

## Best Practice

### Connect to Transform

#### Objectives:

- 1.To make education available to all stakeholders irrespective of their social and economic background.
2. To abide by the vision and mission of the institution ie. साविद्या विमुक्तये 'education liberates '.
3. To fulfil the major purpose of education - bring a difference in the scope of understanding, expanding their horizons and leading the stakeholders to a fulfilling, purposeful life.
4. To transform the young students into responsible citizens who have a clear vision about themselves and surroundings.
5. To bring alienated and stray stakeholders into the mainstream by triggering their creativity.
6. Innovative teaching, learning practices being incorporated; Encouraging knowledge into practice.

#### The Context:

The institution is a center which caters to students of different background and most of them are from rural areas. The effort of the institution is to respond to the needs of all the students and treat them in an equal manner. It has been seen that students from underprivileged background be it economical geographical or social, shy away from their colleagues and bitter to actively participate in all the program of the college. The faculty of different streams make efforts to connect with these students and help them shed off their inhibitions. The faculty believes that it is important to break off the shell to get to the real core of the individual. The purpose of learning is complete when all the students come to the same platform and grasp knowledge at an equal footing. The most important an initial step is to form a 'connection' with their students and to make them feel comfortable in this environment. The institution practices

active involvement of students, to let them make independent decision and start innovative practices. It has been known that the need of the students is complex, and it is necessary that measures are taken to create an atmosphere of motivation to provide opportunity for students to come together for interaction and exchange of ideas. This boosts their confidence and inspires them through hard work. These are the teaching and practices of life management which can only be learned and experienced through interaction.

### **The Practice:**

The institution has a practice to pay attention to the need of the stakeholders on their entry to the campus from the very first day. Counselling mentoring, peer mentoring these are the practices in regular manner to help the students realize their potential and show them the right path for success. The stakeholders are uncertain in the decision and normally follow the public opinion rather than their own capabilities. Besides this all the departments have their unique practices to connect with the stakeholders this group becomes a 'small family' the faculty listens to the grievances of the students and adopts practices to support, guide them and to boost confidence in their personality.

Botany department is very keen in organizing the programmers which collect the common people to the knowledge about plants. In this context the Botany department has started a program "Plant of the Day" on 5<sup>th</sup> June 2018. This was aimed to connect the students/people who do not know Botany with the knowledge about plants. Every day the description of one plant with its local name and botanical description and its distribution was written in a paper and displayed in the departmental notice board.

Honourable V.C. of the ABVV University Dr. G.D. Sharma has also visited and speculated it and appreciated also. This way the other department faculties have also interacted with the Botany faculties .

Slogan regarding conservation of nature, earth planet were also written.

English department has adopted a unique practice of '*Chaupal* ', which is a gathering of students where they discuss, share, participate and celebrate their joys and pains. It is a sacred place of secular nature where everyone has a freedom to speak freely to breed an atmosphere of familiarity. Here many methods are applied like sessions of storytelling, sharing of

experiences, dramatic enactments, delivery of poems and speeches etc. These interactions foster a feeling of brotherhood, confidence, understanding of each other to respect their identity and culture. Department has cultivated a digital library. It is a collection of the picturization of literary works to teach aesthetics and to expose them to cultural, historical and racial diversity in an interesting manner. Audio visual means, storytelling etc. set the foundation for conveying concepts. It strengthens their secondary learning skills.

The Physics Department has developed ways to engage the students in the process of thinking, questioning and problem solving despite the large class size. The Department adopts several ways to help students make the transition from passive listeners to active participants in their own learning. The faculty tries to bridge the gaps in concepts acquired by the students in the earlier classes and start each topic relating it to the various concepts and so giving a deeper insight into the subject. The Department has published a laboratory manual for undergraduate students which describes the experiment specifically in the way it is performed in the laboratory. In the post graduate classes, the 'flipped classroom' method is adopted, a type of blended learning where students are introduced to teaching resources at home and practice working it at college with the help of teachers. The teachers are also encouraged to frame questions on the topic taught by them which are compiled to create a question bank. These practices encourage confidence create interest in the subject and the desire to excel in the students. The Department also boasts of having a Book Bank with books donated by the faculty and ex-students. This helps economically weaker students. The Department has also adopted an 'Appreciation form', where feedback is maintained for the best books and the rating for the most popular and useful book is offered which is used as a recommendation for purchasing new books for the library.

Chemistry Department promotes activities which involve the students and boost their confidence. The students stay connected with the faculty through a WhatsApp group and Facebook page which helps the students and alumni stay in touch and the with activities of the Department, as many initiatives are taken by the faculty each year. The alumni learn and contribute to these activities. In the year 2019 in September International year of Periodic Table was celebrated with the initiative taken by Prof. Dr Harsha Sharma. All the students of the Department actively participated. The active involvement of the students in many such

activities and projects reflects the zeal for learning. The stakeholders also participated in free Drinking Water Analysis recently and making of Sanitizers during the beginning of pandemic. These projects are successful only with the active participation of the students. Similarly, the Zoology department inculcated confidence in the students with a program on Compost Making. It brought them awareness about using waste into bio fertilizer and helping keep the environment clean. These projects also give an idea of employability which they can use in the future. There is also a practice of animal model system developed by CUBE to discourage dissection, teach students collection of real data and analysis. The students participated in the activity with enthusiasm. It created great interest and fun to study, igniting a critical thinking and research aptitude in the students.

