

## BEST PRACTICE – I

### 1. Title of the Practice

Yoga training programme.

### 2. Objectives of the Practice

- To create awareness about the importance of Yoga in daily life.
- To inculcate in the student and faculty the idea of living a healthy and a discipline way of life.
- To enhance physical fitness as Yoga helps improve flexibility, strength, and overall physical health through various postures (asanas) and breathing exercises (pranayama).
- To help in reducing stress and anxiety among by promoting relaxation and mindfulness.
- To help improving concentration and focus through Yoga practices such as meditation which can enhance concentration levels, leading to better academic performance and cognitive abilities.
- To provide emotional awareness and resilience, helping students develop a sense of inner peace and emotional stability.

### 3. The Context

With the growing popularity of Yoga and the understanding of its role in improving the quality of life, the college aimed to inculcate this idea among the students by organizing a 15 (fifteen) Days Training Programme on Common Yoga Protocols with the theme, “*Yoga for humanity*”. Also organizing of a yoga training programme in the college, especially for the students, aligns with the institution's goals of promoting student well-being, providing a holistic education, meeting student interests, supporting academic programs, fostering campus wellness, and encouraging cultural exploration. To make this plan successful, there is need for an active participation of the teacher in charge, the college authority and the students beneficiaries.

### 4. The Practice

Yoga is a very significant exercise for a healthy life. It is a relative and qualitative concept which can induce positive changes in the behaviour of human beings. Hence, the college feels the need to induce into the young generation the concept and practices with a hope to add value to their lives.

For implementation of the training programme the College had entrusted to the IQAC of the College and to execute it as per the planned schedule with a 2(two) days training session in a week to be conducted after normal classes are over. The coordinator of IQAC, Shri N. Rymbai was made in-charge for the smooth running of this programme and to organize it within the college campus.

To enable the students to derive the best of the practice, an expert in Yoga has been engaged (Dr. C. Rymbai, BNYS) to train the participants. The Programme was organized in such a way as to make it ends towards the day just before the International Yoga Day 2022 and that the participants will be made to exhibit their acts (Common Yoga Protocols) during the celebration of the International Yoga Day 2022 to be held on the 21<sup>st</sup> June 2022 in the college premises.

Besides the training programme, poster campaign within the campus was also organized to popularize and create awareness on Yoga practices and activities.

To bear the expenses for the training programme, the Meghalaya Cement Lts (Top Cem) had consented to partner in sponsoring the training programme along with college management.

The 15(fifteen) Days Training Programme kick started on the 29<sup>th</sup> April 2022 with a 2(two) Day session per week, conducted on Thursday and Friday. The normal Training Programme continues till the 17<sup>th</sup> June 2022 which was followed by a rigorous rehearsal as preparation for the display of Common Yoga Protocols during the celebration of the International Yoga Day 2022 under the supervision of Dr. C. Rymbai, BNYS.

Altogether, 22 participants including teachers and students had registered for the training programme and training sessions were held as per the following dates:

29<sup>th</sup> April 2022; 5<sup>th</sup> May 2022; 6<sup>th</sup> May 2022; 12<sup>th</sup> May 2022; 13<sup>th</sup> May 2022; 19<sup>th</sup> May 2022; 20<sup>th</sup> May 2022; 26<sup>th</sup> May 2022; 27<sup>th</sup> May 2022; 2<sup>nd</sup> June 2022; 3<sup>rd</sup> June 2022; 9<sup>th</sup> June 2022; 10<sup>th</sup> June 2022; 16<sup>th</sup> June 2022 & 17<sup>th</sup> June 2022.

## **5. Evidence of Success**

Out of those 22 participants who had registered, only 15 (fifteen) of them, all students could complete the training programme and were given completion certificate which were distributed during the celebration of the International Yoga Day on the 21<sup>st</sup> June 2022.

Along with the Training Programme, Poster Campaign was also organized within the college campus by displaying of Flexes around the corridors with the purpose to exhibit different yoga poses that are beneficial for a healthy living.

The Programme concluded with the celebration of the International Yoga Day on the 21<sup>st</sup> June 2022 held in the college hall with Shri R. K. Pareek, President Meghalaya Cement Ltd., Thanskai as the Chief Guest. Smt. R. Passah, District Social Welfare Officer(DSWO) and Smt. M. War, Advocate, District Legal Service Authority(DLSA) also presented speeches on the occasion. Most interestingly, the students participants of the 15 days training programme had been able to showcase their learning experience by performing the Common Yoga Protocols act which enthralled the 75 number of audience attending the programme.

