

## Annexure - III

### BEST PRACTICE - I

#### **1. Title : Yoga Centre**

#### **2. Goal:**

- To develop yoga culture in the campus in order to make the students and faculties physically and mentally fit by the holistic development of body, mind and soul programme.
- To enhance the performances of students in the exams as well as in the class rooms through yoga.
- To increase the efficiency and stamina of the sports persons of the campus through meditation and yoga.
- To promote the culture of yogic food (organic food), nutritious, herbal and vegetarian food.
- To bring out the inbuilt potential creative power which is latent in every human being through yoga.
- To fulfil the goal of longevity through yoga.

#### **Beneficiaries**

- House Wives
- Senior Citizens
- Students
- Faculties
- Sports Persons
- Government Employees
- Teachers of other Colleges & Schools
- All other interested people

#### **The Benefits of the Program:**

- Capacity to cope with inertia. Real happiness and full of energy, and as a result, more productive
- Decline in stress-related sick occurrences
- Improved concentration, decision-making skills and ability to multi-task
- Improves employee alertness and ability to react more calmly in demanding situations
- Relief of head, neck and back strain, carpal tunnel syndrome, insomnia, high blood pressure and work-related injuries from repetitive motion
- Better interpersonal relationships. Better team spirit and zeal.
- Enhanced employee attitude and outlook

- General well-being in the workplace

### **3. Challenges:**

- Early morning schedule is not suitable for commuting students.
- Regular availability of expert Yoga teacher.
- Yoga teacher Dr. Mihir Dave has to come early for classes and then go for lecture as ours is a morning college.
- Help in trouble shooting of various diseases of the people with the help of Yoga, Nature Cure & Ayurvedic therapies.
- Publication Project: The centre wishes to publish certain booklets furnishing the details about Yog Mudras, Yog Kriyas, Yog-Asans, Pranayams. These booklets can serve the purpose of easy reference and public awareness of the benefits of yoga.
- To organize Age Group wise Yogasan Championship Competition every year at District, State & National Level.
- To organize seminars / workshops / Yog Shibirs regularly.

### **4. The Practice:**

Classes are held regularly in evening and morning session.

Gradual increase in the aspirants of Yoga

Local students, sports persons and other health conscious people attend the classes regularly.

Through mouth publicity the centre is gaining strength.

Yoga shibirs are organized.

Various thematic sessions keep the interest of people.

### **5. Evidence of Success:**

- In a short time the centre got more than 100 aspirants for a certificate course.
- Successfully organized two shibirs of Yoga and Pranayama.
- 45 students enrolled for Diploma course.
- The course is run in tie up with Somnath Sanskrit University, Veraval
- The centre has a tie up with Patanjali Yoga Samiti.
- Coordinator, Dr.Mihir Dave is himself a Diploma holder in Yoga and an associate professor of English in our college.

- **Problems Encountered and Resources Required:**

- During rainy season, yoga class has to be shifted to U N Maheta Gym where there is capacity of only 50 students. Hence, we can accommodate only 50 students.
- In order to smoothly run the yoga class, a yoga hall having capacity of 200 students is required.
- Currently, students do yoga in open on the cricket ground. Currently, Dr Mihir Dave, associate professor in English, is a faculty in Yoga. Due to his hectic schedule, it is challenging for him to tackle and manage yoga classes all the time.

## **BEST PRACTICE - II**

### **1. Title : Fluoride Awareness Drive**

### **2. Goal:**

Banaskantha is such a district which has certain natural disadvantages from the years like lesser rain fall, deeper ground water, specific crop pattern because of weather, Hot summer (up to 48 degrees Celsius), dry winds, limited water supply for drinking and irrigation and Fluoride in the ground water. The people of this district are doomed to one disease, not deadly in nature but expensive, torturing and recurring enough to eat all the savings of the family through medical bills. This disease is stones in Kidney, Gall Bladder and in urinal tract. This is because of the problem of drinking water rich with Fluoride received from the ground water sources like wells and bore wells. Fluoride Awareness Drive is meant to spread awareness in people of this area to be free from the clutches of this harassing and recurring disease. This is evident from the flooding patients of stones and the rise in the number of Urologists in the city and area. Our goal is to curb this disease from the root levels and save people from spending their life time savings and unnecessary operations to get rid of it. Being a Higher Education Institute, It is our moral duty to help and support the poor and uneducated masses of the district in getting rid of this problem by spreading awareness about it. This drive may be taken as one of the missions of community service.

### **3. Challenges:**

- Poor and remote background of the people who do not have money to spend on RO systems and other means.
- Lack of Government initiatives to curb the problem.
- To reach to the remote villages of the district as it being expensive and time consuming.
- Working with a very low budget and less instruments.
- Lack of education in the villagers.

#### **4. The Practice:**

Several initiatives are undertaken to meet the above mentioned goals:

- At the initial stage of this drive two teams of five students are made and informed thoroughly about the goals of this drive.
- Each team is equipped with a TDS meter measuring the total dissolved Solids in the potable water.
- Each team has been assigned to go to specific villages in the nearby areas every week.
- The team would meet the Head of the village and give demonstration of high TDS level in their potable water.
- Then the team would go to the streets of the village and further demonstrate this to people telling how dangerous it is to drink such water and try to find out the cases of kidney stones, bladder stones and cases of Urinary tract infections among them.
- They would get a certificate from the head of the village about the activity done in their village and inspire them to employ certain measures to curb this problem in the villagers.

#### **5. Evidence of Success:**

- As this is a very long process to reach to the success, at this stage it is hard to calculate the success ratio.
- At least the awareness about fluoride in the potable water and how to clean it to drink would help them save from the disease.
- The more awareness about this issue is spread it would definitely bring good results in a longer span.
- After two years of this drive, a survey would be conducted from the villages visited and from the hospitals of the city to know the results of the drive and find out the ratio of decline in the cases in the hospitals.

#### **6. Problems Encountered and Resources Required:**

- The major problem is to reach to the remote villages and find the Head of the village on that day.
- The college has to pay for the bus fares of the students and make available the TDS metres in the working condition.
- At present we have succeeded in getting possession of two TDS metres from a local doctor.

- To give more thrust to the drive at a faster rate we need more teams and more metres that we are planning to make available to the college.