



## 7.2 A. Title of the Practice: Yoga and Meditation

### Objectives

- To improve physical fitness, mental ability, and emotional stability of the students.
- To help students grow in self-discipline and self-control
- To make students understand linkages between physical, mental, and emotional health and understand significance of spiritual values in human life.
- To improve the power of concentration, comprehension, and mental aptitude.
- To reduce stress and anxiety in the life of students due to the challenges faced by them and be aware of its therapeutic advantages.

### Context

- In an environment of growing commercialization, professionalism, and individualism all around, students subconsciously join the race to achieve success, etc., without caring for a balance between life and profession, thus contracting anxiety and stress.
- Students face mental health challenges due to exposure to internet and social media. There is also peer pressure due to increased competition. This influences the lifestyle and priorities of our students.
- Students shared with teachers that they felt stressed especially at the time of examinations and competitions; they suffered lack of sleep, indigestion, nausea, and fatigue. It made us to reflect on this issue and take up Yoga as a regular practice in college together with academic and other co-curricular activities.
- Yoga and meditation, the traditional practices for leading a healthy life, are quite relevant both for teaching/non-teaching staff and students.
- The government, under its Vivekanand Career Counselling *Yojna*, has underlined the need of striking a balance between work and personal life, which can be achieved through regular practice of Yoga and meditation that helps in facing competition or tackling challenging job situation may be because one's limitations of educational and economic background.
- Yoga and meditation, which are imbibed in Indian culture, and now recognized globally, have proved their efficacy in making balanced personalities with composure and contentment.

  
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## The Practice

- Practice of Yoga was initiated in the college in year 2015. Yoga sessions and meditation camps were only a few, like ***Surya Namaskar*** session on **Swami Vivekanand Jayanti**. (Every year on 12th January, ‘Youth Day’)
- Since 2016-17, **International Yoga Day** (every year on 21st June) is celebrated, regular sessions on Yoga with well-defined schedule, dedicated space and by involving established practitioners and gurus.
- Students’ Yoga camps are organized in nearby rural areas, adopted villages, neighbouring localities, etc.
- Certain exercises viz. *Surya Namaskar, Bhujanga Asan, Shalabh Asan, Trikon Asan, Yoga Nidra*, are elders’ favourite who have made their family members also regular practitioners.
- Likewise, *Pranayam* exercises *Anulom-Vilom, Bhastrika, Ujjayee* and *Bhramari* are quite popular especially with the women faculty members. Students have benefitted by regular practice of Yoga and meditation, especially the *Pranayama* exercises. Excelling in sports like Kabaddi, Dragon Boat race, Karate, fencing, athletics, Judo, shooting etc., students have won laurels at national and international level for the institution. (List attached 5.3.1).
- The non-teaching staff and Class IV employees have also shown great interest in Yoga.
- The practice is followed in NSS camps also where students involve villagers in the morning Yoga sessions.
- The College organizes **Yoga camps** and workshops from time-to-time, where teachers and students actively participate.
  - 07/03/2015 to 13/03/2015 – 19 students, 12 professors
  - 2016-17 – 21 students, 22 professors
  - 29/01/2017 to 07/02/2018 – 30 students, 25 professors
  - 2018-19 – 39 students, 31 professors
  - 15/02/2019 – 30 students, 30 professors
- Sessions and lectures on Yoga and meditation are conducted regularly by Career & Placement Cell, Personality Development Cell, Department of Sports, and NSS; some examples are - *Stay Clean and Healthy* (01/03/2017); *Existence is based on Environment* (29/03/2017); *Eating Behaviour and Thoughts* (04/04/2017), *Importance of Cleanliness* (06/09/2017); *Motivation through Meditation* (25/11/2017), Self Defense Training and Awareness Drive (29/09/2015)
- Other programmes on Yoga:
  - 64th Convention of All India Darshan Parishad (19-21st October 2019), organized by Dept of Philosophy on *Yog ki Vibhinn Dharayein* (Various Yogic Practices and Philosophy); 270 eminent speakers/ Yoga experts deliberated.
  - *Swachchhta Abhiyan* (Cleanliness Drive in college campus, NSS Camps and adopted villages – Hinauti Sarak, Kodian, Acharpura. Bhoypura Basti)

- Yoga & Meditation has been our best practice for the last three years and its power and relevance were evident during the pandemic time. Students were able to keep a balanced and stress-free life not only for themselves and families, but also for the society.
- Prizes won by our students in sports and other fields are indicators of success of the practice – they have participated in State-level Republic Day Parade and represented the state at the national event in Delhi. Students of Fine Arts (05) and Urdu (02) were merit holders in the University merit list (2018), while one student of MA Hindi, Shivam Chauhan, became brand ambassador of *Swachchhta Abhiyan* for Bhopal city. Needless to emphasize that Shivam is a regular practitioner of Yoga.

### **Constraints and Resources Required**

- In absence of a trained Yoga teacher, the Sports Officer fulfils this requirement as an additional responsibility.
- Lack of a practicing hall is another limitation, only partly fulfilled with the conversion of the hall in A-Block into Yoga practicing area. The make-shift hall to practice Yoga and meditation is not sufficient to accommodate large number of students. For simultaneous sessions in a healthy environment, the college requires a large, well-ventilated hall. Support material like Yoga mats, carpets, drinking water facility etc. need to be furnished.
- Apart from regular sessions in Yoga and Meditation, it is necessary to provide additional information and guidance through screening of videos and other material. A dedicated audio-video system (CDs, software) will support more effective and meaningful sessions.
- The college requires a trained expert-cum-trainer for uninterrupted sessions.
- This best practice has not been able to take shape of a regular course curriculum as the college does not have autonomy for design and development of curriculum.

### **Impact of The Practice**

- Yoga served as a potential tool for students to deal with stress and regulate themselves. They were able to maintain emotional balance by paying attention and listening to the signals of body, feelings, and ideas. Thus, the students were able to strengthen themselves and contribute as social beings.
- Students who excelled in national sports events and brought laurels to the college expressed that –
  - Yoga and meditation helped in increased concentration at the time of main events,
  - practiced focussing on strengths and not to get worried about the opponents' performance and record in the past
  - reduced sports related injuries; almost nothing in terms of calf muscle cramps due to daily practice of Yoga.
  - felt more comfortable and at ease with other members of team.
- Many students shared their stress and negative feelings which they were unable to share with siblings and parents, as they did not want their parents to worry for them. They

even shared the fact that they wanted to be socially appropriate before them. Yoga and meditation helped them to align them with harmony. There was improvement in their attention, self-esteem and they wanted to do something for others and society.

- Yoga and meditation helped both teaching and non-teaching faculty in enhancing their performance. An employee of the college has given his own account of the impact of Yoga and meditation on his work and personal life. He got registered for PhD, but due to his duties and responsibilities he was unable to focus on survey work. He participated in Yoga camp and practiced at home also with his family. He shared that this practice benefited him, he had better concentration, was more positive and calmer when meeting deadlines. He was finally able to get his PhD degree in 2020.
- A unique impact of this practice is that no case was reported in the Student Grievance Redressal Cell and there is no complaint regarding ragging. Marked improvement was observed in overall discipline in the college.
- Yoga and Meditation have been our best practice for the last three years and its power and relevance were evident during the pandemic time. Students were able to keep a balance and a stress-free life not only for themselves and families but also for the society.



## 7.2 B. Title of the Practice: Holistic Development

### Objectives

- to inculcate among students moral, emotional, physical, psychological, and spiritual dimensions.
- to find identity, meaning and purpose in life by overall development.

### Context

- In today's competitive world, students face many challenges both in personal and professional life. There is a need to equip students with intellectual capabilities, emotional abilities, and social skills, so that they are physically, mentally, emotionally, and socially fit.
- Their logical and analytical thinking needs to be sharpened.
- Students must hone their intra-personal and inter-personal abilities to be successful at personal level.

### The Practice

- Development of intellectual, mental, physical, emotional abilities and social responsibility in students, students must also hone their intra-personal and inter-personal abilities to understand others and work in team.
- Classroom discussions, poster making, audio-visual aids, and other in-house forums (quiz, presentations, debates, declamation contests, elocution contests, etc.) enrich their knowledge and hone their skills for performance even in tough situation, like, restoration and relief works during natural calamity.
- ICT has enormous potential to address challenges, provide soft skills to students for lifelong learning. Enabled tools and resources in classes - virtual classes, lectures with power point presentations, virtual platforms like Google Meet and Microsoft teams. Students attend sessions on financial literacy and digital banking; cyber security; cyber-crime and ethical hacking; visit NRC Centre, etc.

  
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- Sessions on Personality development (26/08/2019; 27/08/2018; 16/08/2018; 30/08/2016); Language and Communication skills (20/02/2020, 04/02/2020; 03/10/2019; 26/03/2019; 04/09/2018; 06/12/2017, 14/10/2016, 25/07/2016), were conducted.
- *Utkrishtha Jagrath Classes*, seminars and trainings were organized, subject experts addressed on intra- and inter-personal skills, interview skills, SWOC analysis, career options and opportunities, govt. schemes, Tally, GST, self-employment, organic farming, etc. Industry visits, MSME skill development program, career fair, campus drives were organized.
- Activities by NSS and Environment Committee are conducted round the session. Disaster management workshop (2018), summer internship in Hinauti village (2018) was organized.
- *Under Ek Bharat Shreshtha Bharat*, the students visited Manipur in student exchange programme.
- The students get to interact with illustrious alumni of the institution, gaining from their knowledge and expertise.

