

HAND BOOK OF

“Best Practice”

MTES'S

SMT. G G KHADSE COLLEGE UKTAINAGAR



- **Yoga**

1. Yoga for Staff

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aim to increase mental and health benefit of staff.

2. Objectives of the Practice

- * To improve posture, increases the intake of oxygen
- * To enhance the functioning of all body systems like respiratory system
- * To the mind becomes vibrant.

3. The Context

Thus, the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice.

4. The Practice

To develop the sense of belongingness, togetherness, integrity, uniformity and to create a disciplined educational environment the IQAC in its meeting decided to implement Yoga for staff. Further to increase the health and mental peace started yoga practice on Sunday. All staff gathered in porch and our Yoga teacher conducted yoga session. Staff started realizing the yoga benefits.

5. Evidence of Success

The practice of Yoga enhanced the sense of belongingness, unity, togetherness and integrity among the staff of the institute. Yoga increases your flexibility, Yoga helps you to build strength, and keep powerful mindfulness practice, Yoga reducing stress, and it helps to make healthier life choices. The staff started noticing the difference between his health before Yoga and after Yoga practice.

6. Problems Encountered and Resources Required

All the staff facing such a problem like Making time for Yoga practice, being disciplined, Prioritizing time, feeling Too tired, lazy, or unmotivated Hungry or just eaten

Space and environment, lacking the confidence to start, to know what to do or if you are doing it right. To overcome on the same problems, we focused on Set an intention for your practice, knowing why you are doing it, is going to make it easier to be disciplined.

Look at your schedule and plan a time each day that will be uninterrupted and free from mealtimes. Confidence and ability will come with practice, just roll at the mat and do it

- **COVID 19 Awareness Program**

Title: - Awareness of Covid 19

2.Objective: - To create awareness and preventive intervention techniques to reduce the fear of decease.

3. The Context

Thus, the aim of awareness and preventive intervention techniques prevent the infection socially. The lockdown was imposed globally, which resulted in the halt of all economic and social activity in society.

4. The Practice-

- Counseling, Distribution of masks, sanitizer, medicine, food grains by NSS students with help of villagers.
- To Awareness of Covid, to download *Arogya Satu App*.
- Download *I Got Health Module*.
- Social Media Awareness
- Willingly provide Ladies Hostel for COVID center.

5.Evidance of success

During COVID common people to understand the intensity of infection and its symptoms and precaution. It helped common people to understand the threats of virus in society and counsel them. They will adopt the necessary precautionary measure to avoid infection from illness by getting proper and reliable information from time to time. The People were also encouraged to get vaccinated.