

Best Practice: 1

Leading the students towards technology i. e. to make them techno-savvy.

Goal:

The College wants each and every student to know how to operate a computer because it is the need of the hour. We live in an age of technology and a computer has become an integral part of our daily life. Most of our daily transactions are carried out with the help of computer i. e. technology.

The Context:

There are 14 divisions consisting 2003 students in our college. There are four divisions of B.A. / B. Com. Sem. I. Each division is consisted of 150 students. We have been making requests orally to the Government to enrich the knowledge of the students related to technology for the last three to four years. Keeping in view the requests the Government of Gujarat decided to distribute the TABLETS among the students of the first year i.e. B.A. / B. Com. Sem. - I two years back. We were instrumental in distributing the TABLETS among the students. The Government also provided internet connectivity under the scheme NAMO WI-FI.

The Practice:

We have been distributing the tablets for the last two years.

Evidence of Success:

We have been highly benefitted after the distribution of TABLETS among the students with the help of the Government of Gujarat. **The advantages can be listed as under:**

We can send the result of the students through Bulk SMS Service Provider. News and Events related to college can be sent directly to the students. General information can be made known to the students through technology. The entire process of admission has been made online and it requires the knowledge of computer operation. The students can seek admission with the help of computer i. e. filling up the admission form with the help of computer. Topics related to term papers and presentations are made known to the students with the help of tablets.

Problems Encountered and Resources Required:

We have encountered the following problems:

Some students belonging to the lower class and lower middle class were not acquainted with the application of computer and therefore, we have to impart training to them in terms of the computer operation. Some students do not carry computers with them regularly. They come up

with different excuses or genuine reasons. Some students make complaints that their tablets are not functioning properly. Some students approach us and inform that they are facing virus malady. Some wants us to get their tablets exchanged with the newer ones.

Best Practice: 2

College Level Yoga Training Programme

Goal:

To create awareness among the students for Yoga and ancient Indian traditions. To propagate and promote the importance, knowledge and practice of Yoga for healthy life. To teach the students the benefits of Yoga and teach them to implement the same in their daily life.

Aim and Objectives:

To enable the students to know the benefits of Yoga. To encourage the students to implement Yogic practice and other healthy practices in their life. To teach the students how to live healthy life through practicing Yoga.

The Context:

In the modern age of urbanization, industrialization and westernization, the simple life has become complex, hectic and polluted. Children as well as youngsters have become addicted to western life-style, excessive use of mobile phones, junk food and hectic life-style. They have become victims of unhealthy lifestyles and unknown diseases. They are suffering from stress, loneliness, anxiety, identity disorder, suicidal tendency and negativity in life. In this context, this Yoga Training Programme will be a very crucial and important way to lead the generation towards a healthy and pleasant life-style. By practicing Yoga in their day-to-day life students will not only uplift their living but also able to discard unhealthy habits. In this way, through this training programme the students as well as people will become aware of the benefits of Yoga and its profound impact.

Practice:

Our college expressed its willingness to host the programme. Subsequently, it was decided by the college that college level Yoga Training Programme will be held from 17th June, 2019 to 20th June, 2019 in our campus by Sports Director. N.S.S. Unit took the responsibility to organize the workshop. The training programme continued for four days and total 48 students from our

college participated in it. During these four days, Sports Director trained the students. He taught them different asanas, suryanamaskar, breathing exercises, foot reflexology, mind control techniques, meditation and other Yogic exercises.

Evidence of Success:

48 boys and girls from our college took part in it for four days. Some of the staff members were also participated in some of the training sessions. Students were motivated to learn more Yoga lessons and they included Yoga in their routine. Students became conscious of their health problems and their habits. They learn the benefits of Yoga to live happy and healthy life. They also learn the harmful effects of junk food and stress.

Problems Encountered:

Some of the students belonging to the remote areas of our college remained absent. It was difficult to make subject like Yoga interesting for students. It is uncertain that all the students will include Yoga in their routine. If they will not include it in their routine, they will not be able to get full advantage of Yoga.

Resources Required:

Coordination of students. Allocation of funds by the college management. Awareness in the students to join such health related practices. Coordination with the experts of Yoga as well as teachers who himself has practiced Yoga. Team work, planning and organizing skill of the entire staff.