

## Best Practices of The Institution session 2019-2020

### Best Practice-1

**1. Title of the practice:** Compulsory Yoga Sessions

**2. Goal:**

Yoga is practised regularly for mental and physical fitness. Numerous benefits of Yoga have made it popular all over the world. International Yoga day celebrated the world over bears testimony to this fact.

Materialistic and hectic life being led by the modern man takes its toll sooner or later. Even students feel and bear the stress and strain of the cut-throat competition in the early years, which restricts their mental and physical growth. Hence regular practice sessions of Yoga have been introduced and practiced regularly by the students.

**3. The Practice:**

Due to the threat of Covid-19 looming large over the world and the chain of lockdowns, it was a bit difficult initially for the Dept. of Physical Education to continue to practice offline. So virtual sessions of Yoga were taken twice a week and the students were advised to continue the practice on their own. Dr. Katre, Head, Dept. of Physical Education himself was the trainer.

**4. Evidence of Success:**

Most of the students faced network issues so they could not initially attend the sessions but gradually as things improved a significant number of students started attending Yoga sessions. Their feedback shows that they benefited immensely by Yoga in the pandemic.

**5. Problems Encountered and Resources Required:**

Most of our students are from small villages in the vicinity. Due to the poor internet network they couldn't attend the sessions regularly. A few students did not have their own cell phones. This also proved to be a hurdle in joining virtual sessions. As the conditions improved gradually, more students started attending the classes.

**6. Resources Required:**

As the head of the Dept. of Physical Education himself is a Yoga expert, and the classes were totally in virtual mode throughout the session, no extra resources were required.

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## Best Practice-2 Session 2020-21

### 1. Title of Practice- Social Awareness Programmes

2. Goal- To help students grow up to be responsible citizens of the nation

3. Practice- Rising number of road accidents is a big cause of worry. So to create awareness about road safety measures 'Road Safety Day' was organized in virtual mode due to Covid related lockdown. Considerable number of students attended the programme, in which the students were informed about various safety measures to be taken while driving on roads.

Environmental degradation is also a big cause of worry. Plastic being the main cause of it, it was planned to make campus a plastic free zone. Due to Covid-19, a few students were selected for the drive and following all the safety measures, the campus was made plastic free. Sign boards were also displayed at the key points giving message 'Plastic Free Campus'.

### 4. Evidence of Success

The students were immensely benefited in terms of knowledge of road safety measures and environmental cleanliness. Though the number of students present on virtual platform was a bit less due to network issues, the participants were eager to know more about these issues. They responded well to the Question-Answer session and got their doubts resolved.

### 5. Problems Encountered and Resources Required

Non-availability of cell phones with most of the students as well as network issues in rural areas were the hurdles due to which most of them could not join. Resources required to organize the programme include- placards, posters, expert guidance etc.

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