

Best Practice: 1.

Cultivating Health through Martial Arts: “Practical Training for the “care of the self”

1. **Title of the practice:** Cultivating Health through Martial Arts: Practical Training for the “care for the self”.

2. Objectives of the Practice.

- To teach students self defense, disciplined and self confidence to strengthen their competence.
- To develop and maintain their healthy body and weight to develop value oriented leadership in female students and enhance their personality
- To Increase the livelihood of girls for obtaining better paid jobs through this training.

3. The Context

Martial arts promote concentration and reduce impulsivity by requiring students to focus intensely on a physical activity, follow verbal and visual commands, and practice in a controlled, disciplined environment. Our college provides the platform to all students to take part in this material art (karate practice) to improve their confidence which positively affect the health of students and develop body and soul harmoniously. The main purpose and uniqueness of this practice is that girls become more aware of their environment, which helps to keep them safe out in the world.

4. The Practice

The college creates a great effort to make our girls ahead in the society. It would be essential to mention that “no one is equal until everyone is equal in a Nation”. Girl’s equity and empowerment is one of the 17 sustainable goals set up by the United Nations General Assembly, also integral to all dimensions of inclusive and sustainable development for a nation. Martial arts are ancient forms of combat, modified for modern

sport and exercise. Participation in the martial arts is increasing, particularly for youth. Martial arts provide health-promoting and meaningful exercise for millions of practitioners. Benefits from this practice include better overall health and balance, as well as an improved sense of psychological well being. They do not promote aggression and may be used as a treatment modality for youth who are at-risk for violence. Karate is a martial art using punching, kicking, knee strikes, elbow strikes and open- hand techniques. Such art can help girls save their lives in cases of any danger. Martial arts also help one to build mental strength, as it requires focus and discipline. Building a strong mental health can also help the students to do better performance in studies and also to learn other extra – curricular activities- like singing, drawing, dancing, sports and many more.

5. Evidence of Success

Department of Physical Education of our college organized “7 days Free Karate Classes” at our college premises in indoor hall, in which more than 40 students had taken part. Martial arts might also be a suitable adjunctive treatment that are facing experience of depression or sleep disturbances. These classes help the students to come out from the mental disorder.

Most of our students are from countryside where their parents are not allowing them to go outside for availing such training, and also they can't afford such classes outside by their own. Therefore this training has come up as a great opportunity for the underprivileged girls.

6. Problem Encountered and Resources Required:

In our culture's evolution it still isn't as acceptable for women as it is for men to present themselves as strong. Major reason more women and girls do not study martial arts is the cultural environment. The girls are scared of and wouldn't be interested in self-defense. Most awareness program must be organized



This Memorandum of Understanding (MOU) sets for the terms and understanding between the S.D. College for Women, Moga and the Master Kehar Singh Martial Arts Academy to give free Karate training to the college students.

S.D. College for Women, Moga is a renowned girl's college in the city. The vision of the college is to make all round development. Master Kehar Singh Martial Arts Academy is also one of the best martial art academies in the city, Moga where maximum numbers of players participate in National and International level. The academy is also giving best services to the various organization of the society.

S. D. College for Women and Master Kehar Singh Martial Arts Academy, MOGA is individually referred to as first party and as second party respectively.

Purpose of MOU

To teach self defense techniques to prepare young girls for every walk of life confidently.

The benefits of the martial arts:

- ↓ Increase stamina
- ↓ Develops self-confidence and self esteem
- ↓ Develop mental toughness
- ↓ Helps to become physically fit.
- ↓ Teach defense techniques for own defense.
- ↓ Maintains body posture and balance
- ↓ Promotes genders equality.

Funding

There will be no commitment of fund in this MOU. Free training will be offered to all college students who are on rolls.

Duration

This MOU will be continuing for the five years, from December, 2019 to December, 2024.

