

BEST PRACTICE -1

TITLE:DRONACHARYA SANJEEVNI CLUB: PROMOTION OF YOGA MEDITATION AND VALUE EDUCATION

CONTEXT

Dronacharya Sanjeevni club promotes health and well-being of body, mind and spirit in the faculty and students. DronacharyaSanjeevni club collaborates with visionaries, spiritual healers, pioneers and organizes yoga and meditation session, guest talks and enriching workshop to nurture spiritual well being in students and faculty members.

OBJECTIVES

- To offer a forum for mutual group support among its members for sustainable personality development through health and wellness.
- To understand and use the potential of meditation towards realization of one's higher self.
- Practice Meditation and Introspection Techniques to develop one's personality and to bring a prosperous and harmonious life.
- To enlighten and enrich the knowledge of living beings and develop the attitude of Love and Compassion.
- To provide competitive edge to the students by nurturing Capacity,Capability,Courage, conduct,confidence, Calmness,Completeness.

FUNCTIONS

- To organize life skills, health and wellness promotion programmes/ activities in the college.
- To organize workshops/lectures/seminarsfor the faculty and students on the relevant themes.
- To promote positive environment and personality development through inclusive participation of faculty and students.
- To organize Geeta Jayanti and Yoga and Meditation workshop in the college.

- **IMPLEMENTING THE PRACTICE**

Activities of the Sanjeevani Club are planned before the start of the new academic session are included in the academic calendar of the college. Students members are made and club meetings are organised to implement the activities. The final action plan is discussed with the Principal and Sanjeevani Club members for execution.

- **EVIDENCE OF SUCCESS/ TARGETS / BENCHMARKS/ IMPACT**

- Bhagwad Geeta Jayanti Mahotsav was organised on the eve of Bhagwad Geeta Jayanti on 07 December, 2019. Dr. Yogender Verma (Former Vice Chancellor, CUHP) was the chief guest. Sh. Ashok Raina Sah Sangathak- J&K, H.P, U.K, Delhi was the guest speaker. An Open quiz, Declamation, Panel Discussion on 18 Chapters of the scripture was also organised.

Four-day seminar on Value Education

A four day Seminar was organized by Bhaktivedanta Roaming Academy for Value Education (BRAVE) Bhagvad Gita for B.Ed, BBA & BCA students from 5th August, 2019 to 8th August, 2019. On first day Dr. Ankit Sharma shared his views on 'Secrets of Success' with B.Ed, BBA and BCA students. On second day Sergia Shurushou shared his views on 'Foundation of Happiness' with B.Ed, BBA and BCA students. On third day Krishna Sudama Das shared his Views on 'Key to happiness' with B.Ed, BBA and BCA students. On fourth day Dr. Ankit Sharma shared his views on 'Relevance of Bhagavad Gita' with B.Ed, BBA and BCA students.

International Yoga Day: The 5th International Yoga Day was organized on dated 21st June, 2019 in the Swami Vivekanand Hall of Dronacharya PG College of Education, Rait. The theme was "Enthusiast All Around the World". The faculty and non-teaching

staff, students and local people of District Kangra participated in the 5th International Yoga Day. The total numbers of Participants were 50. Dr. C.L. Dogra was the (Guest of Honour).

- **PROBLEMS ENCOUNTERED**

- Availability of Expert Resource person
- Unavailability of Adequate time and days for practice
- Need for meditation room for practice.

- **RESOURCES REQUIRED**

- Hall or room for practice sessions
- Financial resources
- Expert Resource person
- Felicitation arrangement

- **CONTACT DETAILS**

- Dr.Kanika Kapoor Coordinator , Sanjeevani Club,Dronacharya PG College of Education ,Rait

BEST PRACTICE -2

TITLE: ENVIRONMENT AWARENESS ACTIVITIES OF DRONACHARYA ENVIRONMENT CLUB

CONTEXT

Dronacharya PG College of Education ,Rait has been organizing environmental awareness activities in the college and local communities every year. The purpose of the Environmental Club is to educate on sustainable practices, to implement change in the best interest of the environment, and to include all persons working to improve the future of our earth.

OBJECTIVES

- To sensitize the students to the Environment protection.
- To engage students in meaningful service that meets environment needs.
- To instill a sense of social responsibility in students.
- To equip the students with skills, attitudes and knowledge to work for environment protection.

FUNCTIONS

1. Motivate the students to keep their surroundings green and clean by undertaking plantation of trees in the campus and in the community.
2. Promote ethos of conservation of water by minimizing the use of water.
4. Educate students to create awareness amongst public to stop the indiscriminate burning of waste which causes respiratory diseases.
5. Sensitize the students to minimize the use of plastic bags, not to throw them in public places as they choke drains and sewers, cause water logging and provide breeding ground for mosquitoes.
6. Organize tree plantation programmes, awareness programmes such as Quiz, essay, painting competitions, rallies, nukkad natak etc. regarding various environmental issues and educate children about re-use of waste material & preparation of products out of waste .

7. To use different media including films, audio, visual and print,, theatre, drama, advertisements, hoarding, posters, seminars, workshops, competitions, meetings etc. for spreading messages concerning environment and awareness; and mobilize people's participation for preservation and conservation of environment.

IMPLEMENTING THE PRACTICE

Dronacharya Environment Club has dedicated students members along with Coordinator and Assistant coordinators who conduct environment awareness related activities in the college .The activities of the environment clubs are planned and put in the college's academic calendar.The new students are enrolled and meetins are conducted for the successful implementation of the activities .

EVIDENCE OF SUCCESS/ TARGETS / BENCHMARKS/ IMPACT

- Dronacharya Environment club of Dronacharya College of Education organized Plantation drive to celebrate Van mahotsav at village Thamba of Durgella Panchyat alongside Thumba Khadd on a barren land on 30th July,2019.
- “Swachhta Abhiyan” was organized by Environment club of college under the theme **Clean Dronacharya Green Dronacharya** on 02 Oct, 2019. Slogan writing competition was organized by the club in which Sheetal and Pragmatic got 1st position , Ritesh got 2nd position. And Minakshi got 3rd position. Swati , Divya , and Kanchan Kumar shared their views regarding the need of cleanliness and clean India campaign.
- A tribute ceremony was organized by Environment club on 2nd Oct,2019 to commemorate the birth Anniversary Of Mahatma Gandhi and initiate the Swachhta Abhiyan in the college.
- An oath ceremony was also organized students and faculty members took pledge over cleanliness and environment issues.
- A cleanliness Drive was organized in the college premises where all the students and teachers participated and made the college premises neat and clean.

PROBLEMS ENCOUNTERED

- Procurementof saplings .
- Care and upkeep of the plantations.

- Follow up of the plantations

RESOURCES REQUIRED

- Human Resources
- Financial resource generation

CONTACT DETAILS

Coordinator, Asst.Prof.Sumit Sharma, Dronacharya P.G . College of Education,Rait