

#### Best Practice - 1

1. Title of the practice: Celebration of the sixth international yoga day on 21- June-2020 in the college campus.
2. Objective of the practice: To inculcate awareness about spiritual discipline along with physical health and fitness among the students of the college and the society at large.
3. Context of the practice: People have been practising yoga for over 5000 years now to keep themselves healthy and fit. Yoga boosts mental and physical health and improves overall well-being. The United Nation declared June 21 as the International Yoga Day in 2015, and since then the event is being celebrated every year in the college campus on a grand level.
4. The Practice: Following the guidelines provided by the central and state governments, the college celebrated International Yoga Day on 21- June-2020. For the first time, Yoga went digital. Students and staff members participated in the event online through a digital media platform without mass gathering this time in the shadow of the Covid- 19 Pandemic which had forced a nationwide lockdown. This years theme was Yoga at Home and Yoga with Family. As no vaccine for coronavirus is available yet, only a strong immunity can act as a protective shield for us. The practice of yoga leads to both physical and mental wellbeing and increases an individuals ability to fight diseases. A large number of students practised yoga under the guidance and instructions of Acharya Bal Krishan Ji and Dr Sumedha, the instructor and Yogacharya of Patanjali Yogapitha Haridwar. They taught them how to perform different yoga asanas and pranayam. They also gave a practice of Anulom-Vilom, Kapalbhathi, and Bhastrika. Instructions about Acupressure and Naturopathy was also given. The Principal Dr.V. B. Bartariya and staff members made all the necessary arrangements for the event.
5. Evidence of Success: Involvement of students, staff members and members of the managing committee of the college is evidence of the successful celebration of the event. The entire sequence of the events during the celebration of Yoga Divas was snapped by the photographer and covered by various newspapers.
6. Problem encountered and resource required: Online digital platforms being a comparatively new and recent mode of connecting on a mass level, students found it quite difficult to participate in the event because of their unfamiliarity with this mode. Besides, lack of resources and technical glitches like loss of connectivity at times were also encountered during the organization of the event.

#### Best Practice - 2

1. Title of the practice: "Sansthapak Divas Samaroh"
2. Objective of the practice : To Venerate Sri Jagdish Saran Sahu Ji, the founder of the college and to award the meritorious students in various stream and courses.
3. Context: The Founder's day is conventionally a very important day in the college calendar when the college community, staff members, students and members gather to venerate Sri Jagdish Saran Sahu Ji who was born on 10th Oct 1898 and who later founded the college in 1960, bestowing all his recourses to its development. The meritorious students are awarded and felicitated for the hard work put in by them. Felicitation of College rank holders stimulates other students to work harder and get a chance of being honoured in a similar manner, raise the level of academic excellence and thus realize the goal of a better and enlightened society envisioned by Shri Sahu Ji.
4. The Practice: The 'Sansthapak Divas Samaroh' was celebrated on 10th October 2019 at the college premises A committee of faculty members prepared a class wise merit list of the toppers from examination cross

rolls. The reception committee was given the responsibility of inviting the rank holders along with their family members. They were also telephonically informed about the event. Invitation was sent to the chief guest, special guest, all the members of the Management Committee and staff members. The cultural committee of the college guided in the preparation of cultural programme for the event. This year the occasion was graced by the presence of our secretary Shri Girish Chandra Agarwal the patron Shri Jay Gopal Maheshwari and the Chairperson Shri Ramesh Kumar Agarwal . The College Principal Dr. V. B. Bartariya welcomed and the gathering. Sri Umesh Mishra, The Honorable District Magistrate, Amroha (U.P) was the chief guest and Dr Vipin Tada, the S.P, Amroha (U.P) was the special guest .The celebration began with the performance of Yajana ceremony. It was followed by homage to Shri Sahu ji. Then the meritorious students were given trophies and certificate for the achievements. Prizes were also distributed to winners and runners of various sports events and cultural activities conducted throughout the year. A variety of activities was conducted to to rember Shri Sahu Ji and to inspire the students and teachers to work hard in in unison and realise the goal envisioned by the great soul and contribute to the legacy of our glorious Institution.

5. Evidence of success : The glowing faces of the students receiving trophies and certificates amid huge applause by distinguished guests, committee members, the staff and the students and their parents is in itself proof of the success of the event. Tthe entire sequence of the events during the celebration of the 'Sansthapak Divas Samaroh' was snapped by the photographer and covered by various newspapers. The principal proposed a vote of thanks to the distinguished guests. They were given mementos. The celebration was concluded with singing of the National Anthem. At the end, the guest, students the committee members and the staff members were provided refreshment.

6. Problem encountered and resource required : The committee for organization of the Sansthapak Divas Samaroh was responsible for arranging the required material. The responsibility for the setting of pandal and stage was given to a separate committee. Internal recourses were mobilized for the purpose. No problems were encountered during the organization of the event.