



## 7.2.1 - Describe two best practices successfully implemented by the Institution YEAR 2019-2020

### 1. Title of Practice:

College Level Yoga Training Programme

### 2. Goal:

- To create awareness among the students for Yoga and ancient Indian traditions
- To propagate and promote the importance, knowledge and practice of Yoga for healthy life
- To teach the students the benefits of Yoga and teach them to implement the same in their daily life.

### 3. Aim and Objectives:

- To enable the students to know the benefits of Yoga
- To encourage the students to implement Yogic practice and other healthy practices in their life.
- To teach the students how to live healthy life through practicing Yoga.

### 4. Context:

In the modern age of urbanization, industrialization and Westernization, the simple life has become complex, hectic and polluted. Children as well as youngsters have become addicted to western life-style, excessive use of mobile phones, junk food and hectic life-style. They have become victims of unhealthy life-styles and unknown diseases. They are suffering from stress, loneliness, anxiety, identity disorder, suicidal tendency and negativity in life.

In this context, this **Yoga Training Programme** will be a very crucial and important way to lead the generation towards a healthy and pleasant life-style. By practicing Yoga in their day-to-day life students will not only uplift their living but also able to discard unhealthy habits. In this way, through this training programme the students as well as people will become aware of the benefits of Yoga and its profound impact.

## **5. Practice:**

Our college expressed its willingness to host the programme. Subsequently, it was decided by the college that college level **Yoga Training Programme** will be held from 16<sup>th</sup> June, 2018 to 22<sup>nd</sup> June, 2018 in our campus in association with a Yoga Guru from Mehsana. N.S.S. Unit took the responsibility to organize the workshop.

The training programme continued for six days i. e. one week and total 600 students from our college participated in it. During these six days, Yoga guru trained the trainees. He taught them different asanas, suryanamaskar, breathing exercises, foot reflexology, mind control techniques, meditation and other Yogic exercises.

## **6. Evidence of Success:**

- 600 boys and girls from our college took part in it for six days.
- Some of the staff members were also participated in some of the training sessions.
- Students were motivated to learn more Yoga lessons and they included Yoga in their routine.
- Students became conscious of their health problems and their habits.
- They learn the benefits of Yoga to live happy and healthy life. They also learn the harmful effects of junk food and stress.

## **7. Problems Encountered:**

- Some of the students belonging to the remote areas of the our college remained absent.
- It was difficult to make subject like Yoga interesting for students.
- It is uncertain that all the students will include Yoga in their routine
- If they will not include it in their routine, they will not be able to get full advantage of Yoga.

## **8. Resources Required:**

- Coordination of students.
- Allocation of funds by the college management.
- Awareness in the students to join such health related practices
- Coordination with the experts of Yoga as well as teachers who himself has practiced Yoga.
- Team work, planning and organizing skill of the entire staff

## **9. Contact Details:**

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2. Name of the Institution: Shri V. R. Patel College of Commerce,
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4. Pin Code: 384 002.
5. Accredited Status: A Grade

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## Practice 2

### 2. Title of Practice: Optimum Utilization of the College Building and College Campus:

#### 1. Goal:

The campus of the college is very spacious, magnificent and fascinating. It consists of a huge ground consisting of a variety of trees. The atmosphere is pollution free. There is a wonderful fountain in the botanical garden in the sister-concerned Science College in the same campus. It is a centre of attraction for the people of Mehsana. Many people use the campus for evening walk. The college authorities has decided to make multiple use of the campus so that it is not only useful for imparting education to more than 7500 students among which a big lot of them hail from rural areas, but also useful for the people at large.

#### 2. The Context:

The world of today is very competitive. At the same time, the need of the hour is that we should try to help others as much as possible and bring the most coveted smile on other people's faces. To fulfill this desire, the college extended help to all who wished to do something constructive in any given area. It included both the Government bodies as well as the Private authorities. The college decided to make the optimum utilization of the Building as well as Campus by allowing others to use the campus for fulfillment of specific purposes of doing good to the society.

Our college building is busy during whole day time. The building is utilised by Commerce and Law College in the morning from 7-00 a.m. to 1-30 p.m. In the afternoon time building is utilized by Arts, Science and B.Ed. college from 11-45 a.m. to 05-30 p.m.

The conducting of competitive examinations like CA, Bank, LIC, GPSC, GATE, ITI, Government exams like LRD, Talati, Police Constable, Nagarpalika etc. in Mehsana is extremely challenging as it requires good infrastructure, tight security and skilled man power. The college makes all the arrangements for proper conducting of the examination.

#### 3. The Practice

- The college is a witness of being a centre of ICAI and CPT Professional courses. In North Gujarat area this is one and only centre where students can build their career professionally.
- The college is also a center of voting for State and Central assembly election. It really helps the people of surrounding areas as they do not have to go at remote places for casting their votes.
- The examination like GATE (Graduate Aptitude Test in Engineering) and ITI are conducted at our campus. The GATE authorities visit the campus few days prior to examination to find out the facilities available in the campus. It is a matter of great credit for the college that since 2010, the examination that paves the way for IITs is conducted successfully and with a great satisfaction of the Authorities at the campus. The faculty members of the college render their services even on Sundays for the smooth conduct of the examination.
- The college is also a centre for many other examinations conducted by the State Government for different posts. The entire staff-ranging from the principal of the college to the peon contribute for the proper handling of the examination.

- The college allows government authorities to arrange various programmes in the Conference Hall located at the third floor of the college.
- The Employment Exchange Bureau also conducted a seminar on the Effective use of Employment Bureau in the hall itself.
- The campus was also utilized for organizing 'Property Show' by prominent builders of Mehsana and Ahmedabad for a few days. Many people were benefitted by it as they could get all the options of residential flats under one roof.

#### **4. Evidence of Success**

As the college is located on the highway connecting Ahmedabad and Mehsana, it is very convenient for people to reach the college. The students find it very convenient to appear for their competitive examinations at the college. The success ratio of the college regarding the management of such examinations is extremely high. The authorities concerned express a deep sense of gratitude to the principal for helping them conduct the examination in an excellent manner.

#### **5. Problems Encountered and Resources Required**

The biggest problem the college encountered during examinations is managing huge rush of people in the campus. It was extremely challenging to handle a big crowd from security point of view. Even to witness the Property Show, an immensely big crowd of people had visited the campus. The college has been compelled to install several CCTVs in the campus so that the safety of the people is assured. The campus is under surveillance of CCTVs.

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