

## **Format for Presentation of Best Practices**

### **1. Yoga Class for the students**

### **2. 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 make 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.

### **3. 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 Moreover, the job related stress in the private/public sector also makes people withdrawn from the main currents of family, friends and others.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 reliving tension from their minds and make them capable of facing the world with fortitude.

### **4. The Practice**

The yoga classes are conducted in the early morning inside the college campus. Students are educated on the healthy practice of Yoga 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.

**5. 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.

**6. 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.

**7. Notes (Optional)**

NIL