

2016-17 – BEST PRACTICE No. 1

1. Title of the Practice: YOGA TRAINING FOR STUDENTS

2. Goal: The goal of this practice is

- To make the students health conscious.
- To let the students understand how physical fitness be enhanced by practicing Yoga.
- To widen the thinking capacity of the students beyond their text book and study materials.
- To make the students understand how the ancient Indian art of yoga makes their mind and body sounder.

With a view to these aims, the Department of Physical Education came ahead, and with the collaboration of IQAC of this college, they have performed the Yoga Training Programme for Students for the first time in this college.

3. The context: A fit body is the container of a sound mind. As the students need to study very hard for their academic betterment, it is equally important for them to take care for their physical fitness. But all of them are not properly aware of the ways to attain the desired level of fitness. This is why this initiative has been taken, to not only make the students health conscious but also provide them a way to proceed towards that consciousness. The learned and efficient teachers of the Department of Physical Education was very much willing to take this responsibility.

4. The Practice: Half an hour a day before the commencement of classes according to the class routines. All the students who are willing to practice yoga are welcome to join. But if one student joins, he or she must to continue it till the lesson ends and they become aware of various poses and postures of yoga to that extent so that they can continue practicing at their own. The session continued for fifteen days for the first session, and later as per the demand of the students the training program rebooted for another fifteen days.

5. Evidence of success: We can site these scenarios as the evidence of success of the project:

- The students enjoyed the yoga session very much. Number of participants increased over days during its occurrence.
- The students who did not join the sessions for some reason, demanded for it again so that they also can take the benefit, and so very soon it became a continuing practice of the college.
- The bondage among students of different departments of the college increased to a great level during the common yoga session.

6. Problems encountered and Resources Required: At the very beginning, a great number of students was reluctant to come to the college half an hour earlier. But the mouth spread reputation of the initiative was enough to deal with the problem. Moreover, this program did not cost much because it needed only a few matrasses as infrastructure, which was internally financed by the college.

2016-17 – BEST PRACTICE No. 2

1. Title of the Practice: SOCIAL CAMP

2. Goal: The goal of this practice is

- To make the students socially active.
- To let the students understand how social works makes them a better human being.
- To widen the thinking capacity of the students beyond their text book and study materials.
- To make the students understand how they can serve their society for greater good.

With a view to these aims, the NSS unit of the college and the Department of Physical Education came ahead, and with the collaboration of IQAC of this college, they have performed the Social Camp in Dhubulia Deshbandhu High School.

3. The context: Dwijendralal College has a very wide hinterland, and Dhubulia is within it. A large number of students get admitted in this college every year from that township. Moreover, this locality is economically and socially a little backward as compared to Krishnanagar. So, a group of selected students have been made responsible to outreach that locality and communicate with the people of that place, conduct surveys, and enrich themselves by enriching those people. The NSS unit of the college and the Physical Education Department played the role of the conductor of the entire programme.

4. The Practice: Students conducted survey on literacy and education of the locality around the Dhubulia Deshbandhu High School. They helped the school and locality to keep it clean. They communicated with the people of the locality to understand their socioeconomie life. Moreover, they communicated with the younger people of the locality, arranged an athletic meet for them.

5. Evidence of success: We can site these scenarios as the evidence of success of the project:

- The students enjoyed the Social Camp very much. All the participants expressed their willingness to join such a camp once again.
- The students claimed for such a camp for a regular basis.
- The locality, which is already a hinterland of this college, encouraged to send their students in this college to a higher extent.

6. Problems encountered and Resources Required: It was not very easy to take a number of students for a social camping to a distant location. But the NSS unit and the Physical Education department made it possible. The authority of Deshbandhu High School helped to a huge extent, too. The convenience charges, transportation costs and other costs (i.e. costs for conducting the athletic meet) involved in this programme was funded internally by the college.