

Best Practices of the Institution session- 2019 to 2020

Best Practices -1

1. Title of the Practice - Compulsory Yoga

2. Goal

Yoga is practised regularly for mental and Physical fitness. It is popular all over the world. Materialistic and hectic life being led by the modern man takes its toll sooner or later. Even students feel the stress and strain of the cut-throat competition in the early years which restricts their mental and physical growth. Hence regular practice of Yoga Sessions is introduced and practiced regularly by the students.

3 .The Practice

The Management is keen on keeping up this practice and it provide all the necessary support in terms of infrastructure and finance. A week long meditation camp by 'Isha Yoga' foundation was organized by the management for the teachers. Dr. Tapan Datta, Principal of the college also organized a one day meditation camp by 'Twin Hearts' for the teachers as well as the students. Students know the importance of Yoga and as they get results in terms of sound mental and physical health, they willingly attend the sessions.

4. Evidence of Success

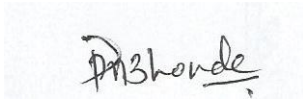
Teachers as well as students have given overwhelming response to this activity. Results are evident in the form of increased concentration and sound physical health of our students.

5. Problems Encountered and Resources Required

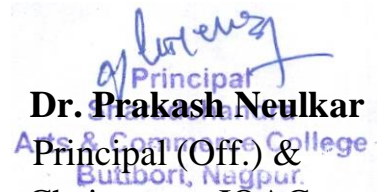
Most of our students come from the villages in the vicinity. Sometimes they cannot attend the sessions as they are totally dependent on Public Transport Services. Early Morning Sessions are very beneficial for Yoga but keeping in mind the transportation problem, we are compelled to keep the schedule from 8am to 9am and

6 Resources Required.

Expert help, Academic expertise, external expertise, budgetary provision



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Best Practice -2 Session- 2019 to 2020

Free training to all students for stitching of cloth bags.

1. Title of the Practice -

Training the Students for stitching of cloth bags.

Goal

To Prepare the Students for Entrepreneurship and to encourage them to produce and use eco-friendly items.

2. The Practice

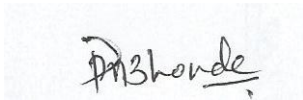
A day-long workshop is organized for the same. Students are divided into groups. The Students are informed about the importance of self-sufficiency and financial independence. They were asked to bring a piece of cloth and stitching material. Expert Guidance .Expert guidance was given with demonstrations. The finished products were distributed among the Students.

3. Evidence of Success

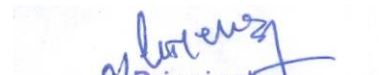
The Students felt very confident after the training. There was a demand a from them for training in other eco-friendly items for daily use like paper bags and articles made from waste material. 90% of the students said they would use this expertise to start their own business.

4 Problems Encountered and Resources Required

Students enthusiastically participated in the program. They had to be divided into groups. The Entrepreneurship Development Cell worked hard for the successful completion of the training. Expert in the field were invited to train the students. The teaching Staff put in their best efforts.



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