M. S.
29/12/2019

R. S.
29/12/19



**MEMORANDUM OF UNDERSTANDING (MOU)
IN THE FIELD OF SPORTS**

BETWEEN

**S.D. COLLEGE FOR WOMEN, MOGA.
AND
MASTER KEHAR SINGH MARTIAL ARTS
ACADEMY, MOGA.**

M. S.
29/12/2019

R. S.
29/12/19

M. S.
15/7/2020



Party-1

S.D. College for Women, Moga
Ring: 01636-220174, 221479
Fax: 01636-229468
E-mail: moga_sdcollege@yahoo.co.in
Website: www.sdcmoga.com

Party-2

Master Kehar Singh Martial Arts Academy
Sham Ring: 96460-88536, 88476-39317.
Sunder, Railway Road, Moga
E-mail: masterkeharsingh39317@gmail.com

On Behalf of S.D. College for Women

M. S.
Mrs. Namita Barman

HOD,

Department of Physical Education

Date: 29/12/2019.

On Behalf of Master Kehar Singh Martial Arts Academy


R. S.
Master Kehar Singh

General Secretary,

Martial art Association of Punjab.

Date: 29/12/2019

Ph.01636-220174, 8146588783



S. D. College for Women
3, Jawahar Nagar, Moga-142001
Email- moga_sdcollege@yahoo.co.in


To
The Secretary
Master Kehar Singh Martial Arts Academy,
Moga

Sub: Invitation to attend the meeting regarding conduct of karate training on 11/02/2022 at 1.00pm in Physical Education Department.

Dear Sir,

With reference to the subject cited above, you are cordially invited to be present in the meeting to discuss regarding Organizing one week training "Karate Training" for college on roll students.

Thank you in anticipation,


Namita Barman
Assistant Professor in Physical Education
S.D College for Women, Moga

10/02/2022

Meeting 1

Minutes of the meeting related to signed MOUs between Master Kehar Singh Martial Arts Academy with Physical Education Department of S.D. College for Women, Moga during the year 2021-22.

The Meeting was held on 14/02/22, in this, we discussed to organize one week training session of "KARATE TRAINING" in offline mode for uplifting the level of self-defense in college on rolls students.

Agenda: One Week Training Session
Topic: "Empowering Women Through Self- Defense"


Following members attended the meeting:

(i) Dr. Neena Aneja	Principal
(ii) Mrs Namita Barman	H.O.D. Physical Education
(iii) Mr. Kehar Singh	Secretary, Master Kehar Singh Martial Arts Academy

Following decisions were taken:

- > The Proposed date for one week training session of "KARATE TRAINING" was finalized on 17.02.2022.
- > Duty for designing brochure was assigned to Md. Namita Barman for activity.
- > The secretary, Master Kehar Singh Martial Arts Academy, Moga was finalized to provide training for the same.
- > Mr. Ankit Bhatt will guide the students regarding Physical and Physiological training during the training session.

Meeting ended with Vote of THANKS



S.D. College for Women, Moga
A premier Multi-Faculty post graduate Women Institution of the area (Estd. 1969)
Affiliated to Panjab University, Chandigarh
Re-Accredited with Grade B+ by NAAC

Department of Physical Education
Organizing
"One Week Karate Training"
in collaboration with Master Kehar Singh,
Martial Arts Academy
From
17/02/2022 to 22/02/2022 Time: 10.00am to 11.00am

Principal Dr. Neena Aneja S.D. College for Women, Moga	Secretary/Head Coach Mr. Kehar Singh Martial Arts Academy, Moga	Organizing Secretary Mrs. Namita Barman HOD, Dept. of Physical Education
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Karate Classes



It Boosts.....

- ❖ Strength
- ❖ Fitness
- ❖ Flexibility
- ❖ Focus
- ❖ Self confidence
- ❖ Practical Self Defense

