

Best Practice I

Promoting Physical Fitness and Mental Well-being

The objective is to promote physical fitness and mental well-being through sports activities and programmes on mental health. This approach reflects our institution's commitment to nurturing the overall wellness of our students.

The context

The institution endeavours to provide a comprehensive platform for students to enhance their physical and mental health through a variety of sports activities and mindful training programmes alongside educational integration.

Practice

There is a diverse range of sports activities available to cater to the varied needs and interests of our student community. Whether a student is interested in team sports like basketball, football, hockey or volleyball or individual activities such as running, yoga, badminton, athletics; there is something for everyone. This diverse selection of programmes allows students to find an activity that resonates with their preferences and abilities, thus promoting inclusivity and participation among all students. Through collaborative events, team-building activities, and student-led initiatives, we encourage students to engage with one another, fostering a sense of belonging.

Outcome

The year 2024–25 marked a period of remarkable sporting achievement and high student participation at Vallabh Government College, Mandi. Through intensive coaching camps, inter-college events, inter-college championships and selection trials involving the engagement of over 1000 students, the institution has further strengthened its position as a leading centre for sports in Himachal Pradesh. Dedicated efforts of the entire college, especially Department of Physical Education have fostered excellence, inclusivity and a vibrant sports culture on the campus. These activities not only enhance students' sporting skills and team spirit but also play a vital role in promoting their physical fitness and mental well-being. Encouraging regular participation in games and sports has been one of the prime objectives of organising these programmes, thereby contributing to healthier lifestyles, better stress management and overall holistic development of the students.

Challenges

Our goal is to encourage a greater understanding of health and wellness by offering educational opportunities in addition to sports-related activities and well-being programmes. But to meet

this requirement the college has only one Physical Education Teacher and negligible courses in mental health. Although a good number of staff from other departments are also involved as Team-Managers, inadequate teachers in the Department of Physical Education is definitely a challenge to cater to the needs of students involved in such activities.

In spite of the various challenges, several sports activities were organized by the college during 2024-25 session, thus promoting physical and mental well-being of the students. Various activities organised during the session were:

➤ **Inter-Class Cross Country Competition (Men & Women)**

On National Sports Day, the Department of Physical Education organized the Inter-Class Cross Country Competition (Men & Women) at Paddal Ground, attracting around 200 participants from various classes. The event aimed to evaluate endurance, stamina and resilience while fostering unity, sportsmanship and fitness among students. The 10 km race was flagged off by Prof. Mukta Vaidya, Chief Guest, in the presence of college dignitaries. After a spirited competition, the top ten finishers in both men's and women's categories were awarded medals. The event successfully promoted a culture of fitness and athletic excellence on campus.

<https://www.vgcmandi.co.in/downloads/2025-26/reports/physical-education/Report-Cross-Country-2024.pdf>

➤ **Intra-College Sports Competitions 2024–25**

The Volleyball (Men & Women)

Department of Physical Education conducted a comprehensive series of Intra-College Competitions covering major sports disciplines. Held from 23rd to 25th September 2024, the Volleyball Championship saw 160 participants—88 men and 72 women—competing with enthusiasm. Finals concluded with BA 3rd Year (Physical Education Major) winning in men and VGC-1 Team winning in women.

Kabaddi (Men & Women)

The championship featured 16 teams—10 boys' and 6 girls'. The event showcased exceptional energy and teamwork, with Sardar Patel Team securing the men's title and Kalpana Chawla Team winning the women's title.

Wushu (Men & Women)

A total of 46 competitors—26 men and 20 women—participated across multiple weight categories. The event displayed outstanding technical skill, with medals awarded to top performers in each category.

Shooting (Men & Women)

Conducted at Lakhanpal Shooting Sports Academy, the championship featured 74 shooters—52 men and 22 women—competing in 10m Air Rifle and 10m Air Pistol. High-precision performances marked the event, with winners recognized in both categories.

Basketball (Women)

The Women's Basketball Championship saw participation from 4 teams. The final match concluded with BA 3rd Year winning the title.

Chess (Men & Women)

The Chess Championship recorded 82 participants—62 men and 20 women—competing in a multi-round format that emphasized strategy, focus, and mental agility. Top performers in both categories were awarded.

Badminton (Men & Women)

A total of 62 players—47 men and 15 women—participated in the Badminton Championship. Winners were determined through a knockout format, with Parth Sharma (Men) and Komal Thakur (Women) securing first place.

Table Tennis (Men & Women)

The Table Tennis Championship featured 25 players—16 men and 9 women—showcasing excellent reflexes and control. Winners from both sections were felicitated.

