

BEST PRACTICE 1: (AQAR 19-20)

1. Title of the Practice : **Yoga during Pandemic**

2. Objectives of the Practice

Help the staff, students and other stake holders to develop immunity through yogasana and pranayama

- Facilitate develop strong confidence that we will be able to overcome the pandemic
- Emphasising on both mental and physical health

3. The Context

The entire world was confronted with an unseen enemy which had a huge toll not only in terms of socio-economic losses but also psychological impact owing to lockdown and witnessing huge human tragedy around. As a public institution, providing support to staff, students and other stakeholders these kinds of sessions were mandatory

4. The Practice

The institution-initiated series of yoga sessions through online mode in May, 2020 and succeeding months to spread awareness about the benefits of yoga. Through these sessions various mudras, asanas and breathing exercises were taught by the experts. Webinars were also organised to enable the participants to strengthen dietary habits for immunity boosting. Internet connectivity for some participants who were in their villages was slightly difficult

5. Evidence of Success

These sessions indeed played a significant role in developing a sense of confidence and calmness and addressing the anxieties owing to lack of social interaction due to lockdown. Several participants in their feedback expressed how helpful these sessions have been to address various challenges emerging out of covid. The results indicate the necessity of having yoga as a mandatory component of curriculum of all the institutions.

6. Problems Encountered and Resources Required

There was no problem as such. However, the personal contact was missing. Indeed, keeping in view, the circumstances, organising such programmes clearly defines the indomitable spirit of humanity to survive and move ahead irrespective of the challenges thrown.

7. Notes (Optional)

This practice can be easily adopted by every institution with the basic prerequisite of WILLINGNESS. In contemporary times good physical and mental health are confronted with many challenges which impact quality of educational institutions. Having mandatory yoga sessions will indeed provide the fertile ground for healthy body, mind and soul.

BEST PRACTICE 2: (AQAR 19-20)

1. Title of the Practice: **Strengthening Interdisciplinary approach through Multidisciplinary Seminars and Conferences**

2. Objectives of the Practice

- Strengthen the interdisciplinary approach to teaching, learning and research
- Enabling synthesis of ideas and thoughts
- Better understanding and awareness of diversified disciplines

3. The Context

In contemporary times, synthesis of ideas from various disciplines is required which can be facilitated through interdisciplinary approach towards education. Learners from diversified backgrounds acquire skills like critical thinking. Such practices also facilitate in catering the diversified needs of the learners to enable overall development of thoughts and knowledge.

4. The Practice

The institution has organised various seminars and conferences mostly through online mode. Contemporary Teaching, Research and Academic Excellence in the Perspective of Personality Development-CRAPD-2020 organised between 21-28 January, 2020 provided a platform to the teachers to become aware of various developments and emerging facets in connection with teaching and research. This certainly supported to aspire and achieve academic excellence.

5. Evidence of Success

The success can be gauged through the feedback from the participants and their request to organise many more such programmes at successively advanced levels. The results clearly indicate that multidisciplinary conferences are important part of teaching, learning and research activities. Such holistic orientation is important for over all benefit for staff, students and other stakeholders.

6. Problems Encountered and Resources Required

Subject experts / professionals and financial resources are required for successful implementation of the programme. If done in online mode the requirement of financial resources will be minimised. There are no problems encountered. It requires good coordination between departments and organisers.