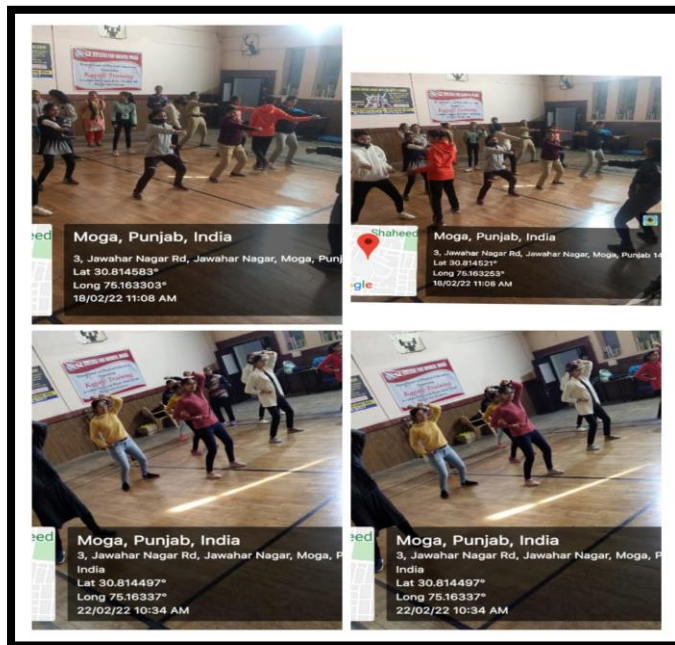
IT REDUCES STRESS AND TENSION

S.D. College for Women, Moga

Department of Physical Education in collaboration
with Master Kehar Singh Martial Arts, Moga

Monday to Saturday, Timing: 11.15 A.M – 12.00 P.M Venue: Indoor Hall





ਸਵੈ ਰੱਖਿਆ ਲਈ ਲਗਾਏ ਕਰਾਟੇ ਟ੍ਰੇਨਿੰਗ ਕੈਂਪ ਸਮਾਪਤ

ਮੋਗਾ • ਮੌਹਿਤ ਕੋਫ਼ੜ
 ਐੱਸ ਡੀ ਕਾਲਜ ਫਾਰ ਵੋਮੈਨ ਮੋਗਾ ਦੇ
 ਫਿਜ਼ੀਕਲ ਐਜੂਕੇਸ਼ਨ ਵਿਭਾਗ ਨੇ ਮਾਸਟਰ ਕੋਹਰ ਸਿੰਘ
 ਮਾਰਸਲ ਆਰਟ ਅਕਾਦਮੀ ਮੋਗਾ ਦੇ
 ਸਹਿਯੋਗ ਨਾਲ ਇੱਕ ਹਫ਼ਤਾ 17-
 02-22 ਤੋਂ 22-02-22 ਤੱਕ ਕਰਾਟੇ
 ਟ੍ਰੇਨਿੰਗ ਕੈਂਪ ਦਾ ਆਯੋਜਨ ਕੀਤਾ।
 ਕਾਲਜ ਪਿੰਸੀਪਲ ਡਾ ਨੀਨਾ ਅਨੇਜਾ ਨੇ
 ਵਿਦਿਆਰਥਣਾਂ ਵੱਲੋਂ ਦਿੱਤੇ ਪ੍ਰਦਰਸ਼ਨ
 ਦੀ ਸਲਾਘਾ ਕੀਤੀ ਤੇ ਵਿਦਿਆਰਥਣਾਂ
 ਨੂੰ ਆਪਣੀ ਰੱਖਿਆ ਖੁਦ ਕਰਨ ਲਈ
 ਹਮੇਸ਼ਾ ਹਿਮਤ, ਹੌਸਲਾ ਅਤੇ ਦਿਮਾਗ
 ਤੋਂ ਕੰਮ ਲੈ ਕੇ ਪ੍ਰਸਿਧਿਤੀ ਨੂੰ ਕਾਬੂ ਕਰਨ
 ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ। ਇਹ ਕੈਂਪ ਕਾਲਜ ਵੱਲੋਂ
 ਵਿਦਿਆਰਥਣਾਂ ਲਈ ਮੁਫਤ ਲਗਾਇਆ ਗਿਆ ਸੀ,



ਜਿਸ ਵਿੱਚ ਵਿਦਿਆਰਥਣਾਂ ਨੇ ਵਧ ਚੜ੍ਹ ਕੇ ਹਿੱਸਾ
 ਲਿਆ। ਅੰਤ ਤੇ ਮਿਸਿਜ ਨਮਿਤਾ ਬਰਮਨਾ ਮੁੱਖੀ
 ਫਿਜ਼ੀਕਲ ਐਜੂਕੇਸ਼ਨ ਵਿਭਾਗ) ਨੇ ਸਾਰਿਆਂ ਦਾ
 ਪੰਨਵਾਰ ਕੀਤਾ। ਇਸ ਸਮੇਂ ਸਮੂਹ ਸਟਾਫ ਵਿਚੋਲ ਤੌਰ
 ਤੇ ਹਾਜ਼ਰ ਸੀ।

छात्राओं के लिए कराटे प्रशिक्षण शिविर लगाया



मोगा के एस.डी. कालेज में कराटे प्रशिक्षण शिविर दौरान सिखलाई हासिल करती छात्राएं। (नरुला)

मोगा (गुलाटी) : शारीरिक शिक्षा विभाग एस.डी. कालेज फार वूमैन मोगा में मास्टर केहर सिंह मार्शल आर्ट एकेडमी मोगा के सहयोग से एक सप्ताह का कराटे प्रशिक्षण शिविर आयोजित किया गया, जो आज अपनी अमिट यादें छोड़ते हुए संपन्न हुआ। कालेज प्रिंसिपल डा. नीना अनेजा ने छात्रों के प्रदर्शन की सराहना करते हुए कहा कि कराटे व्यक्ति को मानसिक एवं शारीरिक रूप से स्वस्थ रखता है। कराटे प्रशिक्षण के एक सप्ताह प्रशिक्षण कैम्प के दौरान छात्रों को कराटे कला की सिखलाई दी गई। कालेज छात्राओं के लिए निशुल्क शिविर का आयोजन किया गया। जिसमें बड़ी संख्या में छात्राओं ने भाग लिया। अंत में नमिता बर्मन अध्यक्ष शारीरिक शिक्षा विभाग ने सभी का धन्यवाद किया। इस दौरान सभी कर्मचारी विशेष रूप से मौजूद थे।

Best Practice No. 2

“Environmental Sustainability and Community Outreach”

1. **Title of the practice:** “Environmental Sustainability and Community Outreach”
2. **Objective of the Practice:**
 - Ensuring Good health and well-being through psycho physical training.
 - Water Management, waste management and sanitization & hygiene.
 - To develop the community participation skills to cope with emergencies and natural disaster and environment consciousness among the students
3. **Context:** Environmental sustainability is the responsibility to conserve natural resources and protect global ecosystems to support human life. The motto of this practice was to upbringing students with “Meeting the needs of the present without compromising the ability of future generations to meet their own needs”.
4. **The Practice:** The College has installed roof top solar power plant in the campus for reducing the potential of the utility costs. The college has been created the provision for liquid waste management i.e **rain water harvesting** and to ensure **green building**. Indoor hall facility is open to the community for taking privilege to ensure the physical health of their children; a regular Badminton class is going on.

5. Evidence of success: The College has inaugurated 50KWP solar plant on 21st August, 2018, till date and is working properly to ensure economical and financial advantages to the college. It uplifts the level of clean and green energy and reduces the electricity bill. The rain water harvesting well is also working smoothly to ensure the recycling of water and liquid waste management. The indoor stadium is 566.71sq.mt. With wooden surfaced floor and proper lightning and well ventilated. Badminton coaching is given to the students of the college (free of cost) and the community at a very nominal fee. It was the proud moment when 5 students from the college badminton academy participated in National Games and every year more than 20 students took participation in the state level competition.

6. Problem Encountered and Resources Required:

It's Not 100% Reliable. This means that when the sun is not shining, there is no generation of energy. Using well for rain water harvesting may attract mosquitoes and other waterborne diseases. To use the runoff water for recharge aquifers is required to adopt appropriate techniques.

Solar Energy

(Statement of Expenditure on Roof Top Solar Power Plant)

Statement of Expenditure (SOE) to be submitted by **Institutions, Commercial and Industrial establishments** for installation of Roof Top Solar Power Plant under Net Metering.