Valedictory Ceremony

Held on 5 October 2024, the ceremony was graced by Principal Prof. Surina Sharma, who addressed the gathering and appreciated the participants. Medals and certificates were distributed, concluding the competitions on a celebratory note.

<https://www.vgcmandi.co.in/downloads/2025-26/reports/physical-education/Report-Inter-Class-2024.pdf>

➤ Trials for HPU Inter-College Sports Teams

The Department of Physical Education organized an extensive series of selection trials for HPU Inter-College Sports Competitions throughout September to November 2024. A total of 516 students participated across multiple disciplines including Football, Hockey, Kabaddi, Cricket, Taekwondo, Kayaking & Canoeing, Basketball, Weightlifting, Kho-Kho, Judo, Wrestling, and Boxing. Each trial was conducted in a fair and transparent manner by respective Game Presidents and coordinated by Dr. Sunil Sen. The trials aimed to identify talented athletes while promoting discipline, teamwork, and competitive spirit among students.

<https://www.vgcmandi.co.in/downloads/2025-26/reports/physical-education/Report-on-Trials-for-HPU-Inter-College-Competitions-2024-25.pdf>

➤ College annual athletic meet

The Annual Athletic Meet of Vallabh Government College, Mandi, was successfully conducted on 8–9 November 2024 at the Paddal Ground. The event commenced with student registration followed by an impressive march-past showcasing NCC, NSS, Rovers & Rangers, and department contingents led by Sports Captain Taran Preet Singh. The chief guest for the inaugural session was Prof. Lalit Kumar Awasthi, Hon'ble Vice Chancellor, SPU, accompanied by Prof. Sunil Verma. After the ceremonial welcome, address, and hoisting of

the flag, the sacred torch was carried by athletes, followed by the athletes' oath. Across two days, students participated in various track and field events including races (100m, 200m, 400m, 800m, 1500m), long jump, high jump, shot put, javelin, and discus throw. Teaching and non-teaching staff also participated in friendly competitions, enhancing the spirit of inclusivity and enthusiasm. The closing ceremony was graced by Prof. Padam Singh Guleria and Maj. Man Singh Jamwal (Retd.). Medals and certificates were awarded to winners, acknowledging their talent and effort. The meet concluded with a vote of thanks and the national anthem. The event fostered teamwork, discipline, and sportsmanship, making it a memorable experience for all.

<https://www.vgcmandi.co.in/downloads/2025-26/reports/physical-education/Report-College-Annual-Athletic-Meet-2024.pdf>

➤ **Coaching Camp for HPU Football (Men) Team**

Vallabh Government College, Mandi successfully organized a four-day Coaching Camp for the HPU Football (Men) Team from 9th to 12th December 2024 as preparation for the North Zone Inter-University Football Championship 2024–25 at GNA University, Phagwara. A total of 20 selected football players participated in this intensive programme. The camp focused on enhancing technical skills, tactical formations, match awareness, and physical conditioning through well-structured sessions. Under the expert guidance of Dr. Gaurav Bhardwaj, and coordinated by Dr. Sunil Sen, the athletes trained in a disciplined and supportive environment. A send-off ceremony was organized in the presence of Principal Prof. Surina Sharma, who encouraged the players to uphold discipline, sportsmanship, and team spirit. The camp concluded with all athletes fully prepared for inter-university competition.

<https://www.vgcmandi.co.in/downloads/2025-26/reports/physical-education/Report-Inter-Varsity-Football-2024-25.pdf>

➤ **HPU Inter-College Wushu Championship (Men & Women)**

Vallabh Government College, Mandi proudly hosted the HPU Inter-College Wushu Championship 2024–25 from 17th to 19th December 2024. The event witnessed 127

participants from 18 colleges—75 men from 17 teams and 52 women from 10 teams. The inaugural ceremony was graced by Principal Prof. Surina Sharma, and the competition saw 103 bouts spread across three days. The Closing Ceremony was attended by Prof. (Dr.) Sanjay Sharma, Director, Physical Education & Y.P., HPU, who appreciated the discipline and sporting excellence of the athletes. VGC Mandi secured first place in both men's and women's sections, marking an exceptional achievement for the institution.

