



# RJS FIRST GRADE COLLEGE

KORAMANGALA, BENGALURU

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## BEST PRACTICES

2023-24

### BEST PRACTICES :1

#### The Magic of Yoga

**Introduction:** The special program was introduced. yoga has become a part of our curriculum we emphasize its practice rather than its theory.

#### Objectives:

- 1.to make the students aware of yoga role in the development of the personality that is holistic
- 2.to keep away bodily diseases
3. to develop the power of concentrations in order to do better in studies
- 4.to keep away tension, anxiety, worry etc

#### Context:

modern life brings in worry and care. The rate race for success drains out a person. medicines alone cannot be care diseases. through yoga several psychometric diseases can be cured or even prevented.

#### Practice:

Yoga practice, lasting one hour daily,

- 1.Helps strengthen the stomach,
- 2.Alleviate back pain,
- 3.Reduce constant pressure,
4. Increase neck flexibility, and improve gastric issues. Supervised by the physical education director, it enhances overall health through asanas and breathing exercises.

### **Evidence of success:**

1. Students have become more focused.
2. Some of our students have participated in competition at the University level and the national level.

### **problems and Encountered:**

on working day, it is the difficult to get the student for the morning practice morning practice is available only to the hostel student the solution is that we need to concentrate more on student who stay close to the college

## **BEST PRACTICES: 2**

### **VIBHAVAT 2024**

Introduction: Every year the institution organises conferences on a national level or on international level. VIBHAVAT is an acronym for:

Vi-Vigyan(science)

Bha-bhasha(language)

Va- Vanijjiya (commerce)

T- Tantraghan (technology)

### **Objectives:**

Share knowledge across fields, explore new scientific theories, discuss literature's role in social change, examine technology's market impact, and explore new applications in a fast-developing world.

### **Context:**

We live in dynamic world and every country has the need to keep itself up to date with the changing trends in ever field. pragmatic application of the knowledge we have gathered id essential fir development

### **Practice:**

Lecturers, professors, academicians, entrepreneurs, technicians, scientists, and graduate students are invited to the One-day conference. Online presentations from scholars across states and 92 Oral presentations are, and papers are published in a book, with PDFs shared. Students were encouraged to present posters on various topics.

### **Outcome:**

1. Participants were helped to keep themselves up to date,
2. An interest is created in them to know more about different fields.
3. Multidisciplinary approach in education was met

### **Evidence of Success:**

1. The number of papers presented is an evidence of success.
2. We was reported by the delegates positive feedback.