Application No. PEDA201832783260

Name of Owner / Beneficiary/ Customer:- **PRINCIPAL S D COLLGE FOR WOMEN**
Name of Organization:- **PRINCIPAL S D COLLGE FOR WOMEN**

Address:- JAWAHAR NAGAR, STREET NO. 3, MOGA

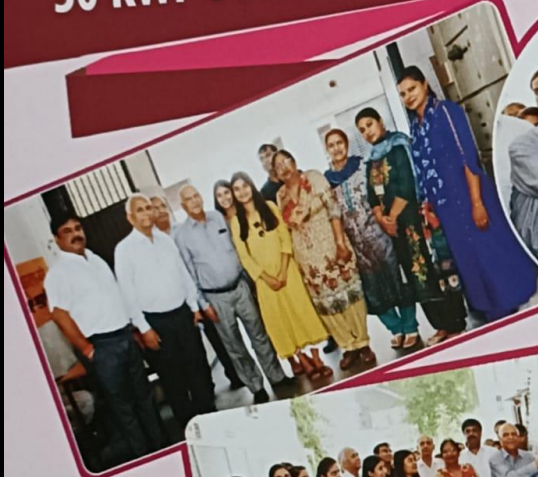
It is certified that a Roof Top Solar Power Plant of capacity 50 Kwp has been supplied, installed and commissioned at the above said organization by M/s K. DEV & COMPANY I have checked the accounts and all related documents of the beneficiary and found that owner / beneficiary has incurred a sum of Rs 21,00000+775000= .28,75,000 (in words TWENTY EIGHT LAC SEVENTY FIVE THOUSAND ONLY) on installation of the system vide bill no R-191 dated 23/04/2018 , R-286 DATED 3-5-2018 and payments has been made to the supplier as per detail given below.

1. Dated 26-02-2018 Amount 5,00,000/-
 2. Dated 27-03-2018 Amount 10,00,000/-
 3. Dated 07-04-2018 Amount 5,00,000/-
- BALANCE PAYMENT 28,75,000-20,00,000= 8,75000/-

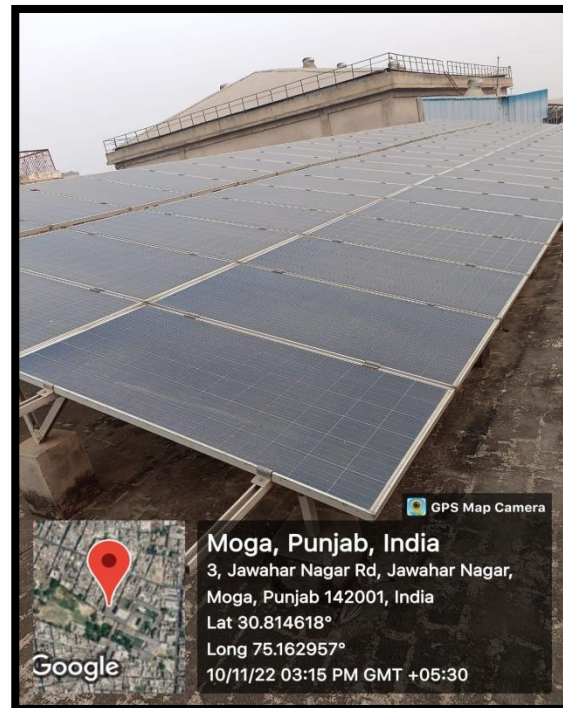
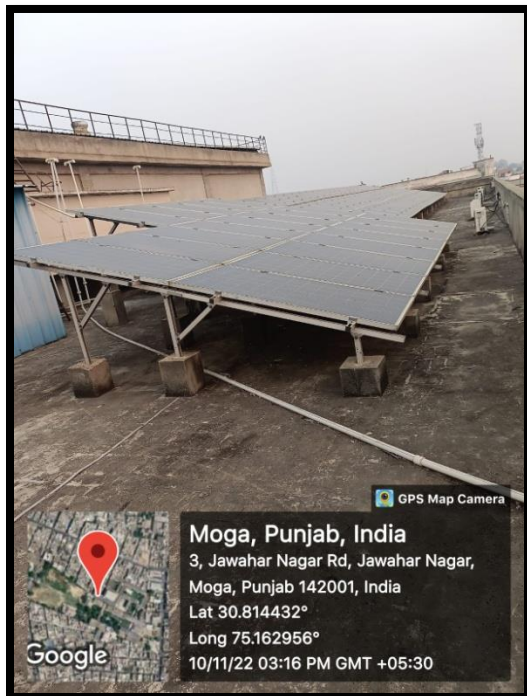
Dated:- *2nd June 2018*


STAMP & SIGNATURE OF
CHARTERED ACCOUNTANT

INAUGURATION OF 50 KWP SOLAR PLANT



Geo tagg Pictures of the solar system



Liquid Waste Management

(Rain Water Harvesting)

7.1.4 Point - 1,2
↓
c

S.D.COLLEGE FOR WOMEN ,03 JAWAHAR
NAGAR,MOGA,PUNJAB

GROUND WATER RECHARGE WELL

PURPOSE

- TO HELP RECHARGE THE DEPLETING GROUND WATER TABLE OF THE AREA
- TO REDUCE THE RUN OFF FROM PAVED PATHWAYS IN CAMPUS
- TO REDUCE WATER LOGGING INSIDE THE CAMPUS AND REDUCE PRESSURE ON PUBLIC SEWAGE SYSTEM OF THE CITY
- TO EFFECTIVELY USE FRESH WATER OF RAINFALL FROM ROOFTOPS OF CAMPUS
- TO REUSE R.O WATER WHICH IS REJECTED BY THE SYSTEM
- TO USE OVER FLOWING WATER OF OPEN LANDSCAPED COURTYARD

LOCATION

IN THE OPEN LANSCAPED COURTYARD

CONSTRUCTION


- 9 INCHES BRICK LINED CIRCULAR WELL
- STEEL U SHAPED RODS AS STEPS ARE INSERTED IN WALL TO GO UP AND DOWN FOR MAINTENACE
- STEELL GRILL AS COVER FOR GENERAL SAFETY
- FOUR LAYERS OF EASILY AVAILABLE FILTERING MEDIA USED AT BASE

