

BEST PRACTICES FOR THE SESSION 2022-23

Title of the practice

Yoga Session for students

Objectives of the Practice

- To help students understand the importance of physical training through yogic exercises
- To enable the students to develop a scientific point of view of health with reference to traditional and modern concept of health
- To enable the students to identify health problems and understand their own role in facing the health challenges
- To help the students develop a good attitude in maintaining a healthy behaviour
- To practice mental hygiene and develop emotional stability
- To prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties

The Context

This practice was initiated by the Principal of our college Mr. Bipin Choudhury on 11th November 2021 with the intention to strengthen the immunity of our students in the post-Covid era. On a usual day just before resuming their normal academic chores in the institution, the students especially the hostel inmates begin their day early at 5:30 a.m in the morning with a Yoga Session. It ensures efficiency in their everyday activities.

The Practice

The day begins with meditation followed by different asanas. Usually the Yogic asanas are done along with Pranayama and meditation. The Yoga asanas are practiced under the guidance of Yoga instructor.

Evidence of Success

Every year on 11th of November 2022, Annual Yoga Day is celebrated in our college on the completion of one year of Yoga practice in our college. Also every year International Yoga

Day is celebrated by organizing different Yoga Activities for students and staff where NCC, NSS and YRC UNITS actively participate. The students have benefitted from this practice.

Problem encountered and resources required

A proper and neat space was needed for Yoga Session so that the students could enjoy the practice in itself. Therefore arrangements are being made to create a space on the terrace of the main building of the college so that more number of students can be accommodated.

Title of the practice

Mentoring System for Students

Objectives of the Practice

- To provide supportive care and advice to the students
- To ensure maximum student attendance in the classroom
- To build up student mentor relationship and maintain social connectivity
- To resolve any issues pertaining to student's financial needs and provide him/her the necessary help to cope with it

The Context

Mentoring provides opportunity to the students to share the difficulties & problems to get support and guidance by building trust and confidence. The teachers in the various departments sometimes find it hard to cater to the needs of the absentee students or the students facing the brunt of financial constraints in their families. Henceforth, mentoring system helps to adopt effective measures to address their academic hindrances as well as the financial challenges faced by the students.

The Practice

Every student of the college is placed in group under a proctor. Each group consists of around 20-25 students. A member of the teaching staff is designated as proctor and is the teacher-leader of a number of students. The Proctor exercises an effective control and influence over the students under his/her charge. The proctor assists in academic and over all development of the student. The proctor enquires into their various problems and helps them to solve either by himself or by bringing it to the notice of the Head of the

institution or the parents of the students. A student whose performance is not up to mark is counseled and guided to help the student improve his/her performance in the coming Semesters. Frequent assignments, tests and evaluation are conducted to help them improve their performance in the semester-end examinations.

Evidence of Success

This program has helped in improving the attendance and the overall performance of the students in their different subjects. There is significant change and marked improvement in the students' attendance & attitude. Students are easily able to come up to their mentors regarding any issues they have which are then solved accordingly.

Problem encountered and resources required

Despite the fact that Proctorial system has helped in many ways, some of the students are still not instilled to stay in touch with the proctors. It's difficult for some proctors to imbibe the social quotient with their mentees. Lukewarm interest of a few parents and some students has led to lack of appreciation. Sometimes due to lack of proper resources such as mobile phones and network connectivity among the mentees or students, it gets difficult to connect with the students living in remote areas.