

BEST PRACTICES FOR THE YEAR 2018- 2019

BEST PRACTICE NO. 1

Yoga for Healthy Body, Mind and Soul

The threefold development of the body, the mind, and the soul is laid down in our Vision, so as to enable the practitioner to live in harmony with nature's laws and thereby enjoy a disease- free and fulfilling life. Yoga induces balance in life by emphasizing proper circulation of life force energy in the body and the mind through certain postures and meditation, thereby merging the little self into the Self of all.

Mankind today is seen as living a desultory life – full of worries, stress, and lack of proper understanding of the higher values. All this leads to disease, dissatisfactions, aimlessness, and forgetfulness of the purpose of human existence.

Students' life, in particular, looks for proper training in leading a well-balanced life. The principles of yoga instill in students the knowledge of cultivating determination, channelizing the inherent willpower, developing intuition to make wise decisions with clarity of thoughts, and increasing concentration and memory.

For the aforesaid, the college has established the '**Paramhansa Yoga and Meditation Centre**', popularly known as Dhyani Mandir. In this Kendra, the students are not only taught the importance of Yoga but are also guided on the various methods of performing Yoga and Meditation.



(Paramhansa Yoga and Meditation Centre)

Our students practice Yoga on a daily basis. For the convenience of the degree students, the duration for such sessions has been kept from 9 AM to 3 PM. The Yoga instructor conducts these practice sessions. A register is maintained to keep a track of the presence of the students. At our institution, we also run a certificate course in Yoga.

Impact of practicing Yoga is clearly visible in students and can be realized through twofold means: one, healthy body and graceful performance of yoga postures and two, their behavior in the college.

As to the first, students' health – those who are regularly practicing – is sound. They are rarely afflicted by diseases. In addition to that, they perform brilliantly and have won prizes in several Yoga Championships held at the District, State, and National Level. Also, some of our students are working abroad as Yoga Instructors.

Second, students are well-behaved. The college is a ragging-free campus. No example of ragging is found in the college. Also, very few instances of grievances are received by the Grievance and Redressal Cell, which, too, is an evidence of the sincere conduct of students.

The results indicate that this practice has led students to reach greater levels of self-awareness and to eventually recognize the need for leading a healthy, cheerful and righteous life.

One of the challenges, that pertain to the conduct of these sessions, is to be able to persuade a vast majority of students to sign up for these sessions. However, the beneficiaries soon imbibe the benefits of these sessions and their self-development becomes an instrumental incentive for the other students to join in.

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(Performance of students in practicing)



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Our student Ravi Kumar represented the Jharkhand in the 44th Senior National Yoga Championship organized in Rajasthan.

Not only this, some of our students are also working abroad as Yoga Instructors.



Glimpse of Kumar Ranjan performing in the college function(above) and posing with his students in Vietnam where he is now a Yoga instructor(below).

BEST PRACTICE NO. 2

EXTRACURRICULAR ACTIVITIES

Education at all levels aims at the holistic development of learners into becoming assets to themselves, to the community, and to humanity at large. Extracurricular activities enrich the teaching- learning experience and play a crucial role in shaping up well- rounded individuals. Such activities boost social skills, emotional adjustment, tenacity, and life skills in learners. The Mahavidyalaya acknowledges the significance of these activities and organizes a variety of extracurricular activities throughout every academic session.

Practice:

The college organized a plethora of extracurricular activities on many occasions to sensitize the learners with matters of socio- cultural relevance:

- Celebration of Hindi Diwas.
- Commemoration of National Unity Day with quiz contest, painting contest and speech contest.
- Speech competition to mark Vigilance Awareness Week.
- Ranchi University Inter- College Youth Festival.
- World Cancer Day.
- Voter Literacy Camp and registration of eligible individuals in the vicinity in the electoral roll.
- International Women's Day.



(Celebration of Hindi Diwas).





 Abhishek Gunjan and 8 others

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(Ranchi University Inter- College Youth Festival.)



(Ranchi University Inter- College Youth Festival.)



 Abhishek Gunjan and 7 others

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(Ranchi University Inter- College Youth Festival.)



Speech competition awards