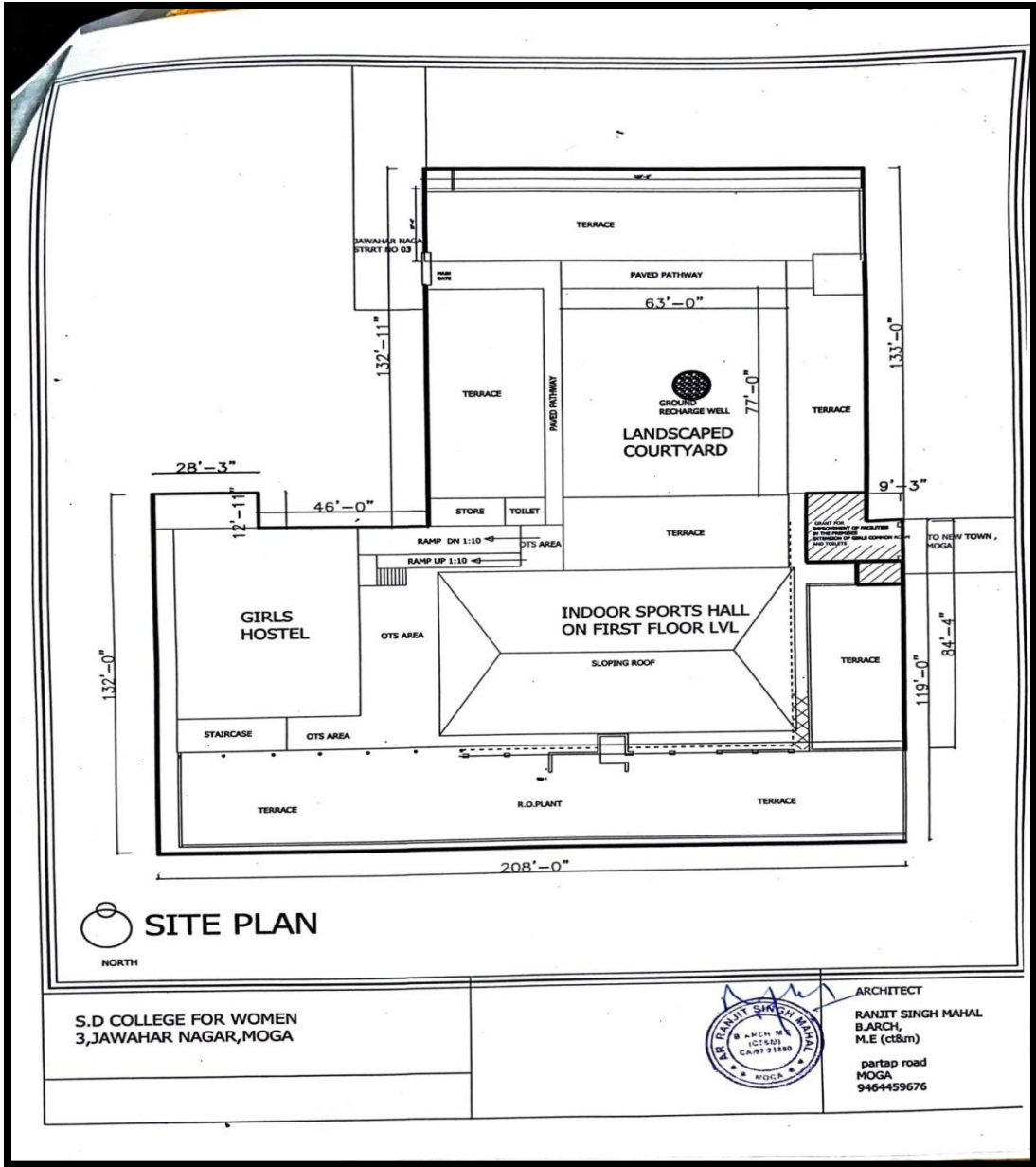
1. CORE SAND FILLING
2. FINE GRAVEL
3. CORE GRAVEL
4. PEBBLES

WORKING

HIGHLY EFFECIENT IN WATER SUCTION DURING PEAK TIMES

WITH ULTRA LOW MAINTENACE BEFORE RAINY SEASON


AR. RANJIT SINGH MAHAL
B. ARCH. M.E. (CT&M)
CA/97/21890



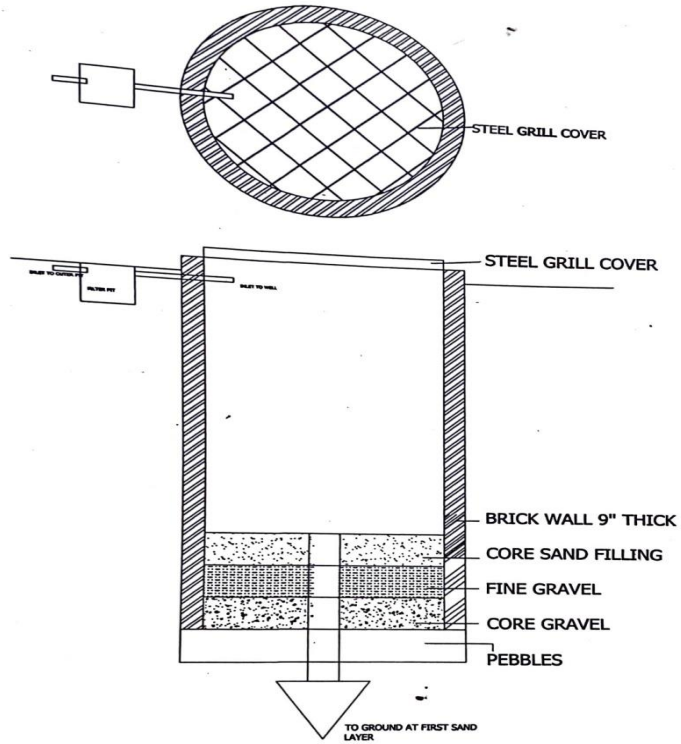
SITE PLAN

S.D COLLEGE FOR WOMEN
3, JAWAHAR NAGAR, MOGA



ARCHITECT
RANJIT SINGH MAHAL
 B.Arch.
 M.E (ct&m)
 partap road
 MOGA
 9464459676

7.1.4 Point - 1,2



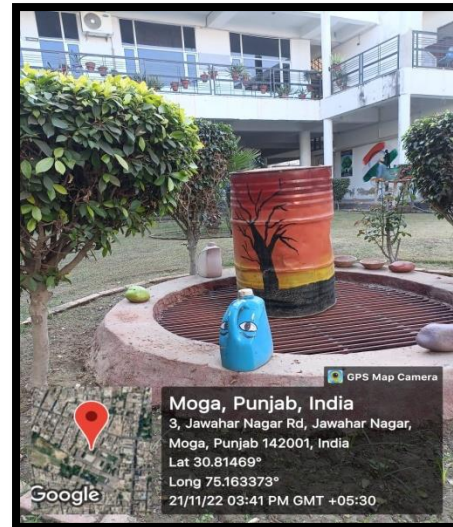
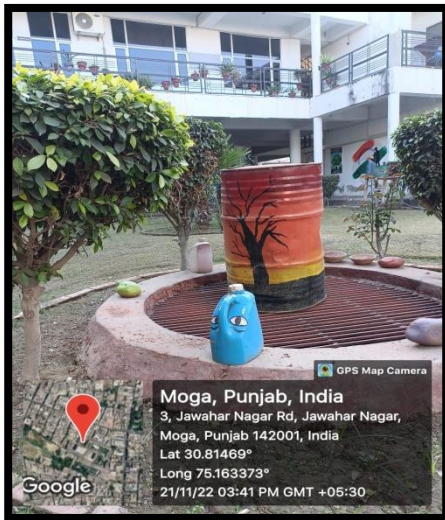
SECTIONAL DETAIL OF RAIN WATER HARVESTING WELL

S.D COLLEGE FOR WOMEN
3, JAWAHAR NAGAR, MOGA

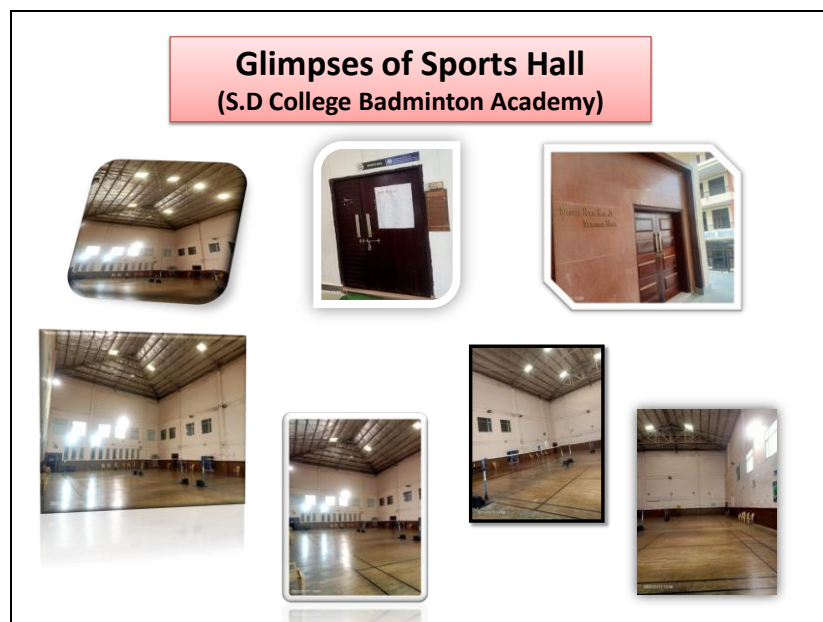


ARCHITECT
RANJIT SINGH MAHAL
B.Arch,
M.E (ct&em)
partap road
MOGA
9464459676

Geo Tagged Picture of the Rain Water Harvesting Well



Indoor Hall





(The Players from our community practices in the indoor hall participated in National Games)

Green Building



fone
Principal
S.D.College for Women
Moga