#### **Challenges:**

- It requires time and effort to make the students interested.
- Lack of team effort, empathy and support among students.
- Decreasing patience level amongst students.
- Stress due to modern age competition.
- Teachers working too many roles at the same time.
- Not enough time.
- Excessive paperwork for data collection.
- Balancing the different learning needs of students.

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

- Growth of confidence.
- Enhance communication among students.
- Adaptability and teamwork.
- Efforts on Personality development.

The metamorphosis in the students is the biggest evidence of success. These activities inspire a sense of usefulness and goes beyond the comfort of classroom teaching. The aim of holistic teaching is achieved as it fuels their inquiry, teaches them cooperative skills and promotes interactive teaching. Actively involving students is Learning. Each member has an opportunity to contribute to small groups. Students are apt to take more ownership of their material and to think critically about related issues when they work as a team. All these activities connect the students and transform them to be responsible citizens.

## Best Practice of English Department

**Title: Fostering Reflection and Movies**

### **Aims and objectives:**

1. Synthesizing language and literature in class.
2. Experiential learning skills.
3. Promoting observation as an essential part of learning.
4. Learn to translate life skills reflected on the stage or on celluloid.
5. To widen the horizon of understanding by exposing the stakeholders to multifarious means of expression.
6. To make them think 'out of box' by watching different expressions.
7. Widen the scope of imagination.
8. Sharpening critical, analytical abilities for self and students.
9. Fostering reflection through aesthetics.
10. Healthy exchange of appreciation and criticism.

### **Context:**

In the changing times it is mandatory to modify our approach towards literature. Literature is a vast expanse which cannot be bound by any means or language. The time has come to break the barriers and widen the scope of learning and understanding. In the recent past there has been the inclusion of World literature and Translation Studies in the gamut of English literature. The traditional means of classroom teaching is also giving way to experimentation and including novel ways of imparting knowledge. Keeping this in mind the faculty of the department has come up with an effort to make a digital library of the picturisation of the literary works. Learning through aesthetics stimulates learner's reflection. The students of the modern age are also attracted towards new technology and techno savvy approaches.

The College is situated in a city but the influx of students is from surrounding rural areas. It is an effort of the faculty to cater to these students from diverse backgrounds. The faculty stresses on imparting knowledge through the curriculum designed by the university but along the way experiments with inclusion of different approaches to teaching. The faculty believes that knowledge has no restraints but a continuous process to widen the horizon of understanding. Keeping this aim in mind, for the last three years the students particularly the students designated the job of peer mentoring were guided to create a digital library of movies ( of different languages) ,plays enacted by various theater groups, talks, recitals, speeches etc . The e-contents are regularly upgraded to enrich it further. This has become a rich source of knowledge which is regularly shared with the students.

### **Practice:**

In the recent curriculum enhancement, works of writers of the world have been incorporated, along with translations of Indian languages. It has been proved that study of literature teaches us life skills. It has been seen that a lot of human beings learn better by doing than by watching, learn more from

expressing than from listening to a lecture. So a method to involve the students in teaching and using experiential learning skills helps us achieve our goals. Identification of various learning styles and interacting in this environment is the purpose of this practice. Learners are exposed to this digital platform which ends in brain-storming sessions where they have to find answers to questions related to different aspects of presentation. The faculty gives them hints and insights into the technical, emotional and nuances of the works. They are shared a list of the e-library, which they watch on desktop in department or in their leisure time. A discussion is held in the class about the aesthetic sense and also about techniques, costumes, habit, dialogue delivery and culture reflected in the works. It becomes easy to understand the cultural, historical and racial diversity in a better manner. This also helps in professional growth of the faculty as it improves their communication with the students. This fosters open hearted discussions and helps develop closer relationships through the affective domain.

**Problems and limitations-**

Initially it was a difficult task to convince the students in creating the library but very soon ,watching a few movies changed their perspective and they were actively involved in the project . Secondly, as the department is too cramped, there is not sufficient space to arrange for all the students to watch at the same time.

**Evidence of success:**

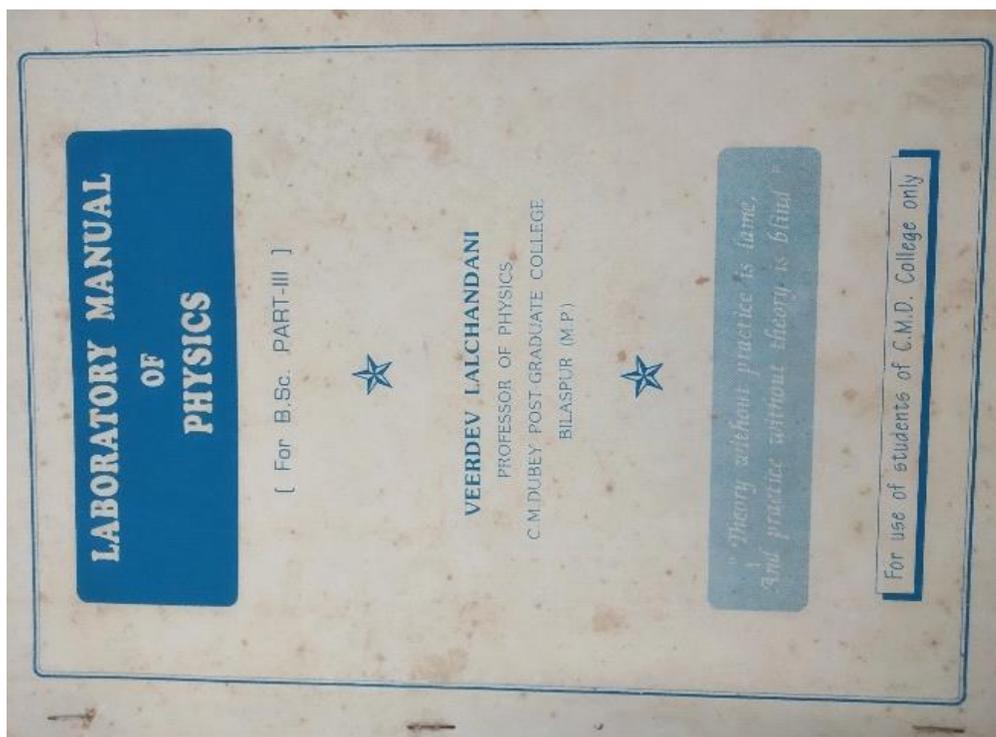
Cinema is the audio visual version of storytelling. It sets the foundation for conveying concepts. Movie experiences are like emotional memories for developing attitudes and keeping them as reflective reference in the daily activities and events. This activity has brought their attention to the imaginative power and strengthens their secondary learning skill as it includes reflection and abstract conceptualization of ideas. This practice is appreciated by the students.

