



BEST PRACTICES

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Title

Yoga Practice for physical, mental, emotional and spiritual wellbeing.

Objectives

1. To promote sensitization and awareness of physical and mental health.
2. To prepare students for National and International yoga Competition and encourage them for rank achievement.

The Context

Since the year 2015, June 21st is celebrated as the International Yoga Day all over the world.

At the physical level, Yoga comprise yogasan that keep the body healthy. The breathing exercise or 'Pranayam' Meditation that is 'Dhyana' at mental level to discipline the body.

Yoga practice maintained fitness, Flexibility, weight loss.

Yoga asanas build strength and confidence. Regular practices of yoga can help to relive stress, improve immunity, maintain a healthier lifestyle.

The Practice

Daily regular yoga practice for student & other clinical , non clinical staff of college.

Every year, student's participate in yoga competition nationally, Inter-nationally. Institute does provide expenses and sponsorship to attain yoga competition.

Evidence of Success

Celebration of 8th International Yoga Day was done in 2022.

College students received medals & certificate in national & international level of yoga competition.

Yoga is like shield against many diseases & health disorders.

Problems encountered

Lack of attendance of students.



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Title

Regular practice of Suvarnabindu prashan prepared in Ayurvedic Rasashala nand annual schedule is provided to beneficalials .

Objectives

- 1.To Organise Suvarnabindu Prashan Camp for children as per guideline of Ayush Department.
2. To improves immune system, physical strength and digestion power.

The Context

Institute organises Suvarnabindu Prashana Camp for the children aged 6 months to 16 years on Pushya Nakshatra of every month.

It's administration helps to achieve developmental milestone in children and better intellect in younger children.

The Practiee

A specially prepared Schedule card is given to remind parents about upcoming dates of Camp. The contact number of every parent is noted down to contact them if they missed the date.

In order to continue the praetise uninterrupted, the Suvarnaprashana is prepared prior to the Camp date. On the day before camp, honey is mixed and well stirred to homogeneous mixture and poured into the droppers. To administer drops of Suvarnabindu easily to children these droppers are used under all hygienic precautions .

Evidenece of success

This practice has improved the awareness in every parent about their ward's health.

From January to July 2022, 180 children were benifited.

Probiems encoutered –

Due to pandemic ,response of parents is minimized.



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Title of Best Practice: आयुर्वेदस्य भाषा

Context

Sanskrit language has been the principal vehicle of the traditional knowledge and practices of India. This language is foundation for the development and spectacular rise of Bhartiya civilization.. The language of science and medicine, literature, philosophy, art and music has been Sanskrit.. Sanskrit is the language that truly reveals the secret of yoga and Ayurveda.

Today, the beginners of Sanskrit language are learning the language for purpose such as, access the original texts on yoga, Ayurveda and Vedanta however, the vocabulary, verbal repertoire, syntax, semantics etc. of every discipline differ from one to the other and hence need is felt to provide the facilities for learning the Sanskrit which the language of Ayurveda. The New Sanskrit for specific purpose (SSP) series can be useful for all age groups and occupations for self-learning as well as teachers for class room teaching. SSP provides a highly effective learning platform for even first-time learner.

The stated training program is the project of Sanskrit promotion foundation and is supported by ONGC -CSR and it is treated to be equivalent to M.A. Sanskrit.

Objectives

- To use/implement Sanskrit language course to obtain knowledge of Indian tradition and Ayurveda.
- To implement designed Sanskrit language program for first year BAMS students (UG).
- To develop ability to interpret and apply Ayurvedic Samhitas in light of Sanskrit language.
- To make Sanskrit language student friendly by minimizing number of grammatical mistakes in writing and speaking.



Reshmi

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Practice

The institute has evolved "Sanskrit Samvardhan Pratishthan" and registers students on the receipt of request email. The department provides students with videos and it is mandatory for students to solve the quizzes. The following set of 6 books are made available for the registered students.

1. प्रथम भाग (Book-1)
2. द्वितीय भाग (Book-2)
3. तृतीय भाग (Book-3)
4. चतुर्थ भाग-This party only for practice (Book 4, 5, and 6)

The students can view the videos, solve quiz and use books for the writing examination. The examination for Part-1 is conducted after two months of registration by the student and on successful completion in examination; the student is awarded a certificate for completion of Part-1. The same practice is followed for examination and certificate award for each part.

Evidence of Success

Number of students have registered for the said training Program and they are actively participating daily.

Problems Eneounter

The purpose of program is to create a learning environment in which students are provided with variety of resources to become competent users. However, the assessment of the use of resources in academic institution is complicated. Administrators need to ensure the use of the resources. Further, it is difficult to assess whether students use these resources genuinely.



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