers who share similar interests, promoting teamwork, cooperation, and socialization. These skills are essential not only for academic success but also for success in professional and personal life. Many extracurricular activities such as sports involve outdoor physical activities and can contribute to students' overall well-being and mental health, thus promoting a well-rounded and healthy lifestyle for students.

#### **The Practice:**

Ananda Chandra College offers a lot of opportunities for students to cultivate skills, talents, and interests that extend beyond traditional classroom learning. Each year, the college organizes events such as quizzes, debates, and youth parliament competitions, providing platforms for intellectual engagement and expression. Moreover, the National Service Scheme (NSS) and National Cadet Corps (NCC) offer avenues for students to contribute to their surrounding communities through various initiatives.

The college also has a range of clubs, including the Drama Club, Film Club, Book Reading Club, and Eco Club, Electoral Club, which foster communication, creativity, critical thinking, and environmental awareness among students. Through these clubs students can explore their

passions and collaborate with like-minded peers.

The Drama club provide a platform for students to express themselves creatively. Through acting, directing, writing, and various backstage roles, individuals can explore and develop their artistic talents. Through drama, students learn to overcome stage fright, speak in public, and perform in front of an audience, which can be invaluable skills in both personal and professional life.

Film club holds regular screenings of classics of world cinema. These screenings could be followed by discussions where members analyze and critique the films, sharing their interpretations and insights.

The Quiz club seeks to engage both alumni and experienced quizzers into its activities. These ex-students take on the role of Quizmasters, leading monthly quizzes for current students. This not only provides valuable mentoring and guidance but also offers an opportunity for the Quizmasters to hone their skills in presenting to a larger audience.

A Reading club that goes by the name of Bibliophile. The reading club with the motto "reading matters" have been organizing discussion sessions (where students and teachers engages with each other in reading, discussing and thinking together) and "Meet the Author" sessions. The club actively promotes a culture of reading among students, encouraging them to explore diverse genres, authors, and perspectives. A literary society 'Pen Poems' also exists in the college guiding and encouraging students to write poems and perform.

The Eco club raises awareness about pressing environmental issues among students and the wider college community. Through various initiatives, it empowers students to actively participate and voice their concerns regarding the environment.

Events such as college fairs and inter-departmental reels competitions provide a dynamic platform for students from diverse academic backgrounds to showcase their creative talents and innovative ideas.

Furthermore, active participation in sports activities promotes physical fitness and also instills values of teamwork, discipline, and sportsmanship, contributing to a well-rounded and healthy lifestyle for students.

### **Evidence of Success:**

The Quiz Club of Ananda Chandra College has made efforts to engage both alumni and experienced quizzers into its activities. These ex-students take on the role of Quizmasters, leading monthly quizzes for current students. It has provided valuable mentoring and guidance but also offers an opportunity for the Quizmasters to hone their skills in presenting to a larger audience.

The Film Club screens classic films on Saturdays, fostering cinematic appreciation and discussion.

The Drama Club was officially established in 2022 and has already staged four plays by May

2023. These productions showcase the creative talents of students and contribute to the vibrant cultural atmosphere of the college. The first performance was based on the idea of women's empowerment. It was held on International Working Women's Day Celebration, held on 3rd March, 2023. The second performance was on 2nd September, 2023- on occasion of the Foundation Day of the college.

Bibliophile's "Meet the Author" sessions offer students valuable opportunities to engage directly with authors, fostering insightful discussions and enriching the college's literary community.

The student members of "Pen poems" society have presented a performance "Rethinking Muses" on 23rd April 2024 in an event organized by Dyotona (Little Magazine). In 2024, they were invited to perform in the Jalpaiguri Book Fair and also was invited by Muktokonho, Jalpaiguri to perform on 26th Jan, 2024.

Sukanya Mustak, a student of this college, secured first place in the "34th State Bhawaiya Music Competition" held in Coochbehar in 2023.

The Eco Club is dedicated to promoting environmental awareness and conservation efforts among students.

A college fair, "Ananda Mela" was held in 2023 which served as a platform to foster innovation, creativity, and the spirit of entrepreneurship among students.

Furthermore, the college organized and actively participated in District-level Youth Parliament, providing students with valuable insights into the functioning of democracy and parliamentary processes.

In addition to these initiatives, Ananda Chandra College has also organized and participated in a wide range of sports activities. Many of our talented athletes have proudly represented our institution, clinching medals and prizes in prestigious state-level, national, and even international tournaments. For example, recently, Priya Ghosh, a student of this college won gold and silver medals respectively in Yoga World Cup and International Yoga Championship held in Nepal in 2022. Another student, Shyama Mandal, won Gold medals in 200 and 400 meters, at National level- East Zone athletics meet held in Patna in 2020-21 and in 2022-23.

### **Problems Encountered and Resources Required:**

While extracurricular activities offer numerous benefits, they also present Challenges.

Balancing extracurricular activities with academic coursework can be challenging for students. It requires careful planning, effective time management, and a keen awareness of one's personal limits. It's about prioritizing commitments, setting realistic goals, and maintaining a healthy equilibrium that allows for both academic success and personal fulfillment.

Limited funding and inadequate facilities further compound this challenge, often restricting the variety and quality of extracurricular activities available to students. This limitation can be frustrating, as students may have diverse interests and talents they wish to explore and develop. Moreover, the competitive nature of extracurricular involvement can exacerbate stress and

pressure among students. Whether vying for positions in performances, roles in clubs, or spots on sports teams, the intense competition can create an environment of rivalry and tension. In such circumstances, it becomes crucial for teachers and leaders to foster a culture of cooperation, brotherhood, harmony, and unity among students.