## **BEST PRACTICES IN TEACHING LEARNING AND EVALUATION**

Effective Physics teaching requires creativity, imagination, and innovation. Traditional lectures can accomplish the desired outcomes only in smaller classes. However, our Department has developed ways to engage students in the process of thinking, questioning, and problem solving despite the large class size. We have adopted several ways to help students make the transition from passive listeners to active participants in their own learning.

In the undergraduate classes, teachers initially try to bridge the gaps in the concepts acquired by the students in their earlier classes. Every topic starts with its historical evolution so that the student acquires a deeper insight in the subject. The students are encouraged to make a write-up of the class room lecture, which is then evaluated.

Experimental Physics is not meant to be a supplement to theory!. It is a different way of understanding the Physical Universe. In every undergraduate class the prerequisites required for performing the experiment are discussed in detail. The lab course is designed to teach students how to approach experiments and make sense of the results. The students are not expected to follow the procedure mechanically – feel free to make changes to the procedure and analysis in consultation with the LA/Faculty to improve the experiment and to learn more out of it.



**DEPARTMENT OF PHYSICS**



*INFORMATION BROCHURE*

**C.M. DUBEY POST-GRADUATE COLLEGE  
BILASPUR (C.G.)**

**BILASPUR UNIVERSITY, BILASPUR (C.G.)**



DEPARTMENT OF PHYSICS  
C. M. Dubey Post Graduate College

Departmental Library (Form for recommendation of Books)

1. Name: CHIRANJIT DAS  
Author: S.N. GHOSHAL  
Title: NUCLEAR PHYSICS  
Publisher: S. CHAND & COMPANY LTD Year: 2018  
Rating: \* \* \* ✓

2. Name: Annals Mal  
Author: Saxena Gupta Saxena  
Title: Solid State Physics  
Publisher: Bagati Prakashan, Meerut Year: 2017-18  
Rating: \* \* \* ✓

3. Name: Manesha H.B.  
Author: G. Anil Das  
Title: Molecular Structure and Spectroscopy  
Publisher: Pentite Hall of India Private Limited Year: 2018  
Rating: \* \* \* ✓

4. Name: Rohit Sahu  
Author: B. Ram  
Title: Fundamentals of Microprocessors and Microcomputers  
Publisher: Dhanpat Rai Publications (P) Ltd. Year: 2018  
Rating: \* \* \* ✓

Ratings: \* Desirable \*\* Recommended \*\*\* Strongly Recommended

DEPARTMENT OF PHYSICS  
C.M.D. POSTGRADUATE COLLEGE  
BILASPUR (CHHATTISGARH)

Application of ICT in Educational Administration

Objective:

Develop a system to automate the routine activities of the teacher:

1. Maintenance of student information
2. Maintenance of Attendance
3. Computation of Internal Assessment

Resources required:

- M.S -Excel

In the Post-Graduate classes, we often adopt the flipped classroom method, a type of blended learning where students are introduced to teaching resources at home and practice working through it at college with the help of teachers. For example PPTs are provided in C-language paper.

In the Solid state Physics lab, students get familiar with the experiment in the virtual lab <http://vlab.amrita.edu/?sub=1> [HYPERLINK "http://vlab.amrita.edu/?sub=1&brch=282"&](http://vlab.amrita.edu/?sub=1&brch=282) [HYPERLINK "http://vlab.amrita.edu/?sub=1&brch=282"brch=282](http://vlab.amrita.edu/?sub=1&brch=282) and then proceed to perform in the physical lab.

Similarly in the third semester students get trained on the Digital Trainer Kit simulator <https://www.deldsim.com/> and then assemble the circuit in the lab.





