



BEST PRACTICES- I

Session 2018-19

1. Title of the Practice: - YOGA TRAINING : TUNING MIND,BODY AND SOUL

*“Yoga adds years to your life,
and life to your years”*

2. Objectives of the Practice: - The programs aim at spreading awareness on the importance of yoga and related practices among the college staff- teaching and non-teaching. The college is keen at catering to the welfare and development needs of the college family and organization of such programs is an effort in this direction.

3. Context: - In addition to the welfare programs of the central and state government, the college also organizes certain programs which foster the physical, mental and intellectual progress of the college fraternity. The yoga training program is an instrumental step in this regard as it aids in improving a person’s overall well-being.

4. The Practice: - A twenty one day Yoga Training Program under the aegis of Kaivalyadham Yoga Training Center was organized in the college from 11.01.2019 to 31.01.2019. The college staff- both teaching and non-teaching, the students of NSS, and the NCC cadets registered an active participation in the program. The trainer, Mrs. Vinita Yadav trained the attendees on the various yoga positions or asanas Makrasana, Bhujanagasana, Sarvangasana, Brajasana, Brahamasana, to name a few. Several breathing exercises like Anuloma-viloma, Pranayama, etc. were also taught to the trainees. It was an effective and a successful program as it enlightened the trainees on the importance of yoga and related practices.

5. Problems Encountered:- The program could have been better conducted if more resources were available at hand. The need for more yoga mats was starkly felt. A spacious auditorium laced with facilities would have made the program more successful.

6. Impact of the Practice: - Yoga practices of meditation and breathing help improve person’s physical and mental health. Regular yoga practices create mental clarity, build calmness, shape body awareness and sharpen concentration. It does bring physical and mental discipline among the practitioners. Such practices aid in beating work related stress among the college staff and also help build better inter-personal relationships among colleagues.



विश्व योग दिवस 21 जून 2018

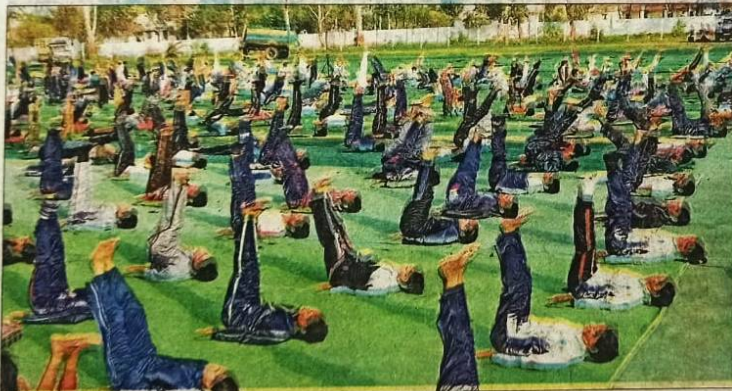




विश्व योग दिवस का मुख्य आयोजन पुलिस परेड ग्राउंड में संपन्न, लोगों को योग क्रियाएं कर बताया योग का महत्त्व
योग से निरोगी-सुखी जीवन संभव : रामपाल

सीहोर। नवदुनिया प्रतिनिधि

अंतरराष्ट्रीय योग दिवस का मुख्य कार्यक्रम सीहोर जिला मुख्यालय स्थित पुलिस परेड ग्राउंड में हुआ। प्रदेश के लोक निर्माण, विधि, विधायी कार्य एवं सीहोर जिला प्रभारी मंत्री रामपाल सिंह के मुख्य आतिथ्य में योग का कार्यक्रम लखनऊ में आयोजित मुख्य कार्यक्रम के सीधे प्रसारण के अनुरूप आयोजित हुआ। इस अवसर पर मध्यप्रदेश गान तथा मुख्यमंत्री के संदेश का सीधा प्रसारण हुआ। इस अवसर पर विधायक सुदेश राय, नपाध्यक्ष अमिता अरोरा, सहित अन्य जन प्रतिनिधिगण, कलेक्टर डॉ. सुदाम खांडे, एस्पी मनीष कपुरिया सहित लोग मौजूद थे। प्रभारी मंत्री ने विश्राम गृह में बैठक आयोजित कर 2 जुलाई को होने वाले वृहद पीघरोपण की जानकारी प्राप्त कर आवश्यक निर्देश दिए। बैठक के पूर्व प्रभारी मंत्री ने गणेश मंदिर पहुंचकर विधिवत पूजा-अर्चना भी की।



सीहोर। योग दिवस पर हुए आयोजन में लोगों ने विश्राम गृह में योगाभ्यास कर इसके महत्त्व के बारे में जानकारी ली।

