

Best Practice - II

Title: Conducting 'Yoga' Program

Objective:

1. Promoting awareness regarding Yoga.
2. Cultivating a sense of responsibility among students towards nature and effect of Yoga on health.
3. Upholding hygienic and vibrant atmosphere.
4. Preventing the spread of contagious diseases.

The Context:

The students as well as society are largely unaware of the manifold benefits that stem from doing Yoga. This lack of awareness not only hampers individual well-being but also undermines the overall health and sustainability of our environment.

The Practice:

In contemporary times, there is a lack of awareness and responsibility among individuals towards their environment and indigenous communities. Often, they inadvertently or knowingly contribute to ecological harm. Consequently, our institution has taken the initiative to raise awareness through yoga by inviting yoga instructor in the college. Usually these yoga programs are organized in the morning time in the campus. B.Ed. department also conducts yoga program to keep the students healthy. Sri Amit Baranwal & Sri Ramesh Kumar Pandey are our yoga instructors who keep delivering instructional yoga, yogic exercises in programs.

Evidence of Success:-

Through the implementation of "Yoga," there has been a notable improvement in hygiene practices, leading to a significant decrease in disease rates. Additionally, this initiative has contributed to the growth of greenery in nature.

Problems encountered & Resources Required! –

The fund required for organizing these various events among the groups are insufficient to complete the events successfully as we do not have sponsors that can support us financially, Even then with the recourses and fund of the college these program on yoga are conducted successfully.

Note: This practice has proven highly successful for students residing in both rural and urban areas, as well as benefiting society as a whole. Our institution has embraced this initiative for the betterment of both students and society.