REDMI NOTE 5 PRO  
MI DUAL CAMERA



**Plan of the Day**

8:00 AM - 8:30 AM	Prayer
8:30 AM - 9:00 AM	Assembly
9:00 AM - 9:30 AM	Class - Mathematics
9:30 AM - 10:00 AM	Class - English
10:00 AM - 10:30 AM	Class - Science
10:30 AM - 11:00 AM	Class - Social Studies
11:00 AM - 11:30 AM	Class - Hindi
11:30 AM - 12:00 PM	Class - Art
12:00 PM - 12:30 PM	Lunch
12:30 PM - 1:00 PM	Class - Music
1:00 PM - 1:30 PM	Class - Physical Education
1:30 PM - 2:00 PM	Class - Computer
2:00 PM - 2:30 PM	Class - Sanskrit
2:30 PM - 3:00 PM	Class - Drawing
3:00 PM - 3:30 PM	Class - Home Science
3:30 PM - 4:00 PM	Class - IT
4:00 PM - 4:30 PM	Class - English
4:30 PM - 5:00 PM	Class - Mathematics
5:00 PM - 5:30 PM	Class - Science
5:30 PM - 6:00 PM	Class - Social Studies
6:00 PM - 6:30 PM	Class - Hindi
6:30 PM - 7:00 PM	Class - Art
7:00 PM - 7:30 PM	Class - Music
7:30 PM - 8:00 PM	Class - Physical Education
8:00 PM - 8:30 PM	Class - Computer
8:30 PM - 9:00 PM	Class - Sanskrit
9:00 PM - 9:30 PM	Class - Drawing
9:30 PM - 10:00 PM	Class - Home Science
10:00 PM - 10:30 PM	Class - IT
10:30 PM - 11:00 PM	Class - English
11:00 PM - 11:30 PM	Class - Mathematics
11:30 PM - 12:00 AM	Class - Science
12:00 AM - 12:30 AM	Class - Social Studies
12:30 AM - 1:00 AM	Class - Hindi
1:00 AM - 1:30 AM	Class - Art
1:30 AM - 2:00 AM	Class - Music
2:00 AM - 2:30 AM	Class - Physical Education
2:30 AM - 3:00 AM	Class - Computer
3:00 AM - 3:30 AM	Class - Sanskrit
3:30 AM - 4:00 AM	Class - Drawing
4:00 AM - 4:30 AM	Class - Home Science
4:30 AM - 5:00 AM	Class - IT
5:00 AM - 5:30 AM	Class - English
5:30 AM - 6:00 AM	Class - Mathematics
6:00 AM - 6:30 AM	Class - Science
6:30 AM - 7:00 AM	Class - Social Studies
7:00 AM - 7:30 AM	Class - Hindi
7:30 AM - 8:00 AM	Class - Art
8:00 AM - 8:30 AM	Class - Music
8:30 AM - 9:00 AM	Class - Physical Education
9:00 AM - 9:30 AM	Class - Computer
9:30 AM - 10:00 AM	Class - Sanskrit
10:00 AM - 10:30 AM	Class - Drawing
10:30 AM - 11:00 AM	Class - Home Science
11:00 AM - 11:30 AM	Class - IT
11:30 AM - 12:00 AM	Class - English
12:00 AM - 12:30 AM	Class - Mathematics
12:30 AM - 1:00 AM	Class - Science
1:00 AM - 1:30 AM	Class - Social Studies
1:30 AM - 2:00 AM	Class - Hindi
2:00 AM - 2:30 AM	Class - Art
2:30 AM - 3:00 AM	Class - Music
3:00 AM - 3:30 AM	Class - Physical Education
3:30 AM - 4:00 AM	Class - Computer
4:00 AM - 4:30 AM	Class - Sanskrit
4:30 AM - 5:00 AM	Class - Drawing
5:00 AM - 5:30 AM	Class - Home Science
5:30 AM - 6:00 AM	Class - IT
6:00 AM - 6:30 AM	Class - English
6:30 AM - 7:00 AM	Class - Mathematics
7:00 AM - 7:30 AM	Class - Science
7:30 AM - 8:00 AM	Class - Social Studies
8:00 AM - 8:30 AM	Class - Hindi
8:30 AM - 9:00 AM	Class - Art
9:00 AM - 9:30 AM	Class - Music
9:30 AM - 10:00 AM	Class - Physical Education
10:00 AM - 10:30 AM	Class - Computer
10:30 AM - 11:00 AM	Class - Sanskrit
11:00 AM - 11:30 AM	Class - Drawing
11:30 AM - 12:00 AM	Class - Home Science
12:00 AM - 12:30 AM	Class - IT
12:30 AM - 1:00 AM	Class - English
1:00 AM - 1:30 AM	Class - Mathematics
1:30 AM - 2:00 AM	Class - Science
2:00 AM - 2:30 AM	Class - Social Studies
2:30 AM - 3:00 AM	Class - Hindi
3:00 AM - 3:30 AM	Class - Art
3:30 AM - 4:00 AM	Class - Music
4:00 AM - 4:30 AM	Class - Physical Education
4:30 AM - 5:00 AM	Class - Computer
5:00 AM - 5:30 AM	Class - Sanskrit
5:30 AM - 6:00 AM	Class - Drawing
6:00 AM - 6:30 AM	Class - Home Science
6:30 AM - 7:00 AM	Class - IT
7:00 AM - 7:30 AM	Class - English
7:30 AM - 8:00 AM	Class - Mathematics
8:00 AM - 8:30 AM	Class - Science
8:30 AM - 9:00 AM	Class - Social Studies
9:00 AM - 9:30 AM	Class - Hindi
9:30 AM - 10:00 AM	Class - Art
10:00 AM - 10:30 AM	Class - Music