<https://www.vgcmendi.co.in/downloads/2025-26/reports/physical-education/Report-on-HPU-Inter-College-Wushu-M-W-Championship-2024.pdf>

➤ **Coaching Camp for HPU Wushu (Men & Women) Team**

The college hosted a five-day Coaching Camp for the HPU Wushu (Men & Women) Team from 16th to 20th February 2025 in preparation for the All India Inter-University Wushu Championship to be held at Chandigarh University. A total of 19 athletes—11 men and 8 women—received specialized training aimed at refining their techniques, tactical skills, sparring ability, and physical fitness. The sessions were conducted by Mr. Nirmal Singh, a certified Wushu coach, whose practical expertise elevated the quality of the camp. Dr. Sunil Sen, serving as Team Manager, ensured seamless coordination. Before departure, the players were blessed by Principal Prof. Surina Sharma, who motivated them to perform with confidence and discipline. The camp concluded on a positive note with athletes well-equipped for national-level competition.

<https://www.vgcmendi.co.in/downloads/2025-26/reports/physical-education/Report-Inter-Varsity-Wushu-2024-25.pdf>

➤ **Overall Champion – HPU Inter-College Men's Sports Competitions**

Vallabh Government College, Mandi achieved an extraordinary historical milestone by winning the Overall Championship Trophy in the Men's Section of the HPU Inter-College Sports Competitions 2023–24 — a first since the college's establishment in 1948. The college delivered top-tier performances across multiple sports, securing first position in Hockey, Shooting, Judo, Boxing, and Wushu; second position in Cross Country, Wrestling, and Kayaking & Canoeing; and third position in Volleyball and Athletics. This collective success

was driven by the leadership of Dr. Sunil Sen and the encouragement of Principal Prof. Surina Sharma. A felicitation ceremony was held on campus to honour the champion athletes.

<https://www.vgcmandi.co.in/downloads/2025-26/reports/physical-education/Report-for-Overall-Winner-2023-24.pdf>

➤ **Sports Achievements, Session 2024–2025**

During the session 2024–2025, the students of Vallabh Government College, Mandi brought laurels to the institution by their outstanding performance in various games and sports at Inter-College, Inter-Varsity, National and Senior National levels. A large number of students participated and excelled in Athletics, Cross Country, Wushu, Boxing, Wrestling, Hockey, Basketball, Kabaddi, Volleyball, Handball, Shooting, Chess, Kayaking & Canoeing, Table Tennis and Football.

The college secured overall titles in HPU Inter College Wushu (Men & Women), Chess (Women), Shooting (Men & Women) and Cross Country, along with notable positions in Athletics and team games such as Hockey, Basketball, Kabaddi and Volleyball. Several students represented the college and Himachal Pradesh University in All India Inter-Varsity, North Zone Inter-Varsity, National Games and Senior National Championships, winning Gold, Silver and Bronze medals in individual and team events.

These achievements reflect the dedication of the students and the sincere efforts of the Physical Education Department. The college proudly recognises and felicitates all prize-winners on the occasion of the 74th Annual Prize Distribution Function – 2025.

<https://www.vgcmandi.co.in/downloads/2025-26/reports/physical-education/Sports-prize-winners-2024-25.pdf>

Mental Wellness Initiatives:

- The Meditation & Yoga Club of Vallabh Government College, Mandi, established in 2023 under the guidance of Dr. Deepali Ashok, has significantly contributed to the institution's holistic wellness framework during 2024–25. Through five structured seven-day wellness batches, the club engaged 212 students from girls' hostels, boys'

hostel, NSS units, and the B.Ed. department. Each batch followed a thematic curriculum integrating stress management, breath awareness, relationship harmony, habit transformation, and Rajayoga-based self-mastery. The sessions combined guided meditation, group yoga, relaxation practices, reflective discussions, and one-to-one counseling where needed.

These wellness initiatives complemented the college's regular sports and physical activity calendar, reinforcing the connection between mental clarity and physical discipline. Activities such as outdoor group yoga, energization drills, and mindfulness-based warm-ups for NSS volunteers strengthened campus-wide participation and fostered a positive, supportive environment. Feedback indicated significant improvements in students' concentration, stress reduction, and emotional balance, along with a high demand for more frequent sessions, especially before examinations.

To further support students during examination pressure, additional online mindfulness and meditation sessions were organized. As part of extended support services, a psychiatrist was invited during the wellness camp to offer professional guidance. A total of 24 students received individualized counseling, with each student undergoing three systematic sessions focused on emotional regulation, academic stress, and behavioural well-being.

Although the program experienced minor operational limitations—including restricted space allocation and occasional schedule overlaps—the impact remained noteworthy. The outcomes strongly resonate with the present day need of educational objectives related to wellness, emotional resilience, value-based learning, and holistic skill development.

