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Best Practices 2018-19

The institutional bests practices are successfully implemented by the college in the following way. The college has number of best practices which contributed institutional objectives, quality improvement of the college activities. Tough these activities are not made mandatory by any authority, the college is practicing these activities in a fruitful way.

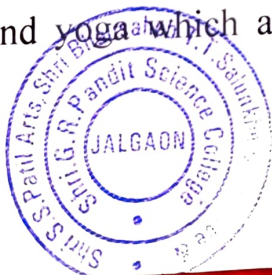
BEST PRACTICE 1: Swayam Siddha Abhiyan The goal of this activity is to empower the female students by arranging the women empowerment programs. Context: Periodical gatherings of female students is organized in which the eminent personalities working for the women empowerment are invited to interact with female students. A training workshop on making self-reliant is organized. The training of self defense through judo karate is provided. The problems of female students are heard carefully and solution to the problems given by the lady instructor appointed for Swayam siddha Abhiyan. Planning: At the beginning of academic year the introductory meeting of the female students is organized by the convener of





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Swayam Siddha Abhiyan in the presence of the Principal of the College. The female students are informed about the Swayam siddha Abhiyan and its importance in their life. By Swayam Siddha Abhiyan female students can meet the challenges in their life and overcome these challenges. The groups of female students are created for the effective functioning of Abhiyan. Execution: Programs on women empowerment are organized. these programs contain lectures, workshop training, participation in extra-curricular and cocurricular activities. Taking part in cultural programs. Hurdles: The female students coming from rural area are reluctant to take part in Swayam Siddha Abhiyan due to their shyness and cultural norms. Outcomes: The female students after taking part in Swayam siddha Abhiyan become more confident and selfreliant in all walks of life. Their number in curricular, co-curricular and extra curricular activities increased. They started expressing their thoughts and ideas in free and frank manner.

BEST PRACTICE 2: Yoga for promoting health Objectives: To create awareness of good heath among the students, teachers, nonteaching staff and the society. To relieve the stress of the students, teachers, non-teaching staff and the society. To inculcate the practice of yoga for good health. To create the awareness about good eating habits. To organize health promoting programs. Context: Education is the manifestation of life, taking this idea in to consideration and the motive of education is the overall development of the stake holder, the practice of yoga is implemented by the college. The special focus is made on the students taking part in sports, cultural activities and various competitions. The library contains the books on health and yoga which are made available to the stake holders. Execution: The




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students are given practical training in Yoga and health. The college organizes health and yoga related programs for the students to create the awareness regarding yoga. The college has organized the events like celebration of international yoga day and rallies. The college has organized lectures of doctor and yoga trainers for the students at free of cost. Evidences: The evidence of yoga for health is beneficial to all as there is no negative effect. The beneficiaries of yoga for good health are the students, teachers, male female, students of different classes and the society. The society and the stake holders realized the ancient treasure and the cultural heritage of India in the form of yoga.




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