

## **Academic Year 2022 -2023**

### **7.2.1 Institutional Best Practices**

#### **1) Title: Yoga for mental well – being.**

##### **Goal:**

To achieve a positive impact on students' physical health, mental well-being, academic performance, and overall personal development.

##### **Context:**

IQAC placed the proposal for the yoga certification course before the Principal and management. In order to bring this proposal into practice the IQAC initiated/signed a MoU with the International yoga institute to conduct the certification course for ug and pg students.

In this regard, they prepared a syllabus for 30 hours and 2 hrs of internal and external examination patterns. By providing students with the tools to manage stress, maintain a healthy lifestyle, and develop a balanced approach to life, yoga/this course contributes to creating a positive and conducive learning environment.

##### **The practice:**

The Students who joined this course from various classes that incorporate yoga practices demonstrate a commitment to nurturing well-rounded individuals equipped to navigate both academic and personal challenges successfully.

##### **Evidence of Success:**

This course was opened for all students and offers a multitude of benefits to them, including improved physical health, enhanced mental well-being, better academic performance, and overall personal development.

##### **Problems encountered & resources required:**

- *Limited time: College schedules can be packed with classes and other commitments, leaving limited time for yoga sessions.*
- *Resources required: Effective time management skills to schedule yoga sessions within the available time slots. You may also need support from college authorities to allocate specific time slots for yoga classes.*
- *Lack of awareness or interest: Some students may not be aware of the benefits of yoga or may not show much interest in practicing it.*
- *Resources required: Conducting awareness campaigns or workshops to educate students about the physical and mental benefits of yoga. Inviting guest yoga instructors or practitioners to give demonstrations and motivate students. Providing informational resources like pamphlets or handouts about yoga and its benefits.*
- *Safety and injury prevention: Yoga involves physical movements and poses, and there is a risk of injury if proper safety measures are not followed.*
- *Resources required: First aid kits or medical facilities on campus in case of any injuries or accidents. Proper guidance from instructors on warm-up exercises, correct posture, and modifications for different body types or limitations. Emphasizing the importance of listening to one's body and not pushing beyond personal limits.*

#### **2) Title of the Practice: ADD ON CERTIFICATION COURSES**

**Duration: 30 Hours Each & Year of Inception: 2022-23**

- **Objectives of the Practice.**

- To fill the gaps in student's knowledge and give them a competitive edge.
- To develop skills in the various fields, confidence building and creativity.
- To develop leadership quality among students.
- Students are encouraged to take full advantage of these opportunities to broaden horizons & excel in various areas.
- To prepare students for careers across a broad range of e- Technology, Corporate, Humanities, Marketing sectors etc.
- To develop the students understanding of ancient language and information specific to their discipline.
- To enable students to effectively integrate concept and skill across functional areas.

● **The Context.**

The Certificate Courses are available under various categories such as Curriculum Enrichment, Skill Oriented, Placement Based, and Value Added & Soft Skills Enhancement from undergraduate to post graduate. Certificate courses serve a multitude of purposes for different students: they are used to bridge the gap between different phases of academic study, or to provide additional professional training and qualifications. The certificate courses in our college covers applied text of various subjects like Commerce & management, e- technology, English Language, Corporate, Soft Skills, Humanities, etc. These courses are job focused and provide a wide range of skills to an individual so that he can perform well when dealing with complex projects, vendors and serve multi-platform environment. Thus, helps in enhancing the confidence level of an individual. Having a prior knowledge of the job responsibilities provided by these courses helps an individual to easily adapt to the work environment and quickly advance in his career. In all, these add on Certificate courses produce highly skilled graduates who stand out from their peers in the marketplace.

- - The Practice.

Our college conducts following certificate courses:

1	<i>Advanced networking security</i>
2	<i>Cloud Computing</i>
3	<i>Basic Direct Taxation(FYBAF)</i>
4	<i>Advanced Direct Taxation</i>
5	<i>Basics in Banking ,Finance &amp; Insurance</i>
6	<i>Basics in Investment Banking &amp; Wealth management</i>
7	<i>Entrepreneurship Development Programme</i>
8	<i>HR Analytics</i>

9	<i>Soft Skills</i>
10	<i>Digital Marketing</i>
11	<i>Marketing Common</i>
12	<i>Advanced Accountancy</i>
13	<i>Modi lipi</i>
14	<i>Functional English</i>
15	<i>Yoga</i>
16	<i>Intellectual Property Rights</i>

Each certificate course consists of coordinator among the faculty members from various departments. The Course Coordinator along with his team frames the syllabus & time table of their respective courses at college level with final approval done by IQAC. The minimum seats available for each course is 40. The students have to take maximum of 3 Certificate Courses out of the list & a nominal fee of Rs. 600 is charged.(All inclusive) The Courses are conducted Online, Offline & Hybrid Mode. Through these certificate courses the students are well trained and coached for their self-help employment for their future. The classes and practical's are conducted regularly according to the time tables of the respective course. On completion of the course work, the examination of all the courses is conducted. Each student who have successfully completed the course and passed the exam is awarded with a certificate from college. Remuneration or Honorarium to resource persons/faculty is also disbursed.

- **Evidence of Success.**

The evidence of success is visible, qualitatively as well as quantitatively. The students understand and also develop their knowledge widely in various domains helping them to achieve their career goals.

- **Problems Encountered and Resources.**

Most certification courses are dominated by learning definitions of terms and putting them into exam question context. Often a huge proportion of the course is dedicated to this. Practical Knowledge as a addition to gain real time experiences is a need of an hour.

Microsoft teams Platform is used to conduct the online lectures of certificate courses. Computer lab is also used to conduct the practical sessions.