



RJS FIRST GRADE COLLEGE

Koramangala Bengaluru-34

BEST PRACTICES :1. Yoga

The magic of Yoga was introduced in the calendar year 2022. Although the institution used to organise yoga practises occasionally, from 2022 it has become a part of our curriculum. The emphasis is more on practice rather than on theory.

Objectives:

1. To make the students practically aware of the importance of yoga in the holistic development of one's personality.
2. To make the students free of bodily diseases.
3. To improve the power of concentration, so that the students can focus better on their studies.
4. To keep the mind free of tension, anxiety, worry etc

Context: Worry and care has become a part of modern life. Competition for success drains out a person. There are several mental problems and bodily discomforts which cannot be eliminated through medicines or counselling. Yoga is a natural practice which can eliminate several of these problems.

Practice: children practise yoga every day for one hour. They do this early morning or in the afternoon according to the time availability. Several asanas (postures) and breathing exercises are part of yoga. Asanas help the students to remove their bodily discomforts. Breathing exercises are meant to improve concentration and to keep the mind calm. They do this under the supervision of our physical education director. Asanas help in different ways.

- a) To keep the stomach (abdomen) trim
- b) To remove back pain
- c) To remove constipation
- d) To provide flexibility to the neck region.
- e) To remove gastric problems
- f) To remove migraine etc

BEST PRACTICES: 2. International Conference

Introduction: The institution organises conferences on a national level or on an international level. ICON is the new name given to what was previously called Vibhavat.

Objectives:

1. To bring together scholars from different fields and share knowledge, ideas and thoughts.
2. To share new theories in the field of science and to explore their applicability.
3. To discuss the new trends in literature and how they help in bringing about social harmony.
4. To explore ways to compete in a market economy using modern technology.
5. To discuss the new applications in technology so that we won't lag behind in a fast developing world.

Context:

This is the age of multi-disciplinary approach in education. No longer can any country survive with a uni-disciplinary approach to education. This awareness can be created only through discussions among scholars from different fields.

Practice:

Invitations are sent to lecturers, professors, Academicians, Entrepreneurs, Technicians, Scientists and even to graduate students. The conference is usually for 1 day or for 2 days. We also invite scholars from different states or countries to do online presentation. Normally, we attract more than 100 paper presentations every year. Due to time limitations normally not more than 50 presentators get the chance to do oral presentations. All the papers are together formed into a book and published. Those who are interested to buy this book are free to do so. As an encouragement to students we allow them to do picture presentations on given topics. Everyone puts in a lot of hard work to make their endeavours successful.

Outcomes:

1. Conferences help the participants to keep themselves up-to-date.
2. It also creates an interest in the participants to know more about the subjects which they did not care for much before.
3. It speeds up the process of multidisciplinary approach in education.

Evidence for success:

1. The number of papers presented is an evidence of success.
2. The feedback both oral and written signifies success.