

7. 2 Best Practices

2017-18

Best Practice – 1 :

Title: Swachh Bharath Abhiyan

The Government has associated the Abhiyaan with Father of the Nation, Mahatma Gandhi as he was involved in activities related to sanitation & hygiene throughout his life. Recently a new government came into power & one of its main priorities are to make India clean. Hence, the central government has launched a scheme in the name of “Swachh Bharath Abhiyaan”. The Abhiyaan was launched by Prime Minister Narendra Modi on 2nd of October 2014 at Rajghat, New Delhi with an aim to make India clean. It will be a befitting tribute to the father of the nation on his 150th birth anniversary. The campaign of clean India movement is the biggest step taken by our College on. All the Students and the staff members had participated in the event to make public aware of it. While leading the mass movement for cleanliness, our College exhorted the Students to fulfil Mahatma Gandhi’s dream of clean and hygienic India.

Goals:

Cleanliness is not limited to any person or place; it is the responsibility of everyone to clean themselves as well as their surroundings to make India, a clean India in future. The ultimate goal of this mission is to make our country a clean & developed country forever having clean & healthy citizens.

Aims & objectives:

- I. Creating trash free environment.
- II. Providing sanitation facilities.
- III. Eradicating manual scavenging.
- IV. Complete disposal & reuse of solid & liquid wastes.
- V. Spreading cleanliness awareness among people.
- VI. Strengthening the cleanliness systems in the urban & rural areas.
- VII. Adequate drinking water supply.

The Practice:

Our Students took Swachh Bharat Abhiyaan beyond classrooms. Students of our College were enthusiastic after they cleaned the College premises and took a step ahead to clean the bus stand too. N.S.S Students during their camp cleaned the villages & also explained the villagers about the need to keep the surrounding clean. They also explained them the impact & the need to maintain a healthy environment. They not only highlighted the need for hygiene but also taught some simple methods to clean & wash hands. This process made our Students more enthusiastic about the whole process.

Success:

By creating awareness the college premises found to be plastic free and filled with greenery everywhere.

Problems:

Complete prohibition of vehicles in the college premises is difficult as teachers and students come to college from far places. However, it is prohibited at least once a week.

Best Practice – 2 :**Title: Yoga classes for students.****1. Objectives of the Practice**

S.V.M Arts and Commerce Women's college is a premier institution in our district which takes a holistic view of the education of girl students in this region. The institution believes in physical and mental development of the students in all respects. As it is rightly said, "A healthy mind in a healthy body", the efforts are made to strengthen the latent force inherent in them by conducting regular Yoga classes. It not only relieves them from their mental burden but also make them physically active and sportive. It also makes the harmonious development of body, mind and the soul. It is hoped that the students would be able to cope up with the challenges of the modern world once they are properly trained to control their body and mind.

2. The Context

Modern world is running after consumerist culture. The course syllabus, in general, is also oriented towards marketability of knowledge. The rat race in various competitive examinations makes the aspirants suffocated. The current system of education is very much geared towards the market. This very often produces students who are technically sound but dull otherwise. They very often do not learn the social values which are essential for the development of the country. A mechanistic view on education is neither helpful for the child nor is it for the society. Moreover, the job related stress in the private/public sector also makes people withdrawn from the main currents of family, friends and others. Yoga is imparted to the students to make them feel self confident and responsive to challenges against all odds. It makes them calm, composed and steadfast in the event of terrible physical and mental turmoil. It increases the power of concentration so essential in formation of their knowledge at an earlier stage. It helps them relieving tension from their minds and make them capable of facing the world with fortitude.

3. The Practice

The yoga classes are conducted in the early morning inside the college campus. Students are educated on the healthy practice of Yoga ,its importance in daily life and are advised to attend the class regularly. An attendance register is maintained to keep track of their presence. The training is imparted to them by a trainer initially. After grasping the essentials of yoga techniques, master trainers are chosen from the students. The hostel borders also participate under the supervision of the superintendents. One period of 45 to one hour is allotted for the class

4. Evidence of Success

Yoga classes prove to be beneficial for the students. The mass participation by them reveals their interest in this exercise. The response is very encouraging. This is reflected in the change of their behaviour in every situation they face in the campus. It has made them more disciplined and dedicated to the goals that they form in their lives. Many students experience an internal calmness in their mind and feel that they are now more confident in taking up the challenges for the future. Besides that, the morning exercise also makes them physically fit and active throughout the day. This is also appreciated by the guardians who send their girls to the hostels.

5. Problems Encountered and Resources Required

Though a noble initiative, we are in shortage of adequate funds to expand the scale of operation. Besides the remuneration of a trained teacher also requires resources which is very difficult to be met sometimes. So the practice is to select the master trainers to train others with little incentives. Due to the tremendous will power and dedication of all the stakeholders, the classes are running successfully despite resource constraints.

6. Notes (Optional)

The Institution proposes to start value education as a part of the best practice for the spiritual development of the students we have plan to hold regular lecturers, conduct seminars and symposiums on value education and to organized student activities which would stress on the importance of ethics in students life.