

7.2.1 Describe two best practices successfully implemented by the Institution

Best Practice-1

1. **Title of the Practice:** Preservation of Indian Heritage and Indic values based holistic education
2. **Objectives of the Practice:** The university is committed to holistic education of young generation by leveraging its past knowledge and traditions. The heritage is preserved, showcased and students are encouraged to imbibe its best values through immersive learning. Various platforms are provided to the students for mindful interface with Indic socio-cultural values.. The students are expected to spread the values so imbibed far and wide as proud, learned and informed Indians. Inculcating human values in them as embodied in ancient Indian scriptures and on connecting them to our rich cultural heritage, together with its systematic preservation for future generations. The main objectives of this practice are:
 - a) To preserve entities/artefacts associated with the culture of Haryana, a culture having its lineage to the great Indus Valley Civilization.
 - b) To connect new generation to the cultural heritage of Haryana.
 - c) Facilitating research in Indological studies and its systematic documentation for dissemination.
 - d) To inculcate human values among students.
 - e) Imparting education on Bhagawadgita and Yoga.
 - f) To do research on Saraswati river.
 - g) To preserve manuscripts in digitize form.
 - h) To instill appreciation and gratitude for the valour of freedom fighters and the role of Haryana in the first war of Independence.
3. **The Context:** Kurukshetra University came into existence in 1956 as a Sanskrit University with the main objective of imparting higher education in Sanskrit discipline and carrying out research in Indological studies. However, to keep pace with the changing needs and times, the University has marched forward to grow into a multi-faculty University and it is offering today teaching and research programmes in diverse disciplines including the Indological studies. In the process of expansion,

the University remained rooted to its purposes of “holistic development” of students and the preservation of its rich culture and heritage. This is clearly reflected in the content, pedagogy and academic ambience of new programmes of study where modern technologies are used for teaching-learning. Guided by its basic principles, the University has taken forward long strides by setting up advanced research laboratories such as prestigious national facilities of Ion Beam Centre (Department of Physics) and Low-temperature Geochronology Laboratory (Department of Geophysics) simultaneously with research centres on Saraswati river and Bhagwadgita offering Diploma programmes in Yoga & Philosophy, Certificate courses in Yoga, Bhagvadgita, and building of museums of Haryana Culture; the “Dharohar” and “First War of Independence-1857”. This unique combination provides perfect setting for holistic education of students.

4. The Practice: The unprecedented growth in the Information and Communication Technologies has given altogether a new dimension to the societies wherein new opportunities and challenges have surfaced. The issues of rising materialism, unsustainable life-styles, missing of basic human values of peace and harmony can be seen even among young students. Appreciating the understanding that the rich cultural heritage of India provides guidance for a world order based on coexistence and synergy, University has been observing the following practices:

- a) It has established a museum of Heritage of Haryana named as “Dharohar” to preserve and showcase the artefacts associated with the rich and varied culture of Haryana. On a mission spearheaded by the University, over thousands of artefacts donated generously by the Haryanvi people, are thematically exhibited in 50 sections in the museum. Prominently, the exhibits include sections on Art & Craft, Folk Musical Instruments & Festivals, Archeological Heritage, Professional Tools, Manuscripts, Models-based on Socio-economic life, etc. The museum is open to all and has very good footfall and is emerging as a must see for the visitors to Kurukshetra city.
- b) Keeping in view the sanctity and importance of Holy Srimadbhagwad Gita for Kurukshetra, the university offers one-year certificate course in

Srimadbhagwad Gita and its Gita Shodh Kendra is engaged in research on Gita.

- c) A signature Bhagwadgita theme based 3 days International Seminar is organized by the university every year since 2016 as part of larger “International Gita Jayanti Mahotsav” organized annually by the Govt. of Haryana. Every year the theme of seminar is carefully chosen on relevance of Gita in different spheres of contemporary world including universal brotherhood, peace and harmony. During last few years, a galaxy of distinguished academic and spiritual scholars from different faiths have joined the deliberations providing a unique platform to scholars on campus.
- d) The Department of Ancient History, Culture & Archaeology has been the actively researching on history and culture of Haryana. The department has its own Archaeological Museum showcasing the varied articles discovered in archaeological excavations conducted by it in Bagwanpura, Daulatpur and Balu in Haryana. The department is also associated with Rakhigarhi site.
- e) The oldest Department of campus; Sanskrit, Pali & Prakrit was the first postgraduate department established in 1956 and is offering specialized courses on Vedic Studies and Indian Philosophy free of tuition fees.
- f) The Institute of Sanskrit and Indological Studies has been annually publishing Prachi-Jyoti-Digest of Indological Studies since its inception which has a worldwide circulation. The Institute has undertaken a major research project of “Mahabharata Word Concordance” and has published fifteen volumes with financial assistance from Ministry of Education through Rashtriya Sanskrit Sansthan, New Delhi.
- g) The University has a collection of 15,000 rare manuscripts which have been digitized.
- h) In commemoration of the completion of 150 years of the “first war of independence 1857”, the University has recently established a museum dedicated to this historic event which depicts the valour and sacrifice of our freedom fighters.

