

Best Practices 2022-2023

Title 1

Environmental Awareness Activities

Objectives-

1. Basic Knowledge about environment
2. Understanding about the environmental issues and spreading awareness to protect the environment.
3. Motivating students for making eco-friendly world
4. To encourage a sense of hygiene among students.



Context

Institution provides proper circumstances and facilities to students for making eco-friendly environment through various types of curricular and co-curricular activities. Institution takes initiative in creating environmental awareness about the importance of conservation and preservation of environment among students.

The Practice

Tree Plantation – it is an important duty of students to plant more and more trees, herbs to make the atmosphere more healthy.

Health and hygiene- in the present age, there has a threat to the physical health of people due to polluted environment. We have felt it necessary to empower students by holding effective activities like-make plastic free environment, proper sanitary system in the college campus and arranged some awareness programmes to preserve pollution free environment

Title 2

Yoga and Meditation

Objective :-

1. To reduce stress and anxiety among students.
2. To improve self confidence
3. To promote mindfulness
4. To make allround development of personality.
5. To help students grow in self discipline and self control.



Context

In the present scenario student`s experience high level of stress in many areas of life so they need yoga and meditation to reduce the stress and anxiety from their today`s life.

Practice

1. Institution provides yoga classes for students overall development.
2. Our institution organizes some programmes like workshop on ‘ Self -defense.
3. Our intuition organizes national yoga day to promote healthy life style.