10:30 AM - 11:00 AM	Class - Physical Education
11:00 AM - 11:30 AM	Class - Computer
11:30 AM - 12:00 AM	Class - Sanskrit
12:00 AM - 12:30 AM	Class - Drawing
12:30 AM - 1:00 AM	Class - Home Science
1:00 AM - 1:30 AM	Class - IT
1:30 AM - 2:00 AM	Class - English
2:00 AM - 2:30 AM	Class - Mathematics
2:30 AM - 3:00 AM	Class - Science
3:00 AM - 3:30 AM	Class - Social Studies
3:30 AM - 4:00 AM	Class - Hindi
4:00 AM - 4:30 AM	Class - Art
4:30 AM - 5:00 AM	Class - Music
5:00 AM - 5:30 AM	Class - Physical Education
5:30 AM - 6:00 AM	Class - Computer
6:00 AM - 6:30 AM	Class - Sanskrit
6:30 AM - 7:00 AM	Class - Drawing
7:00 AM - 7:30 AM	Class - Home Science
7:30 AM - 8:00 AM	Class - IT
8:00 AM - 8:30 AM	Class - English
8:30 AM - 9:00 AM	Class - Mathematics
9:00 AM - 9:30 AM	Class - Science
9:30 AM - 10:00 AM	Class - Social Studies
10:00 AM - 10:30 AM	Class - Hindi
10:30 AM - 11:00 AM	Class - Art
11:00 AM - 11:30 AM	Class - Music
11:30 AM - 12:00 AM	Class - Physical Education
12:00 AM - 12:30 AM	Class - Computer
12:30 AM - 1:00 AM	Class - Sanskrit
1:00 AM - 1:30 AM	Class - Drawing
1:30 AM - 2:00 AM	Class - Home Science
2:00 AM - 2:30 AM	Class - IT
2:30 AM - 3:00 AM	Class - English
3:00 AM - 3:30 AM	Class - Mathematics
3:30 AM - 4:00 AM	Class - Science
4:00 AM - 4:30 AM	Class - Social Studies
4:30 AM - 5:00 AM	Class - Hindi
5:00 AM - 5:30 AM	Class - Art
5:30 AM - 6:00 AM	Class - Music
6:00 AM - 6:30 AM	Class - Physical Education
6:30 AM - 7:00 AM	Class - Computer
7:00 AM - 7:30 AM	Class - Sanskrit
7:30 AM - 8:00 AM	Class - Drawing
8:00 AM - 8:30 AM	Class - Home Science
8:30 AM - 9:00 AM	Class - IT
9:00 AM - 9:30 AM	Class - English
9:30 AM - 10:00 AM	Class - Mathematics
10:00 AM - 10:30 AM	Class - Science
10:30 AM - 11:00 AM	Class - Social Studies
11:00 AM - 11:30 AM	Class - Hindi
11:30 AM - 12:00 AM	Class - Art
12:00 AM - 12:30 AM	Class - Music
12:30 AM - 1:00 AM	Class - Physical Education
1:00 AM - 1:30 AM	Class - Computer
1:30 AM - 2:00 AM	Class - Sanskrit
2:00 AM - 2:30 AM	Class - Drawing
2:30 AM - 3:00 AM	Class - Home Science
3:00 AM - 3:30 AM	Class - IT
3:30 AM - 4:00 AM	Class - English
4:00 AM - 4:30 AM	Class - Mathematics
4:30 AM - 5:00 AM	Class - Science
5:00 AM - 5:30 AM	Class - Social Studies
5:30 AM - 6:00 AM	Class - Hindi
6:00 AM - 6:30 AM	Class - Art
6:30 AM - 7:00 AM	Class - Music
7:00 AM - 7:30 AM	Class - Physical Education
7:30 AM - 8:00 AM	Class - Computer
8:00 AM - 8:30 AM	Class - Sanskrit
8:30 AM - 9:00 AM	Class - Drawing
9:00 AM - 9:30 AM	Class - Home Science
9:30 AM - 10:00 AM	Class - IT
10:00 AM - 10:30 AM	Class - English
10:30 AM - 11:00 AM	Class - Mathematics
11:00 AM - 11:30 AM	Class - Science
11:30 AM - 12:00 AM	Class - Social Studies
12:00 AM - 12:30 AM	Class - Hindi
12:30 AM - 1:00 AM	Class - Art
1:00 AM - 1:30 AM	Class - Music
1:30 AM - 2:00 AM	Class - Physical Education
2:00 AM - 2:30 AM	Class - Computer
2:30 AM - 3:00 AM	Class - Sanskrit
3:00 AM - 3:30 AM	Class - Drawing
3:30 AM - 4:00 AM	Class - Home Science
4:00 AM - 4:30 AM	Class - IT
4:30 AM - 5:00 AM	Class - English
5:00 AM - 5:30 AM	Class - Mathematics
5:30 AM - 6:00 AM	Class - Science
6:00 AM - 6:30 AM	Class - Social Studies
6:30 AM - 7:00 AM	Class - Hindi
7:00 AM - 7:30 AM	Class - Art
7:30 AM - 8:00 AM	Class - Music
8:00 AM - 8:30 AM	Class - Physical Education
8:30 AM - 9:00 AM	Class - Computer
9:00 AM - 9:30 AM	Class - Sanskrit
9:30 AM - 10:00 AM	Class - Drawing
10:00 AM - 10:30 AM	Class - Home Science
10:30 AM - 11:00 AM	Class - IT
11:00 AM - 11:30 AM	Class - English
11:30 AM - 12:00 AM	Class - Mathematics
12:00 AM - 12:30 AM	Class - Science
12:30 AM - 1:00 AM	Class - Social Studies
1:00 AM - 1:30 AM	Class - Hindi
1:30 AM - 2:00 AM	Class - Art
2:00 AM - 2:30 AM	Class - Music
2:30 AM - 3:00 AM	Class - Physical Education
3:00 AM - 3:30 AM	Class - Computer
3:30 AM - 4:00 AM	Class - Sanskrit
4:00 AM - 4:30 AM	Class - Drawing
4:30 AM - 5:00 AM	Class - Home Science
5:00 AM - 5:30 AM	Class - IT
5:30 AM - 6:00 AM	Class - English
6:00 AM - 6:30 AM	Class - Mathematics
6:30 AM - 7:00 AM	Class - Science
7:00 AM - 7:30 AM	Class - Social Studies
7:30 AM - 8:00 AM	Class - Hindi
8:00 AM - 8:30 AM	Class - Art
8:30 AM - 9:00 AM	Class - Music
9:00 AM - 9:30 AM	Class - Physical Education
9:30 AM - 10:00 AM	Class - Computer
10:00 AM - 10:30 AM	Class - Sanskrit
10:30 AM - 11:00 AM	Class - Drawing
11:00 AM - 11:30 AM	Class - Home Science
11:30 AM - 12:00 AM	Class - IT
12:00 AM - 12:30 AM	Class - English
12:30 AM - 1:00 AM	Class - Mathematics
1:00 AM - 1:30 AM	Class - Science
1:30 AM - 2:00 AM	Class - Social Studies
2:00 AM - 2:30 AM	Class - Hindi
2:30 AM - 3:00 AM	Class - Art
3:00 AM - 3:30 AM	Class - Music
3:30 AM - 4:00 AM	Class - Physical Education
4:00 AM - 4:30 AM	Class - Computer
4:30 AM - 5:00 AM	Class - Sanskrit
5:00 AM - 5:30 AM	Class - Drawing
5:30 AM - 6:00 AM	Class - Home Science
6:00 AM - 6:30 AM	Class - IT
6:30 AM - 7:00 AM	Class - English
7:00 AM - 7:30 AM	Class - Mathematics
7:30 AM - 8:00 AM	Class - Science
8:00 AM - 8:30 AM	Class - Social Studies
8:30 AM - 9:00 AM	Class - Hindi
9:00 AM - 9:30 AM	Class - Art
9:30 AM - 10:00 AM	Class - Music
10:00 AM - 10:30 AM	Class - Physical Education
10:30 AM - 11:00 AM	Class - Computer
11:00 AM - 11:30 AM	Class - Sanskrit
11:30 AM - 12:00 AM	Class - Drawing
12:00 AM - 12:30 AM	Class - Home Science
12:30 AM - 1:00 AM	Class - IT
1:00 AM - 1:30 AM	Class - English
1:30 AM - 2:00 AM	Class - Mathematics
2:00 AM - 2:30 AM	Class - Science
2:30 AM - 3:00 AM	Class - Social Studies
3:00 AM - 3:30 AM	Class - Hindi
3:30 AM - 4:00 AM	Class - Art
4:00 AM - 4:30 AM	Class - Music
4:30 AM - 5:00 AM	Class - Physical Education
5:00 AM - 5:30 AM	Class - Computer
5:30 AM - 6:00 AM	Class - Sanskrit
6:00 AM - 6:30 AM	Class - Drawing
6:30 AM - 7:00 AM	Class - Home Science
7:00 AM - 7:30 AM	Class - IT
7:30 AM - 8:00 AM	Class - English
8:00 AM - 8:30 AM	Class - Mathematics
8:30 AM - 9:00 AM	Class - Science
9:00 AM - 9:30 AM	Class - Social Studies
9:30 AM - 10:00 AM	Class - Hindi
10:00 AM - 10:30 AM	Class - Art
10:30 AM - 11:00 AM	Class - Music
11:00 AM - 11:30 AM	Class - Physical Education
11:30 AM - 12:00 AM	Class - Computer
12:00 AM - 12:30 AM	Class - Sanskrit
12:30 AM - 1:00 AM	Class - Drawing
1:00 AM - 1:30 AM	Class - Home Science
1:30 AM - 2:00 AM	Class - IT
2:00 AM - 2:30 AM	Class - English
2:30 AM - 3:00 AM	Class - Mathematics
3:00 AM - 3:30 AM	Class - Science
3:30 AM - 4:00 AM	Class - Social Studies
4:00 AM - 4:30 AM	Class - Hindi
4:30 AM - 5:00 AM	Class - Art
5:00 AM - 5:30 AM	Class - Music
5:30 AM - 6:00 AM	Class - Physical Education
6:00 AM - 6:30 AM	Class - Computer
6:30 AM - 7:00 AM	Class - Sanskrit
7:00 AM - 7:30 AM	Class - Drawing
7:30 AM - 8:00 AM	Class - Home Science
8:00 AM - 8:30 AM	Class - IT
8:30 AM - 9:00 AM	Class - English
9:00 AM - 9:30 AM	Class - Mathematics
9:30 AM - 10:00 AM	Class - Science
10:00 AM - 10:30 AM	Class - Social Studies
10:30 AM - 11:00 AM	Class - Hindi
11:00 AM - 11:30 AM	Class - Art
11:30 AM - 12:00 AM	Class - Music
12:00 AM - 12:30 AM	Class - Physical Education
12:30 AM - 1:00 AM	Class - Computer
1:00 AM - 1:30 AM	Class - Sanskrit
1:30 AM - 2:00 AM	Class - Drawing
2:00 AM - 2:30 AM	Class - Home Science
2:30 AM - 3:00 AM	Class - IT
3:00 AM - 3:30 AM	Class - English
3:30 AM - 4:00 AM	Class - Mathematics
4:00 AM - 4:30 AM	Class - Science
4:30 AM - 5:00 AM	Class - Social Studies
5:00 AM - 5:30 AM	Class - Hindi
5:30 AM - 6:00 AM	Class - Art
6:00 AM - 6:30 AM	Class - Music
6:30 AM - 7:00 AM	Class - Physical Education
7:00 AM - 7:30 AM	Class - Computer
7:30 AM - 8:00 AM	Class - Sanskrit
8:00 AM - 8:30 AM	Class - Drawing
8:30 AM - 9:00 AM	Class - Home Science
9:00 AM - 9:30 AM	Class - IT
9:30 AM - 10:00 AM	Class - English
10:00 AM - 10:30 AM	Class - Mathematics
10:30 AM - 11:00 AM	Class - Science
11:00 AM - 11:30 AM	Class - Social Studies
11:30 AM - 12:00 AM	Class - Hindi
12:00 AM - 12:30 AM	Class - Art
12:30 AM - 1:00 AM	Class - Music
1:00 AM - 1:30 AM	Class - Physical Education
1:30 AM - 2:00 AM	Class - Computer
2:00 AM - 2:30 AM	Class - Sanskrit
2:30 AM - 3:00 AM	Class - Drawing
3:00 AM - 3:30 AM	Class - Home Science
3:30 AM - 4:00 AM	Class - IT
4:00 AM - 4:30 AM	Class - English
4:30 AM - 5:00 AM	Class - Mathematics
5:00 AM - 5:30 AM	Class - Science
5:30 AM - 6:00 AM	Class - Social Studies
6:00 AM - 6:30 AM	Class - Hindi
6:30 AM - 7:00 AM	Class - Art
7:00 AM - 7:30 AM	Class - Music
7:30 AM - 8:00 AM	Class - Physical Education
8:00 AM - 8:30 AM	Class - Computer
8:30 AM - 9:00 AM	Class - Sanskrit
9:00 AM - 9:30 AM	Class - Drawing
9:30 AM - 10:00 AM	Class - Home Science
10:00 AM - 10:30 AM	Class - IT
10:30 AM - 11:00 AM	Class - English
11:00 AM - 11:30 AM	Class - Mathematics
11:30 AM - 12:00 AM	Class - Science
12:00 AM - 12:30 AM	Class - Social Studies
12:30 AM - 1:00 AM	Class - Hindi
1:00 AM - 1:30 AM	Class - Art
1:30 AM - 2:00 AM	Class - Music
2:00 AM - 2:30 AM	Class - Physical Education
2:30 AM - 3:00 AM	Class - Computer
3:00 AM - 3:30 AM	Class - Sanskrit
3:30 AM - 4:00 AM	Class - Drawing
4:00 AM - 4:30 AM	Class - Home Science
4:30 AM - 5:00 AM	Class - IT
5:00 AM - 5:30 AM	Class - English
5:30 AM - 6:00 AM	Class - Mathematics
6:00 AM - 6:30 AM	Class - Science
6:30 AM - 7:00 AM	Class - Social Studies
7:00 AM - 7:30 AM	Class - Hindi
7:30 AM - 8:00 AM	Class - Art
8:00 AM - 8:30 AM	Class - Music
8:30 AM - 9:00 AM	Class - Physical Education
9:00 AM - 9:30 AM	Class - Computer
9:30 AM - 10:00 AM	Class - Sanskrit
10:00 AM - 10:30 AM	Class - Drawing
10:30 AM - 11:00 AM	Class - Home Science
11:00 AM - 11:30 AM	Class - IT
11:30 AM - 12:00 AM	Class - English
12:00 AM - 12:30 AM	Class - Mathematics
12:30 AM - 1:00 AM	Class - Science
1:00 AM - 1:30 AM	Class - Social Studies
1:30 AM - 2:00 AM	Class - Hindi
2:00 AM - 2:30 AM	Class - Art
2:30 AM - 3:00 AM	Class - Music
3:00 AM - 3:30 AM	Class - Physical Education
3:30 AM - 4:00 AM	Class - Computer
4:00 AM - 4:30 AM	Class - Sanskrit
4:30 AM - 5:00 AM	Class - Drawing
5:00 AM - 5:30 AM	Class - Home Science
5:30 AM - 6:00 AM	Class - IT
6:00 AM - 6:30 AM	Class - English
6:30 AM - 7:00 AM	Class - Mathematics
7:00 AM - 7:30 AM	Class - Science
7:30 AM - 8:00 AM	Class - Social Studies
8:00 AM - 8:30 AM	Class - Hindi
8:30 AM - 9:00 AM	Class - Art
9:00 AM - 9:30 AM	Class - Music
9:30 AM - 10:00 AM	Class - Physical Education
10:00 AM - 10:30 AM	Class - Computer
10:30 AM - 11:00 AM	Class - Sanskrit
11:00 AM - 11:30 AM	Class - Drawing
11:30 AM - 12:00 AM	Class - Home Science
12:00 AM - 12:30 AM	Class - IT
12:30 AM - 1:00 AM	Class - English
1:00 AM - 1:30 AM	Class - Mathematics
1:30 AM - 2:00 AM	Class - Science
2:00 AM - 2:30 AM	Class - Social Studies
2:30 AM - 3:00 AM	Class - Hindi
3:00 AM - 3:30 AM	Class - Art
3:30 AM - 4:00 AM	Class - Music
4:00 AM - 4:30 AM	Class - Physical Education
4:30 AM - 5:00 AM	Class - Computer
5:00 AM - 5:30 AM	Class - Sanskrit
5:30 AM - 6:00 AM	Class - Drawing
6:00 AM - 6:30 AM	Class - Home Science
6:30 AM - 7:00 AM	Class - IT
7:00 AM - 7:30 AM	Class - English
7:30 AM - 8:00 AM	





