

BEST PRACTICES

Title of the practice-1

Yoga Training Class

Objectives

- To help faculties and administrative staffs fight life style diseases.
- To provide improved physical and mental health for all participants.
- To inculcate a sense of spiritual fulfilment and happiness.
- To make use of the healing potential of yoga to encourage optimistic values and positive outlook among participants.
- To promote yoga as one of the best holistic training methods among the community.

The context

It is a time when life style diseases are on the rise. Sedentary habits and busy work environments are taking a toll at one's physical as well as mental health. This affects the faculties, administrative staffs as well as the students. The institution recognizes that yoga is one of the best methods to achieve synchronization of the human body and mind, which can lead to internal sense of fulfilment and serenity. Practising yoga is one of the best ways to maintain mental peace, thereby paving way for holistic development. A good yoga instructor shares his healing potential with others in the group. Hence yoga classes become stimulating and a source for providing relaxation to the mind and body. Yoga in fact assists to recognize oneself better.

Practice

The Department of Physical Education, in association with Yoga Club, organises Yoga Training Class for faculties, administrative staffs and students of all departments. The 1st batch of classes started on 12th November 2018, running a schedule of 3 days a week from 8.30 am to 9.30 am. The course was provided for a period of three months. 20 members from the teaching and non-teaching community along with 30 students from both gender participated in the training. The participants were provided training on various asanas including Surya Namaskara. The classes were completed by 22nd February 2019.

Evidence of Success

The participants find themselves exhilarated at the end of the course.

Lab tests by faculties and administrative staffs show healthy levels of cholesterol and blood sugar.

The students find themselves in a fresh state of mind and body to concentrate on their studies.

The participants have renewed optimism, broader outlook and sense of fulfilment.

Problems encountered and Resources required

- Infrastructural limitations in providing change rooms and cloak rooms.
- Lack of financial resources for providing gears like yoga mats.
- Lack of financial resources to provide continuous assistance of skilled trainers.

Title of the practice-2

Self Defence Training Programme

Objectives

- To empower students.
- To create self-confidence.
- To equip the girls with life skills and defence skills.
- To enable students to defend against any type of physical assault.
- To train students with measures to generate the presence of mind to avert impending danger.

The context

The socio-cultural situation of the contemporary world is one of uncertainties. There may come certain situations when one has to defend oneself, both physically and mentally. Crime rate is soaring high. Here comes the need for self defence. Self-defence is nothing but set of trained physical techniques that can be applied to protect oneself from being harmed. Self-defence, especially for women, is of utmost importance in the kind of world one live in and experience today. Women, who are usually considered as weaker sex, become easy targets. In a country like

India where the cases of gender violence are on the rise (of which many go unreported) self-defence becomes an utmost necessity.

Practice

The institution's Women Study Unit organizes self-defence training class for girls in association with the 'Vanita Cell' of Kerala Police. The inauguration of the program was held on 7th February 2018. Classes commenced on June 26, 2018 and are held regularly, every Friday.

Evidence of Success

- The students exhibit better confidence and self-discipline.
- They are more energetic and find themselves prepared to meet stressful situations.
- The course acts as an excellent workout program which offers the students a way to train their body and mind.
- The students are empowered with self-defence, broader outlook and patience.

Problems encountered and Resources required

- Tight academic calendar and time constraints acts as a barrier for scheduling more sessions.
- Lack of financial resources for providing gears required for training and workouts.