

Best Practices 2022-23

YOGA PRACTISE



Yoga as a systemic embodiment of healthy living has been instrumental in placing India at the centre of the world. Yoga not only caters to the physical wellness of an individual but also caters the spiritual need, thereby proving itself to be a holistic solution for one's well-being. Taking this into consideration, the institution has upheld Yoga Training as one of its best practises. The college during the academic year 2022-23 has conducted several programmes centred on the ideal and principles of Yoga to facilitate the needs of both its student as well as teaching/non-teaching communities.

- The Department of Physics in association with IQAC has conducted a programme titled **Stress Relief Techniques** on 21.06.2022 at the college Seminar Hall. The programme was highlighted by the presence of Smt. Archana, a professional yoga trainer from Krishnayanam Yoga Centre, Kollam, who acted as the resource person for the session. 39 students, 7 teachers and 3 non-teaching staff participated in programme that involved live demonstrations of several yoga techniques that are helpful for stress relief.
- The NSS Unit of the College in association with IQAC and the Health and Yoga Club of the College celebrated the International Yoga Day on 21.06.2022. The celebration was remarkable by the presence of Mr. Abhilash.C, a Yoga Instruction from the Art of Living. The program conducted at the college auditorium had a welcoming audience of 132 students and 8 teaching faculty. The resource person conducted demonstrations of various Yogasanas that can be easily integrated into one's daily

routine. The program has also helped to deliberate on the importance of Yoga and the need to cultivate it as a social practise for general well-being.

LEGAL AWARENESS



Legal awareness is crucial for students as it equips them with the knowledge to understand their rights and responsibilities within the legal framework. This awareness fosters a sense of civic duty and ethical behaviour, promoting adherence to laws and regulations. It also empowers students to recognize and challenge injustices, ensuring they can advocate for themselves and others effectively. Moreover, legal literacy enhances critical thinking and decision-making skills, preparing students to navigate complex societal issues and contributing to the development of informed, responsible citizens. Taking the above facts into consideration, the college has been upholding Legal Awareness as one of its best practice and has conducted several programmes during the academic year 2022-23.

- Legal Awareness and Gender Sensitization Cell of the College in association with the IQAC, Human Rights Foundations Kollam (HRF) and District Legal Services Authority celebrated the Human Rights Day on 12.09.2022. The programme was marked by the presence of law practitioners, Adv. Vinod Mathew Wilson, who acted as the resource person and Adv. Vijayakumar, President of HRF Kollam and Anju Meera Birla, Secretary of Legal Services Authority. The programme has helped to enrich the students with valuable information regarding human rights, the need to protect it and the legal provisions made available in the country to safe guard one's right. The programme was made a grant success by the presence of 58 students, 9 teachers and 2 non-teaching staff members and 13 guests from other institutions and locality.

- Legal Awareness and gender Sensitization Cell of the College in association with NSS and the IQAC conducted a programme titled **Legal Orientation Class** on 13.10.2022 at the College Seminar Hall. Mrs.Sabitha Beegum, Member, Kerala Food Commission, acted as the resource person for the session. She has delivered an exhaustive lecture on the importance of legal literacy among students, especially in the context of challenges faced by students like drug/alcohol abuse and cyber crimes. The programme was marked by the healthy presence of 110 students, 4 teachers and 5 non-teaching staff members.