

Best Practices 2022-2023

Best Practice 1

1. Name of the Practice:

Yoga (2nd Batch) and Self-Defence (For Girls only-1st Batch)

2. Objective:

The purpose of the Yoga course was to disseminate the ideals and benefits of Yoga and the purpose of the Karate Course was to teach the girls of our college self-defence.

3. The Context:

Yoga not only imparts physical benefits, it also enhances concentration and poise. Karate on the other hand teaches one to defend oneself from harmful forces. Together they allow the participants to live a more peaceful and healthy life.

4. The Practice:

Last year the Yoga Certificate Course (three months) was launched with ninety-nine (99) participants. The same course continued this year with seventy-eight (78) participants. The three month Karate Certificate Course (girls only) launched this year for the empowerment of the girls of our college. Eighteen (18) students signed up for the course.

5. Evidence of Success:

The continuation of the yoga course proves that the participants of the previous term were extremely benefited by it. Yoga not only benefits the health and the mind, it also allows them to acquire further training to become Yoga instructors and create an alternate source of revenue.

In a rural college like ours, getting eighteen (18) girls to sign up for the Karate Certificate Course itself can be marked as a success.

6. Limitations:

Yoga is often construed as a religious activity. Hence, it deters quite a few students from participating in it. We have to actively disseminate this idea that Yoga transcends the boundaries of religion. As for Karate, it is our collective responsibility to empower women to fend for themselves when they are faced with attacks from external forces. There is still a taboo involved with it, especially in the rural areas such as ours.

Best Practice 2

1. Name of the Practice:

Skill Development Training- Mushroom Culture and Vermiculture

2. Objective:

The goal of this practice is to enable the students of our college to find alternate sources of income in this day and age where traditional employment is hard to get.

3. The Context:

In our country where malnutrition runs deep and meat consumption is largely a taboo, mushrooms are a viable source of protein. Cultivating mushrooms and creating vermicompost are very affordable enterprises and require not much space.

4. Evidence of Success:

Twenty-seven (27) students had participated in the seven day certificate course on Mushroom Culture in collaboration with Bharat Seabrat Mahasangha, an NGO with whom we signed MOU and ten students participated in a five day Vermicompost Course run by Howrah Krishi Vigyan Kendra (KVK).

5. Limitations:

Mushroom cultivation, if done in a proper manner, can potentially become a profitable enterprise. However, there is an apathy towards entrepreneurship which needs to be addressed at the college level with seminars and workshops to raise awareness. Moreover, there is a post production marketing issue which cannot be neglected.