

## **BEST PRACTICE-I**

### **Title- Suggestion & Complaint Box**

**Objective** - The objective behind installing suggestion & complaint box is to provide all the stakeholders, a platform where they can suggest something by keeping their anonymity. It avoid face to face situation so they can put up their idea straight forwardly without any hesitation & that will have additive effect on the improvement of administration, infrastructure, Teaching & Learning process, in redressing the grievances too.

### **The Context:-**

It has been realized that during redressal, student seemed to be hesitant in sharing their problem particularly related to teachers. The IQAC has then decided to place suggestion & complaint box, it would be easier for student to suggest or complain without any disinclination as this box assures the secrecy.

### **The Practice-**

The suggestion & complaint box has been installed near the common room so it can be easily visible to all our student & they can put their suggestion in box without any fear & hesitation. Once in a month it is opened in principal chamber under strict vigil problem are sorted out as early as possible and all the administrative staff, Teaching & non-teaching staff support in sorting out the problem.

### **Evidence of Success:-**

During the practice in this session the administration has received number of suggestion/complaints from the students. IQAC realized that this is the best way through which we can redress the problems & keep eye an eye on the suggestion of student which is difficult enough through face to face. Even student expressed their satisfaction about the practice & told that it is easier for them rather than discussing the problem directly before the teachers.

### **Problem encountered & Resourced Required**

Through this practice it become easier for the administrative staff to deal with general problem of students But as for as concerning to personal problem, it become difficult to deal with because of the anonymity of students. Sometime student put in some extremely irrational complaint & suggestion that are practically impossible , that could not be redressed because their suggestion & complaints were anonymous.

## **BEST PRACTICE-II**

### **Title- YOGA PRACTICE**

**Objective-** Yoga education help in self discipline & self control leading to immense amount of awareness, concentration & higher level of consciousness. Briefly saying the aim & objective of yoga education are to enable the student to have good health.

### **The Context-**

The original context of yoga was spiritual development practices to train the body & mind the self observe & become aware of their own nature. The purpose of yoga are to cultivate discernment, awareness, self regulation & higher consciousness in the individual. The continued practice of yoga will lend to the student to a sense of peace & well being & also develop a feeling of being at one with their environment.

### **The Practice -**

The practice of yoga aims towards a healthy mind in a healthy body. Man is a physical, mental & spiritual being, here yoga helps in promoting a balanced development of all the three .Other form of physical exercise assure only physical well being.

### **Evidence-**

Practicing the postures, breathing exercises & meditation made students healthier in body, mind & spirit. It improved muscle tone, flexibility, strength & stamina of student which further evidenced in their performance in academic as well as in sports.