## **6. Problems Encountered and Resources Required**

Some problems encountered during the implementation of the Training Programme include:

- Training hall is not much convenience for the training session as there is no specific hall designated for the purpose.
- Some participants are struggling with consistency and the commitment to attend the training session regularly.
- Limited availability of yoga props and equipments which hinder participants' ability to fully engage themselves in the practice.
- Some participants are residing at a greater distance from the college location, hence there is inconveniences of the training timings for them.
- It is difficult to organize the programme regularly as it involve extra cost for the college for the payment of instructor fee and other expenditures.
- Instructor was hired from outside the college, hence not available as per our conveniences.

## BEST PRACTICE – II

### 1. Title of the Practice

Free Computer education for the newly admitted B.A. and B. Com 1<sup>st</sup> Semester Students.

### 2. Objectives of the Practice

- \* To provide basic understanding how computer works and to learn about the different parts and systems of computer.
- \* To enable the students to communicate effectively with technology.
- \* To enable them to solve problems logically.
- \* To enable them to use internet for searching of study materials, filling up of online forms, etc.
- \* To invoke their interest in technology and computer knowledge.
- \* To help the students to confidently attempt Computer Based Test (CBT) examinations.

### 3. The Context

Computer education in Jaintia Eastern College, Khliehriat was started in the year 2012 with the motive to provide computer training and skills to the educated youths of the East Jaintia Hills District. The Computer Education & Technical Committee is looking into the smooth running of the courses by a qualified instructor.

After due consideration of the fact that majority of the students who took admission in the college in the 1<sup>st</sup> semester B.A or 1<sup>st</sup> Semester B. Com. lacks computer knowledge, the IQAC of the college had made a decision to impart 5 (five) Days basic computer training to the newly admitted students of the college besides the regular short term course and diploma course normally conducted in the centre. The Computer Education & Technical Committee was entrusted with the task of implementing this training without charging any fee.

### 4. The Practice

The Computer Education & Technical Committee of the college had published a notice for enrolling of student to the training programme on first come first serve basis and that if the number of enrolment is more than 30 (thirty ) then the classes will be arranged into more than one shift. But at the commencement of the training programme, i.e. on the 29<sup>th</sup> August 2022, 26 (twenty six) students, all from B.A. stream had enrolled to attend the programme. The Timings of the training programme is scheduled form 2:30 PM to 4:00 PM i.e. after the normal classes is over.

The topics taught to the students in these 5 days (i.e. 29<sup>th</sup> August 2022; 30<sup>th</sup> August 2022; 31<sup>st</sup> August 2022; 1<sup>st</sup> September 2022 & 2<sup>nd</sup> September 2022) include:

- 1) Knowing what is a computer and a computer system?
- 2) How computers function?
- 3) The different parts of a computer.
- 4) Typing skills.
- 5) Using basic application software like: Text Editor, Words Processing, Calculator, Graphic software like painting using MS Painting, etc.
- 6) Creating File, Entering Data into File, Editing Documents, Saving File, Opening And Deleting Files, etc.
- 7) Skills in creating and using directories, etc.

## **5. Evidence of Success**

The college is expecting more students to enroll for the training programme as most of them had not completed any course in computer education as per their academic records. But it was found that only 26(twenty six) students had shown interest and registered for the programme. Again out of these only 20 (twenty) of them had attended the classes regularly. It was reported that all those students who attended the classes were completely ignorant of computer system and its functioning. At the start of the training session, there was sign of lack of confidence and most of the trainees were nervous and shaky to even touch the mouse or computer parts of the computer, especially in the first day of the training. But with the motivation of the instructor, Shri Niphri Rymbai and the efforts undertook to train them, it was reported that the confidence level of the trainees had been increasing from one training session to the other. All the 20 (twenty) students were able to complete the programme successfully and were awarded with certificates of completion.

## **6. Problems Encountered and Resources Required**

The problems encountered while running this computer literacy programme include:

- The limited time for covering complex topics thoroughly, making it challenging to ensure comprehensive understanding of the contents taught.
- The diverse level of the understanding capacity of the learner is posing a challenge for the instructor.
- Being a short term course, it is not possible to provide a thorough hands on experience, access to software or technical support and so on.
- Technical problems like power supply, internet connection, etc. are encountered while implementing the training programme.
- It is difficult to effectively maintain the trainees' engagement and motivation in such a short duration of the training programme.
- Due to the short duration of the programme, the participants may not be able to handle all the knowledge and skills gained from the course, especially if they do not have the opportunity for continue practice and reinforcement.