BEST PRACTICES- II

1. Title of the Practice: - SKILL UP : STAYING AHEAD OF THE CURVE

*“The more we give importance to skill development,
the more competent will be our youth”*

(Narendra Modi)

- 2. Objectives of the Practice:** - As college education often restrict itself to providing theoretical or broad knowledge of the subjects, it is imperative that practical/vocational training is provided to the students to prepare them for jobs. Skill development is the process of identification of the skills gap in youth and providing skilling training and employment benefits to them. The aim of such programs is to create awareness among students about prospective job opportunities in skills-centered jobs. Regular skill development programs are organized for the students of the college, few of which are directed solely towards the promotion of women entrepreneurship.
- 3. Context:** - It has been observed that students remain oblivious about job areas and training programs organized by the government. It thus becomes a prerogative of the institute to conduct programs which inform the students about such bodies and schemes. The college regularly conducts several job oriented awareness and education training programs for the students to provide holistic education. As a person is constituted of three elements-the body, the mind and the spirit, it is important to lend equal focus on each of these. It is generally observed the education system gives primacy to mind and keeps the body and spirit somewhere at the back seat. Organizing vocational training and awareness programs is steps towards curricular and pedagogical reforms in Higher Education.
- 4. The Practice:** - A one day Awareness and Registration Program was organized by the National Skill Development Council at our college on 06.03.2019. NSDC is an effort made by the Central government to get the youth of the country registered on a platform and get them acquainted with the facilities and benefits of the council. Identifying the skills of the youth and providing them with suitable job opportunities, training and funds and giving them proper career guidance are the major aims of the body. The students were made aware of the NSDC effort Skill Sathi which caters to employment related queries of the students and enlightens them on future career prospects. Dr. Imtiaz and Dr. Harris answered the questions put forth by the students. A documentary on skill development was also shown to the participants. The program was a successful one as more than 150 students participated in the program and many got themselves registered on the portal. It is notable to mention that a 40-hour job oriented training program on culinary skills and cosmetology for the regular students of our college was organized on 05.09.2018. The training program was organized by Swami Vivekananda Career Guidance Cell to provide job centered hands on training to the students. Sarika Cooking and Beautician Classes trained the students on the art

of cooking, baking, and related skills. Under the program, a total of 45 students were trained. Later, many food stalls were put up by the students to showcase their culinary talents. After the completion of the training, the students were distributed certificates by Principal. Such programs which aim at augmenting awareness and education are a regular practice in the institute.

5. **Problems Encountered:** - Due to the absence of Home Science department in our college, it was difficult to arrange cooking apparatus for the culinary training.

6. **Impact of the Practice:** - Practices like these give prominence to the idea of learning which is integrated, holistic, inclusive, enjoyable and engaging. The training programs underline proper synthesis between vocation and education which is the need of the hour. As the government has time and again reiterated the importance of skill development for the creation of an Atma Nirbhar Bharat, the college plays an instrumental role in the achievement of the aim.



पीजी कॉलेज में आत्मनिर्भर बनाने छात्रों को कौशल विकास की जानकारी दी

सीहोर | शासकीय चंद्रशेखर आजाद पीजी कॉलेज में राष्ट्रीय कौशल विकास परिषद ने विद्यार्थियों के लिए कौशल विकास जागरूकता कार्यक्रम आयोजित किया। इसमें वक्ताओं ने अलग-अलग विषयों पर विस्तार से जानकारी देकर स्वयं को आत्मनिर्भर कैसे बनाया जा सकता है, जानकारी दी।

कौशल विकास जागरूकता कार्यक्रम का शुभारंभ प्राचार्य डॉ. आशा गुप्ता, प्राध्यापक डॉ. निभा जेकब, प्रो. नौरा रुथ कुमार ने किया। कॉलेज की प्राध्यापक डॉ. निभा जेकब ने एनएसडीसी की टीम का परिचय दिया। डॉ. इम्तियाज ने एनएसडीसी के बारे में विद्यार्थियों को विस्तार से बताया। वहीं कौशल



विकास पर आधारित एक डाक्यूमेंट्री भी विद्यार्थियों को दिखाई गई। वहीं टीम के सदस्यों ने विद्यार्थियों के सवालों के जवाब देकर जिज्ञासाओं को शांत किया। प्राचार्य डॉ. गुप्ता ने एनएसडीसी से जुड़े एवं उपलब्ध अवसरों का लाभ उठाने विद्यार्थियों

को प्रेरित किया। उन्होंने सभी छात्रों को अपने अंदर के कौशल को पहचानने एवं विकसित करने का संदेश दिया। कार्यक्रम के अगले चरण में एनएसडीसी के पदाधिकारियों ने छात्रों का पंजीयन किया।

