



RJS FIRST GRADE COLLEGE

KORAMANGALA, BENGALURU

BEST PRACTICES

2021-22

BEST PRACTICE-1

TITLE OF THE PRACTICE:

Yoga: The magic of Yoga was introduced in the calendar year 2022. Although the institution used to organize yoga practices occasionally, from 2022 it has become a part of our curriculum. The emphasis is more on practice rather than on theory.

Objectives:

- To make the students practically aware of the importance of yoga in the holistic development of one's personality.

- To make the students free of bodily diseases.
- To improve the power of concentration, so that the students can focus better on their studies.
- To keep the mind free of tension, anxiety, worry etc.

BEST PRACTICE: 2

TITLE OF THE PRACTICE:

International Conference (ICON 2022)

The institution organises conferences on a national level or on an international level.

Objectives:

- To bring together scholars from different fields and share knowledge, ideas, and thoughts.
- To share new theories in the field of science and to explore their applicability.

- To discuss the new trends in literature and how they help in bringing about social harmony.
- To explore ways to compete in a market economy using modern technology.
- To discuss the new applications in technology so that we won't lag behind in a fast developing world.