

BEST PRACTICES FOR THE SESSION 2021-22

I. Title of the Practice

Yoga:

Objectives of the Practice

This practice was started on 11th November 2021 by the Principal of our college Mr Bipin Choudhury with the intention to strengthen the immunity of our students in the post-covid era.

The Context

As the Yoga practice started at 6 am in the morning, the greatest challenge was to convince the students to wake up early in the morning everyday to join the yoga practice before getting ready to resume their normal classes in the college.

The Practice

Our institution was the first college in Sundargarh which implemented yoga practice on a daily basis. Prime Minister Narendra Modi has succeeded in promoting yoga as a unique contribution of India to the global cultural ecosystem. Various yoga asanas are taught to the students by a yoga professional everyday. Our college perseveres to make this a regular practice in the life of the students who will go on to become not only physically and mentally healthy individuals but will also prove to be the flag bearers of our Indian culture in which yoga is ingrained.

Evidence of success

The yoga practice has helped the students to make it a natural occurrence to wake up early and get ready for their classes with a healthy body and an active mind. On 11th November, 2022, Annual Yoga Day was celebrated in our college on the completion of one year of Yoga practice in our college.

Problem encountered and resources required

The students were having problem with practicing yoga on the cold hard ground without proper yoga wear hence arrangements were made to provide them with yoga mats and yoga clothes.

II. Title of the Practice

Mentoring system

Objectives of the Practice

The objective of this practice is to increase the interpersonal relationship between the mentor and the mentees in order to help in the overall development of the students.

The Context

This program had been started by the Higher Education Department of Odisha during the Covid-19 era to ensure the smooth conduct of online classes and online examination.

The Practice

The students have been divided into groups under individual teaching staffs who hold meetings twice a month in online or offline mode to mentor the students about not only their study related issues but also their personal issues which might hinder their educational careers. Our college has assigned lecturers of different honours subjects as mentors to different honours students in order to increase the interpersonal relationship between the mentors and the mentees.

Evidence of success

This program has helped in improving the attendance and the overall performance of the students in their different subjects. Students are easily able to come up to their mentors regarding any issues they have which are then solved accordingly.

Problem encountered and resources required

Initially due to lack of resources such as mobile phones and network connectivity among the mentees, it was difficult to hold regular meetings between the mentors and the mentees.