

# **RJS FIRST GRADE COLLEGE**

**Koramangala, 3<sup>rd</sup> Block, Bengaluru-560034.**

## **INSTITUTIONAL BEST PRACTICES**

### **BEST PRACTICE 1: MASTER YOUR MIND**

#### **Master your Mind**

‘Master your Mind’ is a practice based on yoga and meditation. You start this with the help of a guru and slowly you become your own guru.

#### **Objectives:**

Learning and teaching are both psychological processes for which you need a disciplined mind. The sayings ‘Mind is a monkey’ and ‘Mind is a magician’, both are true. Mind can discover or invent and at the same time, it can destroy you, too. As far as results are concerned we expect a lot from the students this puts a lot of pressure on the genuine students and them over –use their mind. On the other hand, some students are too lazy to use their mind for studies. Both are wrong. Moreover, there are a lot of distractions in college life. Your emotions can play havoc with your mind. Hence, ‘Master your mind’.

#### **Context:**

There was a time when distractions were less as far as a student is concerned. Now, we have the T.V, computer and the internet to distract you, one can get addicted to these things to such an extent that it can lead too mental depression and eventually to suicide. In the field of education, now, there is a lot of competition that the students are compelled to over-use their minds. Moreover, now there is a new brand of success gurus who encourage such trends.

A mind oriented person cannot be healthy and cannot be happy. This does not mean that we should not use our mind. Students who do not use their mind for studies turn it to sex or drugs or gambling. Optimum use of your mind in the right area is that one has to achieve. The modern generation has an aversion towards religion and preaching. Religious influence and parental control has declined. Yoga is secular and in it no preaching is involved. Hence, 'Master Your Mind'.

### **Practice:**

'A healthy mind in a healthy body' they say. Mind and body can affect each other. Yoga is meant for both.

Master your mind advocates;

1. The right food
2. The right quantity of food
3. Enough use of water
4. Fresh air
5. Breathing exercise and
6. Corrective body postures and exercises.

These 6 things will help you in the right meditation which will relax your body and mind. Although, the practitioners are taught the basics in the college, they are supposed to practice it at home during early hours on an empty stomach. What exactly the guru teaches is the breathing exercise and the body postures. Pranayama is a rhythmic breathing exercise that helps you to keep your mind blank. In fact, our mind concentrates on nothing except the air that goes in and out.

### **Evidence of success:**

Certain things cannot be measured but can be felt. The following changes were seen in the students who practised yoga regularly.

- a) Those who were restless became calmer.
- b) Some of them showed clear signs of becoming less violent
- c) Most important of all, most of them started showing greater interest in their studies.

**Problems encountered:**

We faced only one main problem, in this project. The students were supposed to practise yoga at home during early hours. We had no way to find out if they were doing it regularly. In some cases, we noticed that some of them were not practicing it in the desired manner.

**Recommendations:**

1. First year students should have at least one hour in a week for yoga in their time table.
2. There should be a permanent yoga teacher on a part time basis.
3. The college should conduct yoga practises for the general public too.

## **BEST PRACTICE: 2 - Remedial Classes**

Remedial classes are meant for students who are weak in their studies. Students who score less than 40% in their internal exams are chosen for this. Students who have less than 50% attendance also can be included in this.

### **Objectives:**

Most students have a normal IQ and all of them can do well in their studies. This is called the principle of equity. However, many students scoreless in IQ tests probably because the tests are not designed properly. So far, man has not succeeded in designing an IQ test that will measure a student's intelligence properly. It is one thing to measure one's intelligence and another to measure his knowledge. Hence teachers have a tendency to underestimate a student's potential just because he hasn't studied what he was supposed to study. Remedial classes are meant to bring up the level of such students.

### **Context:**

There are several challenges to be faced in this context.

1. Normally students are weak because of their weak foundation.
2. Some students although very intelligent, are very slow when it comes to writing.
3. Yet some others score less because of poor application.

A weak foundation can have several reasons. Some students have a poor economic background and might have had a poor schooling. In some cases, the teachers are not trained or experienced enough to build up a proper foundation. In some cases, due to parental negligence. Some students who studied through the medium of their mother tongue can have a problem in higher studies because of language.

### **Practice:**

The first step for remedial classes is to categorize the students. Normally they fall into 3 categories.

1. Weak foundation
2. Slow learners
3. Poor application

For a layman, all those students may appear the same. A few tests will become necessary to categorize them.

### **First Test:**

A short class was conducted for about ten minutes. The lesson was of the level of their class. An oral test was conducted after that. Students who had a weak foundation failed in that. Both the second category and the third category passed in this test.

### **Second Test:**

A written test for the same lesson was given to the second category and third category together. The slow learners failed in it.

Hence, we had the students in 3 categories. Once the diagnosis was done prescribing the medicine wasn't difficult.

1. In the case of students who had a weak foundation, it was essential to teach them the basics.
2. In the case of slow learners, the teacher had to exhibit a high degree of patience and not lose temper under no circumstances.
3. In the case of students who were not ready to work hard the teacher had to take them to task. Here, the teacher had to be very firm and accept no excuses.

While conducting the classes it was found that in some classes the same teacher could not handle all the categories due to their temperamental traits. In every case extra time, extra human resource and extra incentives become essential.

### **Evidence of success:**

We have given our best within the resources available and the results are there for everyone to see. There are some cases where the internal exams showed 50% results, University exams showed almost 100% results.

### **Problems Encountered:**

It was not smooth sail all the way. We had to face mainly 3 problems:

1. Time Constraint
  2. Human Resource
  3. Incentives
1. Originally, the idea was to conduct these after college hours. It was psychologically wrong. No student wants to stay back after college hours. Poor attendance demotivates the teachers. However, we succeeded in conducting these classes well, after the preparatory exams.
  2. In some cases, it was found that the same teacher could not handle all the 3 categories, simultaneously. Human resource management became difficult.
  3. Since the students were not charged any extra fee, we could not give any incentive to the teachers.

### **Recommendations:**

1. We need full fledged faculty to train students.
2. Facilities should be provided by university, management and government.