- i) The University has established a multi-disciplinary Centre of Excellence for Research on Saraswati River (CERSR). The University also provides scholarships for doctoral research on Saraswati river.
- j) The University organizes Ratnawali festival every year to show various forms of Haryana's culture.

5. Evidence of Success: Efforts made by the University in preserving and showcasing the cultural heritage of Haryana in “Dharohar” museum, have received an overwhelming response and so far more than 26.5 lakh visitors have visited the museum. It is gratifying to note that delegates from 110 different countries have visited and admired the museum, and research scholars have been regularly consulting various items/resources available in the museum. Recently established museum on “First War of Independence-1857” has also earned appreciation of visitors, and has been spreading the waves of patriotism. The “Ratnawali Festival”, a state-level mega cultural fest held on the occasion of Haryana statehood day, has grown into a “Mahakumbh of Haryana Sanskriti” which has not only practically entrenched youth into Haryanvi culture but also attracted numerous elders from adjoining towns/villages rejoicing their culture.

The focus of University in providing value-based holistic education has produced desired results in that the students, and employees and their families live like an extended family in a stress-free, harmonious and peaceful environment on campus and collectively celebrate various national as well as international festivals/events. The campus is almost free from the evils like students' clashes, eve-teasing, depression, etc. Over 150 students from 27 different countries are pursuing studies and staying together with other students. Our students and alumni have established themselves as sincere, honest, patriotic and forward looking people with high level of integrity.

6. Problems Encountered and Resources Required: Given the present day thrust on science and technology in education at all levels, it was a big challenge for the University to provide adequate finances to provide technology based immersive experiences to students in culture and heritage. However this is compensated by the competence and zeal of faculty and academic leaders who have created useful synergies for preservation of timeless and ageless Indian values and culture.

Financial, academic and cultural support from, and collaboration with, different government and non-government bodies, research institutes, etc. has helped us in reaching this far. A mention must be made of the generous donations of historical weapons, curios and artefacts by individual residents of Haryana for 'Dharohar' museum.

Best Practice-2

1. **Title of the Practice:** Promoting Sports and Healthy Living for all round development of students

2. **Objective of the Practice:** The established adage 'A healthy mind resides in a healthy body' is taken as a mantra for all round development of students . University gives top priority to promoting sports and healthy living to ensure physical fitness and mental well being of its staff and students. It is firmly believed by the university administrators and faculty members that mindful living by developing important life skills of commitment, discipline, perseverance, and team work is possible in a healthy living environment. Main objectives of this practice are:
 - a) Providing sports facilities and enabling environment on the campus to inspire common students to achieve and maintain physical fitness.
 - b) Nurturing promising sports persons into world-class players by way of imparting quality professional training and all-out support.
 - c) Achieving excellence in sports.
 - d) Encouraging healthy living among students and staff through clean, green and spacious interactive spaces and active intervention of Sports and Yoga.

3. **The Context:** Educational institutions can be ideal places to promote physical fitness and healthy living among young students by providing the appropriate facilities to counter the potential ill effects of Cyber age where technologies surround every moment of life and make lifestyles sedentary. University faces the challenge of establishing a balance between its technology push of online learning and focussed learning of offline classes. Taking cue from its larger ecosystem of Haryana where

people are hardworking and sport loving, university has consistently developed a culture of fitness for all round development of students.

3. **The Practice:** The main initiatives and activities for promoting sports and healthy living on the campus are:

- a) An excellent in-door and out-doors sports infrastructure to enable students to achieve and maintain a fit and healthy lifestyle. Besides having facilities and support for all major sports including swimming pool, a double-storey shooting range of 80 targets of national standards and a climbing wall for adventure sports have recently been added. The Directorate of Sports of the University organizes regularly various sports events at different levels giving ample opportunities to students to participate in games of their own choice. The sports-meets organized by teaching departments of the University are also encouraged by the Directorate.
- b) The Directorate of Sports of the University has been following a professional approach to nurture budding young sports aspirants into world-class players. It runs centres in major sports disciplines for imparting rigorous training and organizes pre-tournament advance training modules. It also provides channels and opportunities to sports persons from campus and affiliated colleges by organizing around 80 inter-collegiate and 2-3 north zone/all-India Inter-university championships every year, with participation of about 80 teams comprising of nearly 800 men and women players in these events.
- c) To promote sports, the University has been following a proactive policy of recognizing excellence by way of providing financial incentives to the outstanding sports persons of the University for Winning Medals at North Zone/ All India Inter-university/ National/ International level tournaments in individual as well as team event categories. For instance, Gold/Silver/Bronze Medals in Olympics/ Para-Olympics/ World Cups and Asian/ Common Wealth Games carry, respectively, cash rewards of Rs. 2.5/2.25/2.0 lakhs and Rs. 2.0/1.75/1.5 lakhs. Moreover, players winning first/second/third positions in All India/ North zone Inter-university sports

events are given cash awards of Rs. 30000/25000/21000 and Rs. 10000/8000/6000, respectively, and an overall champion college winning first position in inter-collegiate tournament is awarded Rs. 31000. Achievers in other sports events are also given attractive cash awards. The University has in place a duly constituted “Kurukshetra University Sports Council” to develop, support and monitor sports on the campus, with separate budgetary provisions. During the period under assessment, financial incentives to the tune of Rs. 170 lacs have been provided to achievers in sports in different categories.

- d) In order to facilitate sports persons in their academic pursuits, the University has created 02 supernumerary seats for the outstanding sports persons over and above the sanctioned seats in all UGC approved teaching programmes. Moreover, all sports persons are given an absolute weightage of 05 marks while deciding the merit for admission. In case of clash between the schedule of tournaments and examination date sheets, the University conducts special examination for the students participating in sports.
- e) The Department of Physical Education of the University is successfully running M. A., Diploma and Certificate courses in Yoga, while the Department of Philosophy is offering Diploma in Yoga and Applied Philosophy. Taking cognizance of a possible overlap between timetables of Yoga and other courses, the Certificate course in Yoga is being run in the evening session. The practical Yoga sessions enable not only mental fitness but also the development of physical and spiritual aspects. For taking the message of Yoga to the society at large, the University has been celebrating the “International Day of Yoga” (21st June) at a grand scale since its inception.
- f) The University health centre organizes medical and health check up camps.
- g) A number of awareness programmes on healthy living, importance of food and nutrition to girl students etc. are conducted by NSS units, WSRC of the University.
- h) Various activities on importance of Nutrition and health are organized during “Poshan Maah” is celebrations.

- 5. Evidence of Success:** With its resolute and rigorous approach, the University has incredibly succeeded in above activities as evident from the track record of its achievements in sports. Kurukshetra University is the only University of the state, which has the distinction of winning the prestigious MAULANA ABUL KALAM AZAD (MAKA) TROPHY way back in 1966-67, and consistently securing a place among first three runners-up in the MAKA TROPHY during the years 2007-2022 and securing 3rd position in the same in 2021-22. In the second addition of “Khelo India University Games” (KIUG) (organized by Sports Authority of India and Ministry of Youth Affairs & Sports) held in 2022, Kurukshetra University secured in overall the 7th position in the country. Kurukshetra University has the honour to produce 03 Padamshrees, 16 Arjuna Awardees, 06 Dronacharya Awardees, 01 Tenzing Norgay Awardee and 01 Major Dhyanchand Awardee. Over the years, the University has produced above 200 international players who have represented India in Olympics, Commonwealth Games, Asian Games, etc. in about 25 games. Keeping in view the infrastructure, organization, participation, achievements and facilities being provided to its sports persons, the Association of Indian Universities in the year 2004 declared Kurukshetra University amongst the 12 leading Universities of the country. Only recently in 2020, the Ministry of Youth Affairs and Sports, Govt. of India has sanctioned two mega sports infrastructure projects viz. Laying of Synthetic Hockey Field of Global Category @ 5.50 crores and Multipurpose Indoor Sports Hall with Maple wood flooring @ 4.50 crores, and the development of Synthetic Hockey Field is currently under progress.
- 6. Problems Encountered and Resources Required:** Understanding the role of sports in all-round development of students, the University has included sports as an integral part of its educational framework. In its long journey of over 66 years the major challenge has been to maintain , right balance between sports and studies, up-gradation of sports infrastructure in synchronization with national/global standards, pulling students out from virtual world into real playgrounds, etc. However, the University has succeeded to a great extent in overcoming these challenges through visionary leadership, team work and highly motivated sports staff. A deep-rooted passion for sports in the state of Haryana has also helped in attracting youth towards

sports. Financial resources required have been met with an active support from the Govt. of Haryana as well as from various funding agencies of the Govt. of India.