

7.2 - Best Practices

7.2.1 - Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual. Best Practice – I

Title of the practice: Organization of " *Yogasana and Pranayam Practice Workshop*" activities to develop health awareness among students.

Objective of the practice:

To improve physical and mental health.

To reduce stress and anxiety in our body.

To enhance mind-body coordination and consciousness .

To improves breath and mind control of among the students.

The context:

During Covid pandemic days all of us have experienced stress and anxiety . Most of the health issues arise because of anxiety and stress.The present-day lifestyle among students' calls for the need for yoga and meditation, and these two should indeed be placed on an upper pedestal, in order to achieve the overall development of a student. As these two play an important role, they should be inculcated in the student curriculum. Meditation and yoga can contribute directly to improve mental focus and concentration among students. It involves long, deep, slow breathing, as well as the coordination of mental concentration. Yoga combines strength and flexibility exercises with relaxation and meditation. Studies have revealed that yoga has helped cure a wide range of mental and physical health problems, mainly among teens and children. Today students rarely involve themselves in sports and other similar aspects and are rather busy with smartphones, video-games and other static entertainment. Hence, Yoga and Meditation becomes a matter of Paramount importance in student life.

The Practice:

After Covid pandemic situation all human beings life is scattered. Students were badly disturbs with their mental health. So in order to replenish students mental health with help of *Yoga and Pranayama*, to improved their mental ability to focus their carrier and future planning . The state of complete physical, mental and spiritual well-being is called health. Health consists of maintaining the body and taking preventive measures to reduce the possibility of developing various diseases.The workshop was conducted by one of our

student Hari Pandit Sutar. He is one of the great yoga trainer. He did all the asanas with higher level of flexibility. He has also participated in National level Yoga asanas activity on 21th June 2022

Evidence of Success: Workshop was organized for the students from 9 May 2022 to 23 May 2022. Total 38 participated in this workshop. Students took advantage of this workshop. They agreed with us that this activity helped them in developing their ability to face any adverse condition.

Best Practice – II

Title of the practice:” *National Science Day*”

Objective of the practice:

1. National Science Day is celebrated to spread a wide message about the significance of Science in day to day life of people.
2. The day is celebrated to discuss all inventions in science to nurture the curiosity of students regarding development of science and which techniques can be practiced for better development in the field.
3. To prepare the students mind set for new activities, achievements.
4. Make students ready to accimatized to any kind of group work.

The context:

In India, the National Science Day (NSD) is celebrated on February 28 each year to honour the discovery of the Raman Effect, in spectroscopy. Sir C.V. Raman presented the 'Raman effect' on Feb 28, 1928, for which he was awarded the Nobel prize in physics in 1930. The celebration includes guest speech, science exhibition based on following competitions like flower competition / cooking without fire, Scientific Rangoli/ Microtoon, Model competition (Scientific Model / Fermented food competitions.)

The Practice:-Every year Department of Microbiology organizes the “*National Science Day*” on 28 February. This year also the day was celebrated in which about 42 students

participated in different activities 14 students participated in model / poster presentation .Also 8 students participated in scientific Rangoli and Microtoon competition .About 12 students participated in flower competition .Every student has used his or her innovative method and made the activity very novel and modern with their ideas.Best among every activity was awarded with Prizes to encourage them. Prize distribution was honored by Principal Mangal Chaudhari (Jijamata Girls High School)

Evidence of Success: The program imports a fine success rate to fulfill the objectives.More number of participation of students in different activities had made their inner creativity build, communication skills, confidence level developed, new concepts related to science were developed, Establishment of vibrant relationship between teachers and students .