



RJS FIRST GRADE COLLEGE

KORAMANGALA, BENGALURU

BEST PRACTICES

2022-23

BEST PRACTICES :1

The Magic of Yoga

Yoga was introduced as a part of our curriculum in 2022. The emphasis is on practice.

Objectives:

1. To create awareness on the importance of yoga.
2. To remove bodily discomforts and illnesses.
3. To improve the power of concentration.
4. To keep away tension, anxiety, worry etc

Context: Worry and care has become a part of modern life. These problems can be eliminated through yoga.

Practice: Children practise yoga every day for one hour.

Asanas and breathing exercises are part of yoga. They help;

- a) To keep the stomach (abdomen) trim
- b) To remove back pain.
- c) To remove constipation.
- d) To remove gastric problems
- e) To remove migraine etc

Evidence of success:

Students have improved in their studies and behavioural pattern as a result of practising yoga.

Problems encountered:

On working days, it is difficult to get the students for morning practice. Hence, we are now concentrating on students who stay close to the college.

BEST PRACTICES: 2**TRI HEI NEP 2020**

Introduction: National seminar are a regular feature of RJS First Grade College. During the month of November, 2023 a 3 days National Seminar was conducted by the institution. The topic was ‘Transformational Reforms in Higher Education of India’.

Objectives:

1. To make the concepts behind NEP 2020 clear to the teaching fraternity.
2. To suggest ways to implement the new policy.
3. Also to dwell more on the advantages of the policy.

Context: Education policies may change from time to time, Normally, it takes time for the concept behind the policies to trickle down to the teaching fraternity.

Practice:

Educationists from Bangalore and different parts of India were invited to lead the programme. The programme was for 3days and each day had a morning session and an afternoon session. Each session was led by an educationist who was well aware of the new policy. The salient feature of NEP 2020 is its multi- disciplinary approach. The problems which may arise while implementing the policy were discussed and solutions sought.

Problems Encountered: The experts had a tough time explaining the advantages or need of a multi – disciplinary approach because the teaching fraternity had been used to the uni-disciplinary approach for a long time. However, it was a temporary problem which the teachers got over very fast.