

BEST PRACTICES

The college has successfully executed two best practices, for the all round development of the students. These are:

I. Yoga Class for the students

1. *Objectives of the Practice*

Govt. Women's college Sambalpur is a premier institution in the western part of Odisha which takes a holistic view of the education of girl students in this region. The institution believes in physical and mental development of the students in all respects. As it is rightly said, "A healthy mind in a healthy body", the efforts are made to strengthen the latent force inherent in them by conducting regular Yoga classes. It not only relieves them from their mental burden but also makes them physically active and sportive. It also makes the harmonious development of body, mind and the soul. It is hoped that the students would be able to cope up with the challenges of the modern world once they are properly trained to control their body and mind.

2. *The Context*

Modern world is running after consumerist culture. The course syllabus, in general, is also oriented towards marketability of knowledge. The rat race in various competitive examinations makes the aspirants suffocated. The current system of education is very much geared towards the market. This very often produces students who are technically sound but dull otherwise. They very often do not learn the social values which are essential for the development of the country. A mechanistic view on education is neither helpful for the child nor is it for the society. Moreover, the job related stress in the private/public sector also makes people withdrawn from the main currents of family, friends and others. Yoga is imparted to the students to make them feel self confident and responsive to challenges against all odds. It makes them calm, composed and steadfast in the event of terrible physical and mental turmoil. It increases the power of concentration so essential in formation of their knowledge at an earlier stage. It helps them relieving tension from their minds and make them capable of facing the world with fortitude.

3. *The Practice*

The yoga classes are conducted in the early morning inside the college campus. Students are educated on the healthy practice of Yoga, its importance in daily life and are advised to attend the class regularly. An attendance register is maintained to keep track of their presence. The training is imparted to them by a trainer initially. After grasping the essentials of yoga techniques, master trainers are

chosen from the students. They in turn conduct the yoga classes under the supervision of the PET. The hostel borders also participate under the supervision of the superintendents. One period of 45 to one hour is allotted for the class

4. *Evidence of Success*

Yoga classes prove to be beneficial for the students. The mass participation by them reveals their interest in this exercise. The response is very encouraging. This is reflected in the change of their behavior in every situation they face in the campus. It has made them more disciplined and dedicated to the goals that they form in their lives. Many students experience an internal calmness in their mind and feel that they are now more confident in taking up the challenges for the future. Besides that, the morning exercise also makes them physically fit and active throughout the day. The parents have also expressed their satisfaction in the various PTA meeting held inside the college. This is also appreciated by the guardians who send their girls to the hostels.

5. *Problems Encountered and Resources Required*

Though a noble initiative, we are in shortage of adequate funds to expand the scale of operation. The training cost is borne mainly from the hostel funds which is meager in relation to the demand for these classes. Besides the remuneration of a trained teacher also requires resources which is very difficult to be met sometimes. So the practice is to select the master trainers to train others with little incentives. Due to the tremendous will power and dedication of all the stakeholders, the classes are running successfully despite resource constraints.

6. *Notes (Optional)*

The Institution proposes to start value education as a part of the best practice for the spiritual development of the students we have plan to hold regular lecturers, conduct seminars and symposiums on value education and to organized student activities which would stress on the importance of ethics in students life.

II. Teaching by seniors to juniors

1. *Objectives of the Practice*

Teaching is the noblest profession in the world. Teachers bring forth new ideas and plant them in the minds of the budding students. One's personality, in the end, is shaped by the type of teaching one inherits in their student career. In this sense, the college works as a conduit in the germination of ideas. One of the most important criteria in the dissemination of knowledge is the ability of the students to receive the ideas imparted on them. Very often, teachers are not accessible to them because of a number of factors. The distance between the teacher and the students can be minimized if the seniors

take the responsibility of training the juniors simultaneously. This is complimentary to the class room teaching given by the teachers.

2. *The Context*

The essence of teaching is to deliver to the last students of the class. In a class room, it is very often not possible for a teacher to pay equal attention to all the students despite best of efforts put in this direction. The slow learners are generally diffident, and overtime develop an inferiority complex if they are not taken proper care by the tutors. The teaching method adopted by the seniors helps to bridge this difference. It makes the learners more open, attentive and friendly in the process of acquiring knowledge. It also helps them in overcoming inhibitions in asking questions as they belong to the comparable age. The senior students learn the teaching methodology from the teachers and sometimes from their friends. This helps them expanding their resource base make them feel more confident in the competitive world when they pass out from the college. The juniors also learn to speak in the class, take part in the deliberations and overcome their diffidence in due process of time.

3. *The Practice*

This practice, we believe is unique to this institution. In the current world, knowledge has become a commodity like any other material goods and services. The proliferation of private service providers, with their attractive packaging and advertisement, make the market alluring for the people who can pay hefty sums for them. The poor, deserving students do not get an opportunity to realize these benefits as they lack resources for it. Coaching by private institutions are very costly and beyond the reach of most of the students. Qualitative inputs can be obtained from experienced teachers who are obviously in short supply. This gap is filled by the senior students who are constantly groomed by the teachers to develop their teaching ability.

This practice, though novel in its approach, suffers from certain limitations. First of all, it takes time to groom the students to become teachers. Students differ in their ability, so preferential treatment is given to the aspiring yet late learners. Besides this, there is resource constraint. It is very difficult to rely only on prescribed books of CBCS syllabus. So the net facility is provided both in the college and hostels to the students.

4. *Evidence of Success*

The practice is continued with resounding success. It is found that this practice helps the students in both ways. The seniors, when they teach their juniors, feel more confident about the subject as teaching is the best method to gain more knowledge in the process. This helps them to come forward in various curricular and co-curricular activities which are reflected in tutorial/practical examinations, debates and discussions and developing leadership qualities. It also develops relationship and better interaction between the juniors and seniors. This helps them make aware of each other's grey areas in the subject and motivate them further to go deep into that area. The juniors also get immense benefit out of it. Instead of going to the coaching institutes which is very often not affordable for the poor, this practice

enables the deserving juniors to clear their doubts without paying a single pie for it. This also develops a sense of respect to the seniors which is passed from one class to another.

5. Problems Encountered and Resources Required

The tutoring by the seniors to the juniors is a notable achievement on the part of this institution. However in order to make the programme sustainable some kind of financial incentive must be given to the students. Due to lack of available resources the practice is limited in its application. Moreover collection of materials from the net, photo copy contingencies etc. required finance which needs to be provided.