

MMNSS COLLEGE, KOTTIYAM

2019-20

Best Practices: 1

Title of the practice

Yoga Training

Goal

- To build a healthy generation.
- To help students hone their mental prowess.
- To promote self-discipline and sense of hygiene among students.
- To enhance the emotional stability of students.

The Context

Yoga helps to equip oneself with basic knowledge about one's personality, enables to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity. In today's competitive world, all these are some of the most desirable and necessary traits individuals must possess. That is why Yoga has achieved International acclaim.

About the Practice

Yoga Training in the campus was organized jointly by the IQAC and National Service Scheme. The training was conducted in the morning for students of various classes. The course was inaugurated on 21st June 2019 as part of International Yoga Day celebration. Thirty students participated in the training from 8.30 to 9.30 am, 3 days a week for 3 months. The course was formally completed on 22nd February 2020.

Success and Outcome

Students learned various basic postures and *asanas* including the Surya Namaskara and Pranayama. The feedback from students proved that the sessions were beneficial to them, with many requesting for an extension of the programme. The success of the training session has inspired the organizers to carry forward the program to the upcoming academic year.

Concluding Note

The essence of Yoga cannot be fully comprehended within such a short span of time. It should be integrated with the curriculum so as to elevate a student's perception of oneself, his surroundings and the universe.

Best Practices: II

Title of the practice

Self -Defense Training for Girls

Goal

- To empower female students.
- To enable girls to defend themselves against any type of physical assault.
- To build self-confidence so that they can contribute meaningfully to their own development and to shape their own destiny.

The Context

Being independent and safe in every way is the best feeling a person can have mentally, or physically. The ability to defend oneself in all difficult situations and to stay safe during challenging circumstances can enhance confidence and self-assurance. When it comes to self-defense, knowledge and practice are the essential requisites. By teaching self-defense techniques, the institution believes that it can ensure a society brimming with powerful and strong women who can protect themselves.

About the Practice

IQAC, Women Study Unit, National Service scheme and National Cadet Corps of the institution jointly organized a self defense training program for the female students of the campus. The inauguration of the program was held on 24th August 2019. This year's training program gave special emphasis to martial arts such as Karate, Kalari Payattu and Kung Fu.

Success and Outcome

Students learned various basic self-defense techniques. The feedback from students highlighted that the sessions were highly useful for them, and helped considerably in sharpening their reflexes, stress reduction, increasing agility, self-

awareness, and enhancing self-discipline. The program has helped girls, not only to have an enthusiastic outlook towards society but also to assert their dignity and presence. The success of the program has inspired the organizers to carry forward the program to the upcoming academic year.

Concluding Note

The techniques of self defense cannot be taught in a satisfactory manner in such a short span of time. It should be imparted from a very early age. In fact, it should be made a part of curriculum to cultivate strong and self-reliant individuals.