04-09-18 13:19

















## **Best practice 2017-18**

### **Holistic Education: 'Yoga to Reach your Potential'.**

#### **The Objective:**

The institution takes necessary steps for the mental and physical wellbeing of the students. At the very outset of the session 2017 –18, it was unanimously decided that Yoga would be taught and practiced throughout the session keeping in mind the stress and other problems endured by the students in modern day hectic life. Burden by enormous expectations and cut-throat competition the young minds experience a fatigue and disorientation and therefore the institution felt it is a responsibility to teach the students how to lead a healthy life by practicing Yoga. Aware of the fact that regular practicing of yoga improves our concentration, creativity and sharpens our memory and at the same time strengthens the muscles, enhances stamina, and bring immune and mental stability. Yoga is just not about twisting, bending, and holding the breath, it is but a technique to bring you into a state where you see and experience reality simply the way it is. It is to enable the energies to become exuberant and ecstatic and to experience the whole universe as a part of oneself, making everything one.

#### **The Context:**

The UN proclaimed June 21 as International Day of Yoga by passing a resolution on December 11, 2014, during the 69th session of the General Assembly. At the session, Hon'ble Prime Minister Modi had said, "Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action ... a holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature." The search for new and improved methods of education continues. With the renaissance of yoga, it seems as though a breakthrough is about

to take place. The scientific discovery of the benefits of Yoga Asana has proved for the implementation of these disciplines in our lives. Since education is one of our first priorities when we think of ways of improving our society, we decide what is the best thing and the best way to teach it. The education system has always concentrated on imparting professional skills and developing the intellectual side of our nature. The need to make us a better human being has been neglected. This has got a thrust with revival of ancient knowledge. Yoga strengthens the Mind-Body Connection, Yoga helps children achieve a sound mind in a sound body by exercising the physical body and calming the mental spirit.

Our children live in a hurry-up world of busy parents, peer pressures, incessant lessons, video games, malls, and competitive sports. These influences are stressful. The bustling pace of our children's lives can have a profound effect on their innate joy—and usually not for the better. Yoga can help counter these pressures. When they learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life's challenges with a little more ease. Yoga at an early age encourages self-esteem and body awareness with a physical activity that is noncompetitive.

### **The Practice:**

Miss Ranu Modi, Faculty, Department of Mathematics of institution, who is a certified yoga trainer took the initiative of holding sessions for the students. Other expert members, Dr Yogesh Kannauje, Mr Dhiraj Shrivastava and Mr Kirti Mishra from 'Art of Living' voluntarily joined to be a part of this training program. The faculty members of various departments shortlisted the name of students who were enthusiastic to join the program.

### **Design of the program-**

1. Meditation – Chanting of OM
2. Control of breath and Breathing exercises.
3. Sitting in Silence and Connecting with Oneself
4. Practicing of some basic asanas-

- a) Tadasana (Mountain Pose) ...
- b) Vrikshasana (Tree Pose) ...
- c) Adho Mukho Svanasana (Downward Facing Dog Pose) ...
- d) Trikonasana (Triangle Pose) ...
- e) Kursiasana (Chair Pose) ...
- f) Naukasana (Boat Pose) ...
- g) Bhujangasana (Cobra Pose) ...
- h) Paschimottanasana.

Yoga has many asanas (poses) to boost our immunity. These asanas strengthen our muscles and metabolism.

The entire program was designed for a period of two months and was conducted even during holidays and Sundays. A group of 50 students along with the few faculty members participated in this program.

**Evidence of success:**

The students showed a remarkable change in their behavioral pattern. They felt relief from stress and showed an enhanced capability of concentration. It was also effective in improving their personal, social, family relations. It helped them disconnect with mobiles and television and made them focus on their duties and responsibilities as an individual. This eagerness for the continuation of this program is the biggest sign of success. Yoga teaches us never to give up and lead a balanced life. Yoga enhances our quest for a healthier planet. It does not discriminate, goes beyond color, race, faith, and nations. Anyone can embrace yoga - all you need is some time and space. It Boosts Self-Esteem and Confidence. Yoga helps to instill confidence and to bring learning to children on an experiential level. Yoga teaches them to persevere, be patient, and work towards their goals. Yoga also provides tools for practicing compassion, mindfulness, generosity, focus, strength, and flexibility.





REDMI NOTE 5 PRO  
MI DUAL CAMERA

2018/12/15 09:10







REDMI NOTE 5 PRO  
MI DUAL CAMERA

2018/12/15 08:05





REDMI NOTE 5 PRO  
MI DUAL CAMERA

2018/12/15 09:08



REDMI NOTE 5 PRO  
MI DUAL CAMERA

2018/12/15 09:03



