

Best Practice 1:

Title of the practice: Celebration of the Days of Great Freedom Fighter and Social Reformers

Objective of the Practice:

1. To Develop ethical and moral values of all the great leaders in the mind of the students.
2. To get students aware about the work they have carried out and their contribution for the nation

Context: - The Institute celebrates the days of all the social reformers and freedom fighters within the campus so that the students can develop an habit of building good morals and ethical values among themselves which is of at most important for them in coming future. The Department of Engineering and Pharmacy of YSPMs Yashoda Technical Campus had organized the cleanliness drive on the occasion of 150th Celebration of Mahatma Gandhi Jayanti. Also the MBA department had organized a street show on Tobacco awareness and the harmful effects of it on the present generation. YSPMs Yashoda Technical Campus had conducted various programme in the academic year 2018-19. India's Constitution Day was celebrated on November 26, in Yashoda Technical Campus Satara, in the seminar hall. The Commemoration Function of 'Samvidhan Divas' was addressed by Hon'ble President of India, Hon'ble Vice President and Hon'ble Prime Minister of India at Central Hall, Parliament House. Such and many more activities are conducted within the campus Practice Committee is established of the staff members and students who arrange the programme and execute it in a proper way. The students support in all aspect to carry out the programme successfully Evidence of Success: 1. The programmes are carried out successfully and the report of the same is generated and submitted to the IQAC cell on time. 2. There is active participation of the students. 3. The Books of the social reformers are also purchased in the library and kept for reading for the students Problems encountered and resource required Till Date no problem has been encountered by the committee members.

Best Practice 2:

Title of the Practice: - Yoga Practices in Campus

Objectives of the Practice: - Yoga education supplements for the students education. It prepares the students physically and mentally strong in executing their academic responsibility. The students can become healthier and more integrated members of the society. Briefly the aims and objectives of Yoga education are:

1. To enable the student to have good health along with their studies
2. To practice mental hygiene.
3. To possess emotional stability.
4. To integrate moral values.
5. To attain higher level of consciousness among the students
6. To make the students stress free from their daily routing and any personal problems

Context - Focus on exercise related to breathing and meditation Anulom Vilom, Dhynadharana and Clapping makes students healthier in body and mind. It also improves strength muscle tone, stamina, concentration, and built positive energy among the students. It was difficult at the initial phase to accumulate the students 10 minutes before the college time we overcame this by creating the interest and awareness within the students. The students also felt the need of the same and started attending the sessions in the class room before the time. Seven days' workshop on how yoga is essential for a spiritual discipline is conducted. This workshop focuses on bringing harmony between mind and body. The holistic approach of yoga is well established in institute and it brings harmony in all walks of life. The Practice first Activity is AnulomVilom: We perform this activity because it helps to regulate flow of vital energy throughout the body it links between the physical body and soul, healing physical and mental disorders. Anulom Vilom pranayama, also called the alternate nostril breathing technique, is an incredible energizer, which works effectively to relieve stress and anxiety.

Benefits of Anulomvilompranayam have helped the students and staff of institutes.

1. The three doshas of Vata, Kapha and Pitta are also regularized with regular practice of Anulom Vilom pranayama.
2. Blood pressure and diabetes can be cured completely with the regular and dedicated practice of this pranayama.
3. Thinking becomes positive and one learn to overcome tension, anger, worry and forgetfulness, anxiety, uneasiness, high blood pressure, migraine and lack of sleep.
4. Concentration, patience, resoluteness, decision-making ability and creativity also increase as advantages of Anulom Vilom pranayama.
5. Increases oxygen supply throughout the body, making one feel calm and peaceful. 6. Relieves stress, fever, eye concerns and ear issues improves blood circulation.

Second Activity is Meditation: Aim of this activity is overall transformation and grooming of personality by bringing about positive attitudinal and behavioral changes. It helps to maintain harmony between the sympathetic and parasympathetic nervous system. The Benefits of Meditation: Meditation reduces stress, improves concentration, encourages a healthy lifestyle and increases self-awareness.

Third activity is Clapping Aim of this activity is to release stress, bringing positive energy in our mind. Clapping stimulates blood circulation; this blood circulation removes all obstructions in the veins and arteries, including bad cholesterol. These points are associated with the following health benefits:

1. It helps in curing heart and lungs related problems like asthma, relief from back, neck, and joint pain reduce low blood pressure.
2. Clapping is an effective therapy for digestive disorders. You can also try these yoga poses to improve digestion.
3. Clapping increases immunity and thus keeps diseases at bay.
4. Half an hour of daily clapping helps those suffering from diabetes, arthritis, hypertension, depression, chronic headaches, common cold, insomnia, eye problems and hair loss. Evidence of

Success Evidence of Success among the students Yoga helped to reduced visual reaction time, have health promoting boosting and toning effects on central nervous system, quantity and patterns of release of neurotransmitters and mental interaction involved in information processing thus yoga has become a complimentary to overall stress management among the students and the staff members and they feel fresh throughout the day.

Following positive effects where members observed among the students and the staff.

1. Reduces stress
2. Improving concentration
3. Encouraging healthy life style
4. Increases happiness
5. Half an hour of daily clapping helps those suffering from diabetes, arthritis, hyper tension,
6. Depression chronic headache, common cold, eye problems and hair loss. Due to the implementation of this practice the number of failure students has improved. The student's attitude towards their career has changed and has become result orientated.

Problems Encountered and Resources Required

1. During this practice following problems we were faced a. Time management b. Space problem
Solution:

1. Before starting the schedule of day, we isolate 10 min. especially for Yoga. Teacher of 1st Lecture is responsible for conducting this activity
2. We know the different types of Yoga but we want to manage this activity in class room so we finalize the types of Yoga which we are going to perform within class room i.e. AnulomVilom, Dhyanadharana (Meditation), Clapping in this way we overcome the problems.