

## **BEST PRACTICES (2020-2021)**

Title of practice : Yoga and Meditation

i) 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-

1. To enable the student to have good health.
2. To practice mental hygiene.

Meditation with breathing exercise can help improve a person's mental well being. "Regular yoga practice at home or in the institution creates mental calmness and relaxes the mind of the students. It also helps to possess emotional stability and moral values.

ii) The Context :

Yoga is contextualized by its aim, the environment in which it was originally developed and the environment in which it is now being practiced. Knowing context allows us to adapt the form of yoga with intelligence and understanding of what we are doing.

The word yoga is derived from 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, Concentration.

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

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

Patanjali Says-

Yoga is the suppression of modification of the mind.

iii) 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 teacher, 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 or 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 master and Miss Jayshree Chowdhury,an Alumnae of this college ,who is a student of PATANJALI YOGA PEETH, Mirza ,support our student and tries to teach yoga periodically in our college on different occasion .This year Alumni meet of Dept. of Education arranged one such programs with the trainer.

This year international yoga day was celebrated virtually on 21st June, 2021. Almost all the faculties have joined in the programme. A video recording of yoga was also uploaded and shared among the college faculty by the NSS unit of our college. Besides principal of our Institution delivered a speech on the importance of yoga & meditation.

Yoga has been included in the institution routine classes .

For Yoga & meditation practices a special arrangements has been made in the indoor stadium of the college.

Before pandemic & lockdown it was practiced regularly by the students and other members of the college.

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

There are also limitations in practicing yoga in the institutions, as the college in situated in 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.

iv) 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 concentration and mental well-being of the student.

Regular yoga practice at home and periodically at college creates mental clarity and calmness, increase body awareness relieves chronic stress, relaxes the mind, centres 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 in sports & other events.

Previously a large number of students suffering from some malnutrition problems but since some years this problem has decreased considerably and may perhaps be the result of this initiative.

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 to such 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 morning time. But due to difficulty of transportation some students cannot maintain the right time.

The resources required are more mats, more towel, and water bottle. A well ventilated room and a good teacher. In an institution, E learning can help the students to do exercise or asana properly. Yoga.Trail.com is a worldwide network that can help the student to find good yoga teacher and studios in hometown or while travelling. Our students are familiar with yogatrail.com and doing online learning periodically.

Near Mirza one Patanjali yoga centre is going to start it's functioning within a few days. It would definitely help us to contact good teachers and learn yoga by visiting the centre.

The Best practice – II

Title – plantation programme : (Go green practice maintenance )

Objectives :

Plantation activity aims to raise awareness to the society in the importance of planting and saving trees, express our concern to the environment and dimension the unfavourable effects of climate change.

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

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.

The Context:

To maintain the greenery nature of the campus of this institution, we have planted saplings from past few years with an objective success of go green programme.

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

Avoidance 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 green means to pursue knowledge and practices that can lead to more environment friendly and ecologically responsibly decision and lifestyle which can help protect the environment and sustain as natural resources for current and future generation.

Reasons to go green offers a clean breathing environment, safe food and safe water system.

The practice:

Since the establishment of their institution in 1988, the thought of cleaning environment & beautification with greenery was the objectives of the institution of the campus

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

This practice of Go Green program 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 and branches once in a year for beautification.
4. Number of fruits are available in college campus from trees like Olive, Carambola, 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 organizes number of tree plantation program either in the college campus or outside the college campus. They also organizes awareness program in nearby schools and villages for environmental sustainability of the benefit to the village.
7. Before the starting of 2nd lockdown in the country due to the pandemic , the teachers unit along with the students of D.K. Girls College distributed Masks and sanitizer to the villagers and also to the road side vendors and poor people our college authority sanitized whole of the college campus to avoid infection.
8. Institution has a beautiful garden of season flowers and their other flower. It enhances the beauty of the campus.
9. During the lockdown 2021 from april to august some special awareness programme was held initially like organizing webinar on awareness of Covid-19, online lecture programme on environmental sustainability, talk on mental ability and of health & hygiene.