In continuation of this progress, the institution proposes the establishment of a dedicated meditation and wellness room, strengthening collaborations with mental health professionals, and integrating short mindfulness modules into regular academic timetables. With growing student participation and sustained positive outcomes, the Meditation & Yoga Club has evolved into an essential pillar supporting the mental, emotional, and physical well-being of the student community.

<https://www.vgcmandi.co.in/images/myc/reports/Yoga-and-Meditaion-club-report-2024-25.pdf>

Best Practice: 2

Self Defense Training Course “Parivartan” for girls

Objective

The main objective of this initiative was to empower girl students by equipping them with self-defense skills, physical fitness, and confidence to protect themselves in potentially dangerous situations. The program aimed to enhance self-awareness, foster courage, and encourage independence among young women, ensuring that they feel safe, confident, and prepared to face real-life challenges.

Context

In recent years, the importance of gender sensitization and women’s safety has gained prominence in educational institutions. Recognizing that safety and self-confidence are essential components of women empowerment, the Gender Sensitization Committee of Vallabh Government College, Mandi, under the guidance of Principal Prof. Surina Sharma, took the initiative to organize a structured Self-Defense Training Course titled “Parivartan.”

The program was designed in collaboration with IQAC and the Krishna Physical Fitness and Training Academy, Mandi, with the aim of creating awareness and practical readiness among students. The course responded to the need of the hour—preparing young women not only intellectually but also physically and emotionally to ensure their personal security.

Practice

The Self-Defense Training Course “Parivartan” commenced on 5th November 2024 for a duration of one month. A total of 50 girl students enrolled in this program, with a registration fee of ₹400 per student, out of which ₹200 was contributed by the college and ₹200 by the student herself. The sessions were conducted by expert trainers from Krishna Physical fitness and Training Academy, Mandi. Under their expert supervision, students were trained in:

- Basic self-defense techniques and emergency response strategies
- Situational awareness and threat assessment
- Physical fitness, coordination, and mental alertness
- Techniques from martial arts, kickboxing, and Wushu

The course included both theoretical and practical sessions, emphasizing physical agility, reflex training, and self-confidence development. Additionally, an Awareness Program on “The Importance of Self-Defense Skills and Training: A Need of the Hour” was organized on 21st November 2024, in collaboration with the same academy. This session was attended by 400 students and 10 teachers, where the trainers conducted live demonstrations and interactive discussions to promote the culture of self-protection and empowerment.

Outcome

1. Enhanced confidence and courage among girl students to handle potential threats.
 2. Practical self-defense skills to protect themselves in unsafe situations.
 3. Improved situational awareness to recognize and avoid danger effectively.
 4. Development of mental resilience — ability to remain calm and take quick, rational decisions under pressure.
 5. Promotion of a culture of safety, equality, and empowerment within the college community.
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Challenges

- Time management: Adjusting the training schedule with academic classes was initially difficult for some students.
- Physical limitations: Some participants faced initial hesitation and physical strain due to lack of prior training experience.
- Awareness gap: At the beginning, many students underestimated the importance of self-defense until they experienced its practical value.

However, these challenges were addressed through regular motivation, flexible scheduling, and encouraging participation from all enrolled students.

Report: In Vallabh Government College Mandi, by following the directions of Prof. Surina Sharma, Principal, the Gender Sensitization Committee has organized a Self Defense Training Course 'Parivartan' for the girl students of this college in collaboration with IQAC. This course is of one-month duration started from 5th November 2024. 50 girls students are enrolled in this course with a registration fees of Rs 400/-each rupees (Rs 200/- is paid by the student and Rs 200/- is paid by the college itself). Two expert coaches have been hired as Trainers, Shri Vinod Thakur, Ex. Army Officer and Trainer at Krishna Physical fitness and Training Academy, Mandi and his associate, Mrs Santoshi Sharma, national, international and Asian gold medalist in kickboxing and wushu games, Asian coach of Savate French games and presently holding the post of Chairperson Feminine Commission Sewate Association India. Both the coaches are providing their expertise to these girls and teaching them all the self-defense skills and techniques which would help them to boost their confidence and empower them to face any difficult and unwanted situations and also to become independent in their life.





Conclusion

The Self-Defense Training Course “Parivartan” successfully translated the idea of gender sensitization into practical empowerment. It not only equipped the participants with essential defense skills but also strengthened their mental strength and self-esteem. This best practice has created a lasting impact on the college community, inspiring more girls to participate in similar initiatives and promoting a sense of equality, safety, and confidence among students.