

Best practices: 01

Introducing certificate course in Computer Applications. (CCA)

Everyone needs to keep up with the latest technological advancements and next-generation technology in this digital age. And computer literacy is now at par with literacy in general terms. Irrespective of the field of work student chose to, proficiency with computers will provide them a definite edge.

Computer courses are a popular choice among most students. Keeping this in mind, Department of BCA, in association with the affiliating University initiated a six month course in computer application with a seat allocation of 40 per batch. A well-equipped computer lab was dedicated and admissions for the first batch were taken in 2019. This Computer courses teach students basic to advanced level computer knowledge, emphasizing practical skills rather than theory so that students can become more familiar with and proficient with computers. The basic computer course's goal is to provide knowledge about basic level computer terms and related software as well as hardware. This course can prepare a student to use computers in their daily lives, both professionally and personally. Following completion of these courses, the students will be computer literate and able to:

- Recognize the fundamental computer components and terminology
- Use word processing, spread sheet, and presentation software to create documents.
- Understand computer networks and the Internet, etc.

We already have 3 batches of 40 students successfully completed this certificate course. And these pass out has played a vital role in training and encouraging other students to do all the university Exam, registration related online form submission and related processes to do by themselves.

Best Practices: 2

Title: Yoga for All

The importance of Yoga has been accepted worldwide. We, in India can't imagine a happy life without Yoga. It is not only a means of achieving Physical and mental fitness but also a directive principle of social harmony, coexistence and togetherness. It is indeed, a way of life. Yoga opens up immense possibility in human life. Keeping in view the unfathomable importance of Yoga for individual and society, "YOGA SOCIETY" was constituted on 3rd July, 2018. We are constantly reminded of the teaching of the Bhagwad Gita, "He who associated with Yoga, pure in mind, controlled in body, a conqueror of the organs and whose real nature consists in being all the things (समत्वं) and the Self doesn't become tainted even while performing action. This is the principal of efficiency in action (योगः कर्मसु कौशलम्). Yoga is the perfect way to show everyone his own duty (Swadharma) and to perform ones duty is the yardstick to measure happiness index. Thus, Yoga can be considered one of the most important weapons of Rising India.

Objective

Yoga society was envisaged and established with a mission to popularise yoga among all stakeholders of the college and also to explore the possibility of self-employment for youth in The field of yoga through proper teaching and training. The Context Blind race for modernization has proved disastrous to our individual and social life. “Fair to foul or foul to fair, we have no time stand and stare” has been the guiding principle of life which has led us to the lopsided model of development. It is our duty to bring the youth back to holistic approach of life by making them aware of the Grandeurs of Indian Culture to which Yoga is the vital force.

The Practice

A constant effort is needed to develop a sense of self-pride among younger generation. Moreover, no education policy can be successful if it fails to fetch job possibility. For this Purpose we needed a job oriented vocational course to launch as early as possible.

Evidence of Success

In 2019 our Institute got approval from the State government and the affiliating University to start Post Graduate Diploma in Yogic Studies (PGDYS), a self -financed one year course with 100 sanctioned seats. Admission process was started from Academic year 2020-21. The college recorded an overwhelming response as in the next two sessions the admission tally marks raised to 90. Moreover, 50 students did online registration to participate in 10 days special yoga camp organised by yoga society. Certificates were awarded to them after submission of online feedback. In spite of such enthusiastic responses, the target of all inclusiveness remained a distant dream.

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Problem encountered and resources Required

To achieve the target to bring all under the canopy of yoga, we required financial assistance to establish yoga and meditation centre on the one hand and job security on the other. To fulfil the first requirement one of the alumni of the college cum businessman and philanthropist came forward to help in establishing a well-furnished yoga and meditation centre. Again, our Institute entered into four MoUs to ascertain quality teaching, training and experimentation The government has not published any vacancy of yoga trainer, not is it desirable that everyone will get government job. Hence, Self-employment should be encouraged. And internship is required for this. To solve this problem yoga should be incorporated in each vocational course as a part of add on course a course of 30-hour duration (20 hour practical and 10-hour theory). This proposal is under consideration before the college development committee. It is expected that from the next session yoga shall be included as an add-on course to all courses regular as well as vocational. And we will come nearer to achieve our goal of “Yoga for All”

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