

7.2.1. : Describe at least two institutional best practices (as per NAAC format given on its website)

Yoga has been an integral part of the educational philosophy at BLDEA's JSS College of Education for promoting the well-being of students and staff alike. In alignment with the institution's commitment to nurturing holistic development, the college has adopted the practice of Yoga for Holistic Health as a best practice initiative. This program is designed to enhance physical, mental, and emotional well-being by fostering a balanced approach to life, aimed at promoting a positive outlook and harmony between the mind, soul, and body.

The core objective of this practice is to establish a harmonious connection between the three fundamental aspects of human existence: the mind, the body, and the soul. The yoga sessions at BLDEA's JSS College are specifically curated to:

Promote mental clarity: Yoga practices such as pranayama (breathing exercises), meditation, and mindfulness techniques help clear mental clutter, reduce stress, and improve concentration, which are crucial for students navigating the academic environment.

Enhance physical well-being: The physical postures (asanas) focus on improving flexibility, strength, posture, and overall health. Regular practice has shown a reduction in physical ailments like back pain, stress-related disorders, and fatigue.

Nurture spiritual health: By incorporating elements such as meditation, mantras, and self-reflection, the program nurtures the spiritual aspect of individuals, helping them find inner peace and fostering self-awareness.

The college believes that when the mind, body, and soul are in alignment, the individual is empowered to face life's challenges with greater resilience and emotional strength. The holistic approach to yoga creates a balanced foundation for students to perform academically while maintaining their mental and physical health.

The Yoga for Holistic Health initiative also aims to instill a balanced approach to life in students and faculty. In today's fast-paced world, it is easy to get overwhelmed with academic pressures, work-life balance, and social demands. The yoga program aims to:

Encourage mindfulness: Students are taught to incorporate mindfulness into their daily routine, which improves their focus, reduces anxiety, and encourages them to stay present in the moment. The college encourages students to be aware of their thoughts, actions, and emotions, which is key to leading a balanced life.

Promote emotional resilience: Yoga helps individuals manage stress and anxiety through deep breathing techniques and relaxation exercises. As students learn to control their breath and emotions, they gain the emotional resilience needed to overcome obstacles in their academic and personal lives.

Instill a positive mindset: Yoga's emphasis on positive thinking, gratitude, and self-acceptance promotes an optimistic outlook. This practice helps students embrace challenges as opportunities for growth rather than obstacles, creating a positive academic environment.

Improve relationships and communication: By learning empathy and emotional regulation through yoga, students develop better communication skills and the ability to build positive

Regular Yoga Classes: The college has set up dedicated yoga classes and workshops, which are conducted by trained instructors who specialize in yoga for educational settings. These sessions are held regularly, both in the morning and evening, to accommodate student schedules.

Integration with Curriculum: Yoga is integrated into the overall well-being program, and all students are encouraged to participate. The program is also included in orientation sessions, where students are introduced to its benefits and encouraged to adopt a yoga practice for better health and well-being.

Faculty Involvement: Faculty members are also encouraged to participate, making yoga an inclusive practice that benefits the entire academic community.

Health Camps and Awareness Programs: To reinforce the importance of holistic health, the college organizes regular health camps, wellness programs, and workshops that combine yoga, nutrition, and stress management strategies. These events are designed to raise awareness about physical and mental health.

The Yoga for Holistic Health initiative at BLDEA's JSS College of Education embodies the college's vision of nurturing well-rounded individuals capable of excelling academically, emotionally, and physically. By focusing on the connection between mind, soul, and body, this practice has created an environment where students are empowered to live a balanced life, with a positive outlook and a deep sense of inner peace. As part of the institution's commitment to holistic development, this initiative continues to contribute significantly to the well-being of the college community.

The college plans to continue expanding this program to ensure its ongoing success in fostering a balanced, healthy, and harmonious academic environment.

The Peer Team Report highlights the vital role of student teachers in shaping the future citizens of India. Emphasizing the importance of both physical and mental well-being, it aligns with the philosophy of "a sound mind resides in a sound body." Yoga, with its numerous benefits such as enhancing emotional resilience, personal growth, mind-body connection, and cultural awareness, has been chosen as a Best Practice for improving student teachers' overall health and quality of life. The institution has successfully implemented the program "Yoga for Holistic Health" as an essential component of student teacher training, promoting their well-being and personal development.

Obtained Score=3

Expected Score=4

SL.NO	Particulars	Links
1	Best Practice -1 Yoga For Holistic Health –Report & photos	VIEW VIEW VIEW VIEW VIEW VIEW VIEW VIEW VIEW VIEW
2	Yoga Certificates	VIEW VIEW VIEW VIEW
3	Best Practice -2 FCS (Fostering Competitive Spirit) – An Interactive Q & A Session Photos	VIEW VIEW VIEW
4	FCS (Fostering Competitive Spirit) – An Interactive Q & A Session Time Table	VIEW
5	FCS (Fostering Competitive Spirit) – An Interactive Q & A Session Displayed on Notice Board	VIEW
6	FCS (Fostering Competitive Spirit) – An Interactive Q & A Session Question and answer sheets	VIEW VIEW