

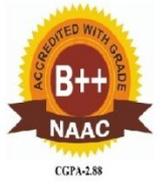


Office of the Principal
RANGAPARA COLLEGE, RANGAPARA

ৰঙাপৰা মহাবিদ্যালয়, ৰঙাপৰা

(Affiliated to Gauhati University, UGC Recognised under 2(f) & 12 (B))

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Best Practice I

1. Title of the Practice: Empowering Girl Students: Excellence Through Sports and Co-Curricular Activities

2. Objectives of the Practice

The primary objective is to empower girl students by promoting active participation in co-curricular activities, particularly sports and cultural activities. This initiative aims to foster self-confidence, leadership, teamwork, and resilience among girls. By providing them with opportunities to compete in state and national events, the practice seeks to break stereotypes, build their social and emotional skills, and prepare them to excel in all walks of life.

3. The Context

Rangapara College, situated in a rural setting, recognizes the need to empower its girl students through co-curricular activities. Many of these students face societal barriers that limit their opportunities for personal and professional growth. Despite these challenges, they have shown exceptional talent in sports like football, tug-of-war, and others, winning medals at state and national levels. They excel in other co-curricular activities like cultural, literary etc. The initiative aims to provide them with an environment that nurtures their abilities while addressing barriers such as lack of infrastructure, societal stereotypes, and limited exposure to competitive platforms.

4. The Practice

The initiative integrates sports and co-curricular activities as essential components of girl students' development.

Key aspects include:

- **Sports Training Programs:** Dedicated training sessions for football, tug-of-war, and other sports with skilled coaches to hone their abilities.
- **Infrastructural Support:** Development of sports facilities such as grounds, gymnasiums, and equipment tailored to their needs.

- **Mentorship and Guidance:** Collaboration with national and state-level athletes and coaches to provide guidance and motivate students.
- **Competitive Exposure:** Participation in district, state, and national-level tournaments, ensuring students gaining competitive experience and recognition.
- **Holistic Development Workshops:** Regular workshops on leadership, communication skills, and personal well-being to complement physical activities.
- **Community Engagement:** Involving families and the local community in events to gain their support and address societal biases.
- **Recognition and Rewards:** Celebrating achievements through awards, media coverage, and institutional recognition to boost morale and encourage participation.

This practice is unique in its holistic approach to empowering girl students by integrating sports with personal and social development. It creates a platform for them to challenge societal norms and achieve excellence.

5. Evidence of Success

The initiative has shown remarkable results:

- About 30 medals won state and national level competitions in football, tug of war and other co-curricular activities by female students of the college.
- Enhanced confidence, leadership skills, and teamwork among participants, as observed in their academic and personal lives.
- Recognition by local and state authorities for empowering women through sports.
- Positive change in societal attitudes, with families and communities increasingly supporting girl students' participation in co-curricular activities.

6. Problems Encountered and Resources Required

- **Challenges:** Limited financial resources for advanced infrastructure and training, initial resistance from some families, and difficulty balancing academics with co-curricular activities.
- **Resources Required:** Funding for better sports equipment and facilities, more professional coaching staff, and partnerships with sports organizations to provide opportunities for higher-level competitions.

7. Notes

This best practice can serve as a model for other rural institutions aiming to empower girl students. By integrating sports and co-curricular activities into the educational

framework, Rangapara College demonstrates how talent and determination can overcome societal challenges. Sustained efforts in mentorship, infrastructure, and community support are crucial for replicating this success.