The practice of Holistic Development has resulted in overall improvement of students' academic and personality traits, their intellectual capabilities, physical capacities, cognitive abilities, life skills, soft skills, social skills, values etc. evidenced in the following multiple ways –

#### ***Academic and Personality Development***

- Gold Medalist and five top positions at university level were from Drawing & Painting dept, two from department of Urdu and Political Science, while top three positions in Sanskrit (2019).
- Imparting better language and communication skills. 93 students took the training of Cambridge Assessment English Training Programme, from 03/10/2019 for three months and 50 students passed the Lingua Skill Test on 04/02/2020.
- Students took 90 hr. job-oriented training in association with NEF and NSDC.
- Six students cleared NET and one cleared CAT after guidance by ex-Chairman UPSC.
- Induction programme (Deeksha 2020, 19/09/2019; 1/07/2015 to 10/07/2015) gave live lessons, students felt free to communicate with faculty.
- Industry visits helped students to learn setup, functions, and role of industry in economic development. Learned financial management through workshop, lecture on GST by qualified CA.
- Personality development efforts helped in improving focus, creativity, critical thinking, and empathy. 21 days short-term training on Tally, organic farming, and personality development (August-September 2017); training on various aspects of behaviour and ethics (26th Aug to 24th sept, 2019) were organized.
- The outcome of *Yuva Sanwad* program was awareness about HIV-AIDS. Students actively participated in *Manav Shrankhla*, awareness rally. On 'No Tobacco Day' students took oath to shun tobacco in campus. In village Tarasevania, eye donation,

body and organ donation drive, motivated villagers to fill *Sankalp Patra*. During *Yuva Sankalp Varsh*, in State level symposium, seven universities participated. (2/12/2019).

- Students created small water holes in college campus for birds and took care of stray animals and birds.

### ***Indian Culture and National Integration***

- Celebrated Gandhi Jayanti and National Integration Day, Teachers Day; 'Role of Indian culture and discipline in personality development'. *Guru Poornima* celebrated as *Guruve Namah*' (July 2018)
- Republic Day Parade – represented NCC Directorate at the annual RD Camp (2019-20). Two NSS students were selected for RD Parade at Ranchi, Jharkhand,
- Organized 'Sanskrit Week' (19/08/2019, 29/08/2018); Students learned about this ancient language, speakers highlighted the language as the oldest, purest, and grammatically most systematic. Urdu week celebrated with MP Urdu Academy; *Nazm, ghazal, taqreer, Baint Baazi* and *Tarana* were the main events. (9th to 15th Nov 2019)
- University Youth Fest – Students won prizes in classical singing, Tabla (2019-20).
- Wall painting and slogan competition on 15th August (2017); theme – Freedom. Helped develop an ability to organize visual elements.

### ***Human Values***

- 46 students donated blood on 14/06/2017.
- Students collected Rs. 11,000 from staff and own contribution for Kerala Flood Relief Fund.
- During Covid-19 lockdown, students arranged donation and distributed food grains to more than 100 families (May, June 2020).

### ***Social Values***

- NSS students collected cash, distributed food packets, masks, volunteered with administration, inspired people for adopting COVID protocol.
- Motivated village children for higher education.

### ***Sports and Physical Alertness***

- First-hand experience of real-life competitive situation and learning in group and team environment
  - 5th International Euro-Asia International WFSKO Karate championship, (2019-20; 2018-19), Thailand Open 4th West Zone national Fencing Championship (international) (2019-20), 8th National Dragon Boat Race Championship (2019-20); Kabaddi, Athletics, Chess, Judo, Shooting, Softball, Boxing, etc.

## **Constraints and Resources Required**

- After school, the students get suddenly exposed to many challenges, which often makes them disoriented as several activities run simultaneously.
- Many students belong to rural and poorer background, thus unable to compete with their peers.
- Language skills, especially in English language, are weak. Without a language lab, it takes significant effort to improve.
- Time is a constraint.
- Lack of full-time counsellor.
- Need to correlate students' performance with their activities giving due weightage for extra-curricular engagements.

## **Impact of The Practice**

- Students are more and more willing and ready to take up challenges of the society for social causes.
- During COVID-19 lockdown situation, they came forward to help district administration in relief works and awareness drives. Various wings of the govt, viz., Nagar Nigam, Traffic Police, School Education Dept, Dept of Sports, Election Commission, etc approach the college authorities and ask for our students' help and contribution to carry forward various govt schemes successfully.
- People of adopted villages are always eager to have groups of students around who not only mingle with them and provide numerous information on govt schemes, etc., but also guide them on these things. Their camps in villages always get huge cooperation and support from local communities.
- More and more students are participating in sports and multi-dimensional events right from district-level to national and international levels, and in turn winning awards and appreciation. They are now more successful in placement drives because of enhanced skills, better confidence level and overall development of their personality. Large number of participants, including both boys and girls, have been involved in fields like sports, cultural events, programmes on national integration, drawing & painting exhibition, etc, many of them making it to the final stage and winning prizes:
  - Participation in international events – 4; national events – 12; inter-university – 8; district-level – 38
  - The college got the Cleanest College Campus award of Bhopal due to major cooperation from students; one student also became the Brand Ambassador of *Swachhhata Abhiyan*.
- Improvement of communication skill in English language – 50 students cleared Lingua Skill Test organised by Cambridge University and Dept of Higher Education, MP.