

**Best Practice-1**

**Title of the Practice:** Yoga and Meditation Classes for the Staff, Students and Teachers

**Goal:**

- To make aware about the benefits of Yoga and Meditation
- To maintain physical and mental health
- To maintain the Blood circulation and Respiratory System of body

**The Context:**

As per the famous slogan “Sound Mind in Sound Body” it is very necessary to maintain the physical and mental health to realize the charm of human life. Yoga and Meditation is the ancient process of Indian art of living. Yoga also strengthen the human body with unlimited positive energy which can be utilized for the purpose of human welfare. It facilitates an individual to attend fulfilment of life and excel in the areas of his interest.

**The Practice:**

The institution has conducted the Yoga and Meditation Classes for both the Teachers and Students of the College under the guidance of Trained Yoga teacher and Physical Education Teacher Sri Prafulla Kumar Sahoo. The teachers and students actively participated in the Yoga classes in morning shift. It really helped them in rejuvenating the physical and mental health. It also helped in maintaining the cordial relationship among the staff and students

**Evidence of Success:**

The College has succeeded in its aim of conducting Yoga and Meditation classes for Teachers, Staff and Students. During the session 2016-17, more than 100 students were benefited. Few students were selected in Police Department. Besides this, the college has also succeeded in creating friendly atmosphere among the Students of various classes.

**Problems Encountered and Resources Required:**

In the beginning, there was a timing problem, as many students come from nearby villages, so they were late in the morning. But this obstacle was removed because the College has very good Green Campus and Eco-friendly atmosphere. The important resources like open ground and Meditation Hall required for the classes were provided by the college.

## **Best Practice-2**

**Title of the practice:** Mentor Mentee System

**Goal:**

To ensure effective student teacher relationship.

To ensure effective supervision and monitoring of the students.

To address the issues faced by the students relating to curricular and co-curricular activities

**The context:**

In the last academic session, the college was instrumental in introducing the Students' mentoring system, which has been in place since then. It is a studied endeavour by the college administration to bring about transparency in the teaching learning process and teacher-student relationship as well as to inculcate discipline in academic interactions. As an initial step, each section of each semester has one mentor at the helm. Apart from taking classes, the mentor has basically two seminal functions to perform: taking stock of the way the curriculum is delivered and monitoring the attendance of students, which forms an integral part of the CBCS Semester system.

**The Practice:**

The mentor regularly keep contact with through students and parents through telephonic link and social media to collect feedback from the students, trace the problems faced by them and resolve the problems at the earliest. The system also engage the parents towards supervision of their wards for improving their academic achievements.

**Evidence of success:**

Due to introduction of mentor mentee system more and more students approach the teachers for clearing their doubts and attending remedial classes. Besides the performance of the students witnessed significant improvement.

**Problems Encountered and Resources Required:**

Initially the mentee avoid their access to mentors. However the same was managed within a short span of time. Resources for IT enabled monitoring mechanism required for strengthening the system.