

Best practice (Session 2019-20)

Best practice of the institution Practice -

1. Title of the practice: Yoga workshop for students and staff.

2. Objective of the practice to empower the students emotionally and spiritually, particularly students from the disadvantaged section and the surrounding backward and rural areas.

3. The context that required the initiation of the practice Though the students and therefore the college were progressing by leaps and bounds in terms of academics, enrolment and infrastructure, yet the college could not tap their full potential owing to the low self-esteem of students, their domestic problems and lack of vision. Moreover, they hardly found time for exercise at home due to many household responsibilities.

4. The Practice the College organized a month-long Yoga workshop for students and teachers. Experts from IIYN were called to train them in asanas and pranayama. It helped students and staff in overcoming doubts about their abilities, focused their energy and composed them on the campus itself.

5. Evidence of success the students and staff felt spiritually enlightened and empowered after yoga sessions. They were relieved of the oppressive stress. Their efficiency increased manifold and they were able to perform better.

6. Problems faced the students were reluctant to join the practice as they were not aware of the benefits of yoga. The time for practice had to be carved out from their timetable.

7. Impact of the practice It empowered them mentally and spiritually and prepared them to face any difficulties with courage and equanimity. It also made them more disciplined, focused and well-behaved.

8. Resources required-

1. Space and yoga mats for practicing

2. Expert acharayas to train the students and staff Best practice of the institution -

2.1. Title of the practice: Construction of the college boundary wall with the collaboration of local community.

2. Objective of the practice: to prohibit the entry of outsiders, anti-social elements and animals into the premises, thus making the campus a safe sanctuary for students.

3. The context that required the initiation of the practice: The boundary wall of the college was old and damaged and needed to be repaired. The breach in the wall lead to trespassing and posed risk to the safety and discipline of the college.

3. The Practice: The College works in close proximity with the local community and enjoys a symbiotic relationship with the surrounding industry and community. The college has a large area and is surrounded by a long wall which was old and crumbling. The IQAC suggested inviting the local business Industrial Association Derabassi to sponsor the building of wall. Meetings were held in this regard and college was able to get financial help from the local industry apart from this, the local industry and community has contributed towards the beautification of the college campus and maintenance of the morning walkers' track.

4. Evidence of success: Finally, a strong wall was built and campus beautified.

5. Problems faced: The College had to identify and approach the right kind of industry representatives. The college was able to do the liaisoning with the mediation of the SDM.

6. Impact of the practice:

1. about 40 years' old wall was restored and reconstructed.

2. Gazebo and lawns for girls were created.

3. It helped build long-term relationship with local companies.

4. Resources required:

1. The Principal and senior staff members held a series of discussions with the representatives of industry association.

2. The college helped organize meditation camps in industrial units as a token of gratitude.