



PRANATH COLLEGE (AUTONOMOUS), **KHORDHA**

Best Practice-1

Title: - Paika Akhada Centre: The college has a rich cultural heritage of having Paika Akhada Centre that trains the students for their self-defence.

Objective of the Practice:

- To uphold the unique tradition of Khordha Garh where Paika Rebellion is claimed as the First War of National Independence, 1817
- It is a traditional Martial-art form that provides self-defence to the students
- Through this Martial - art form, a traditional Akhada, the students are made aware about Paika Rebellion, an arm revolt against the British colonialism by the Paikas of Khordha in Odisha under the leadership of **Buxi Jagabandhu or Paika Khandayat Buxi** who was the commander (Buxi) of the forces of the king of Khordha and protecting **Lord Jagannath** as the symbol of Odisha Unity.

The Practice: The practice of this heritage of Odisha should be preserved and followed from generation to generation among young students to commemorate the first national freedom struggle in Odisha. Pranath College has its unique practice to adopt such a form of martial-art which promote the mental and physical health of students along with the knowledge on culture of Khordha where the institution itself is situated. It has its uniqueness in the context of higher education in the following ways

- Historical and cultural significance
- Promotion of physical fitness of students
- Development of a disciplined character which are valuable qualities for students.
- Preserving and promoting traditional and regional martial- art and cultural practice of Khordha.
- An alternatives physical activity it offers a unique alternatives to conventional sports and fitness activities catering to students who may prefer traditional forms of exercise
- It is a platform for leadership and team work. Paika Akhada often involve group training and cooperative-action, fostering team-work skills and leadership quality among students.
- Paika Akhada is an interdisciplinary approach that relates to subjects such as history, physical education, performing art etc.

Constraints and limitation

- Limited expertise: Finding qualified instructors who have both skill in Paika Akhada technique and tradition can be challenging.
- Health and safety concern: There is physical injury if participants are not trained adequately with proper supervision and protective gear
- Scheduling Time Commitment: Balancing academic schedule with Paika Akhada training may be damaged.
- Student Engagement and Interest: Maintaining consistent participation in Paika Akhada among students may be a challenge.



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Evidence of Success: The students of Pranath under aegis of Rovers' and Ranger unit of college have participated in National and State level events and come out with high appreciation. Both Girls and Boys together participate in Paika Akhad events without any cultural and social barrier. It depicts the institution's commitment to preserve the heritage of Khordha Garh

Problem Encountered and Resource Required

Problem encountered:

- Sensitising students to practice this traditional martial- art from
- Lack of nutritious food and balance diet for the student Paikas.
- Lack of financial support from other sources for best practice
- Lack of sufficient time for practising along with academic schedule

Resource Required:

- Resource and financial support is required from other sources like NGOs and ministry of culture, Govt. of Odisha and from Alumni Association. The more well finished equipments are required

Notes (Optional): Since academic schedule is tightly packed, it is not easy to find enough practicing hour for best practice.





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BEST PRACTICE -2

Title of the Practice: Adoption of “BARUNEI HILL”, Heritage Site

Barunei Hill is historically associated with the Paik Rebellion of 1817 against the British East India Company's rule. The hill was a strategic location for the Paikas (traditional militia) during this uprising. The institution has adopted this prime tourist destination of Khordha .

Objectives of the Practice:

The Institution has a keen interest in adopting this tourist destination of historical importance of the locality where the Pran Nath College has its footing. The main objective of the practice is to create awareness amongst the tourists as well as developing a piece of land in the foot hills of of Barunei .

The Context:

Located about 03 kilometers from the college itself, Barunei Hill is accessible by road. It's a pilgrimage site as well as a spot for nature enthusiasts.

Being a significant site at Khordha nearest to the college, it is always intended to imbibe a sense of respect for this heritage site in the minds of students. Barunei Hill often remains polluted because of the apathy, indifference and low consciousness level of the people of adjoining area which has an adverse effect on the eco system. This has prompted our college to adopt this place of primary importance which has long been neglected by the people of that area and to some extent the Khordha District Administration in particular. The institution through its students and cadets from NCC/NSS/YRC/Rover and Rangers has been working proactively and hand in hand with the Khordha Municipality to take up following activities:

- Ban on polythene
- To promote water conservation and create awareness of cleanliness
- To encourage plantation drive
- To provide safe and clean drinking water facilities
- Instillation of concrete benches
- Organizing regular camps by YRC, NSS, NCC, Rovers and Rangers

The Practice: Its relevance extends to higher education in various ways such as:

- Historical Studies:
- Cultural Studies:
- Environmental Studies:
- Tourism and Heritage Management:
- Religious Studies:
- Architecture and Archaeology:
- Local Development and Planning:





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Incorporating Barunei Hill into higher education curricula can enrich students' learning experiences by providing them with real-world examples and hands-on research opportunities across various disciplines.

Evidence of Success:

The institution is successfully and continuously engaged in protecting and preserving the environment of the site to attract tourists. Students and cadets from NCC/NSS/Rovers and Rangers/YRC very often visit for outreach programme, organize world environment day. The institution demonstrates ongoing commitment to environmental protection and preservation, ensuring the site remains attractive to tourists. The Institution takes the pride of its uniqueness to promote the t The institution demonstrates ongoing commitment to environmental protection and preservation, ensuring the site remains attractive to tourists.

Problems Encountered and Resource Required:

Problems Encountered:

- Limited Funding:
- Lack of Awareness and Engagement:
- Environmental Challenges:
- Infrastructure Limitations:

Resources Required:

- Financial Support:
- Human Resources:
- Technical Support:

