

2019-2020

➤ Best practice – 1

Title of practice: Yoga and Meditation

a) Objectives of the practice:

The practice of Yoga and Meditation among the students helps in creation of self-discipline and self-control. It leads to increase awareness, concentration and consciousness about every aspects of life. The main objective of Yoga education are-

- i) To enable the student to have good health.
- ii) To practice mental hygiene.

b) The Context:

The word yoga is derived from the Sanskrit root “yuj” meaning “to join” or “to yoke” or “to unite”. As per yogic scriptures the practice of yoga leads to the union of individual consciousness with that of the universal consciousness, indicating a perfect harmony between the mind and body, man nature.

In our Institutions, we all see the three basic elements of Yoga that is Asana, Pranayama, and Concentration.

- i) Asana are poses which exercise the front back and side of the body equally.
- ii) Pranayama means control of the breath, which leads to deeper breathing thereby providing the body with more oxygen.
- iii) Concentration is fundamental in yoga.

Therefore Yoga means of utilising the individual spirit with the universal spirit of God.

PATANJALI SAYS- Yoga is the suppression of modification of the mind.

c) The practice:

This year yoga medication has been considered as a worldwide important phenomenon. It is now regarded as a most effective health supporter. In our Institutions one of the most important practices is to do one minute meditation before the beginning of the classes. In each and every class's teachers, before having attendance, practices meditation for 1 minute. This leads to enhance their concentration power. Besides the students are aware of the fact that meditation should be a common practice at home also, either in the morning and in the evening for half an hour regularly.

Dr. Narakanta Adhikary Associate Prof Dept. of History of D.K. Girl's College is one of the well trained yoga trainer and Miss Jayshree Chowdhury, Alumnae of this college, who is a regular trainer of our college was a student of Pat Anjali yoga pith,

Mirza, support our student and tries to teach yoga periodically. This year international yoga day was celebrated virtually on 21st June.2020. Almost all the faculties have joined in the programme. A video regarding yoga where faculty members, office staff and student practice yoga at home was al where faculty members, office staff and student practice yoga at home was prepared and shared among the college fraternity.

Dept. Of Education of D.K. Girls College organized a departmental alumnae meet where a lecture on “Importance of Yoga in present lifestyle” was delivered by Miss Jayshree Choudhury of Patanjali Yoga centre, Mirza.

Yoga has been included at the institution routine classes from the academic session 2029-20 from 9-15 to 10-15 A. for the benefit of our student.

For Yoga meditation practices a special accommodation has been reserved in the indoor stadium of the college campus.

Dept. Of philosophy always take initiative for increasing awareness of yoga and its benefit to the students of the institution.

There are some limitation in practicing yoga in the institutions, as the college in situated in a semi urban areas, the students from rural areas are not interested much for this practice, besides parents think that these are not a part of education. So proper planning for increasing awareness about benefits of yoga is utmost necessity.

d) Evidence of success:

It is a very successful initiative by the institution to provide support for practice of Yoga Meditation.

Due to one minute meditation before the beginning of the classes, students feel comfortable in learning understanding.

It also increases moral values and mental well-being.

Regular yoga practice at home and periodically at college creates mental clarity and calmness, increase body awareness relieves chronic stress patterns relaxes the mind, centers attention and sharpens concentration.

As yoga may improve physical fitness in adolescents, improve respiratory function reduce obesity, in our institution also without sufficient Sports infrastructure students are showing good result international sports other events.

Gitanjali Das of NSS unit of this institution joined in the republic day parade on 26th January 2020 she lead commanded the whole team.

Our students participated in Kho Kho badminton competition at the university level and begged prizes every year. This year 2 prizes in Kho Kho badminton comes to this institution.

e) Problems encountered and resources required:

Number of problems arises while practicing yoga meditation in the institution localised in rural areas.

First problem is to convince the students, that this is considered as best practice and it is necessary for Development of physical and mental health for everyone.

Faculties involvement is very important for students support and progression.

Another problem arises from management of time and resources person. Students are not interested to do yoga after the routine classes, so it may be practised in the first class of The resources required are more mats, towel, and water bottle. A well ventilated room and a appointed good teacher, which is not possible due to shortage of fund.

➤ **The Best practice – II**

Title – Plantation programme : (Go green practice maintenance)

a) Objectives :

Tree plantation is necessary for balancing oxygen. Big trees provide clean air and help to reduce noise pollution. Due to the plantation programme organised periodically, our institution looks green and beautiful all around.

As it becomes a 'Best Practice' in our college. The students are now aware of tree plantation and its usefulness. They are interested to provide saplings and plant here periodically.

b) The Context:

To maintain the greenery nature of the campus of this institution, we have been planting saplings from past few years with an objective to make the campus green and beautiful.

Go green practice has been introduced from this year for maintaining sustainability of nature.

Avoiding the use of plastic in the hole to hide a sapling, maintain fencing in the surrounding areas of plants, NSS unit of the college doing large number of programme by their volunteers to provide sustainability like potted plant, cleaning the campus, plastic avoidance programme, smoke free programme etc. As we are familiar with the go green initiative to spread knowledge and practices that can lead to more environment friendly and ecologically responsibly decision and lifestyle which can help protect the environment and sustain natural resources for current and future generation.

c) The practice:

Since the establishment of their institution in 1988, clean green environment was the objectives of the institution.

This practice of plantation of trees now introduced as the best practice for all.

This practice of Go Green programme includes

1. Department wise planting of sapling in the campus
2. Plantation is compulsory for the students seeking admission in the college for the first time.
3. Cleaning cutting of trees, branches once in a year for beautification.
4. Numbers of fruits are available in college campus from trees like Olive, Jackfruit, Mango, Banana some vegetables.
5. There are also some medicinal plants in the campus which is necessary for Ayurveda treatment.
6. The NSS unit of D.K Girls College organises number of tree plantation programme either in the college campus or outside the college campus. They also organises awareness programme in nearby schools and villages for environmental sustainability of the benefit to the village.
7. Institution has a beautiful garden of season flowers and other flower. It enhances the beauty of the campus.
8. During the lockdown 2020 from April to august, some special awareness programme was held initially like, online lecture programme on environmental sustainability, talk on mental ability and of health hygiene.

d) Evidence of Success:

Naturally the campus is very green pollution free with sufficient amount of oxygen availability. All the class rooms are well ventilated and comfortable. Faculties chambers are also free from suffocation and emission of CO₂.

The institution is a smoking and tobacco free zone. Plastics especially polythenes uses are restricted in the campus and if it is required must be thrown in the dustbin or in proper peaces.

Earthen glasses in lieu of plastic glasses for drinking water are used in the functions held in the college premises. Due to the periodical planting of saplings in surrounding the college campus, we have the cool environment in summer season and it increases the greenery also.

Guests from outside always appreciate the campus highly for its natural look and clean and green environment.

Problems encountered and resource required.

As the soil is fertile, rain water is sufficient and there is no artificial water crisis. We are facing fewer crises in this field.

Now we are planning for more plantations of medicinal plants in the campus.

Rainwater harvesting is another plan for near future which is our important resource for maintaining sustainability.

YouTube Link: <https://youtu.be/bd7t0NieAwM> (Celebration of Yoga Day on 21-06-2020)

Photos of Yoga Classes:



