

Best Practice

Session: 2021-2022

1. Title of the Practice:

In the session 2021-2022 our college performs the following two as the best practices:

- i) Completion of Academic Audit by Bankura University.
- ii) Introduction of two new skill-development courses – Vedic Chanting and Yoga

2. Objective of the practice:

i) Any type of audit is the mirror of that institution on which the audit is done. Audit report shows the neatness, cleanliness as well as the transparency of any institution. So it becomes an urge for an institution to complete an audit to project its present scenario to the Higher Education Department in general and its affiliating university in particular. What is more, the loopholes or lacunas of any institution can be identified best if audit is done on regular basis. That's why our college took the initiative of Academic audit for the session 2020-2021 in the session 2021-2022.

ii) Veda (a Sanskrit word which means knowledge) is a collection of hymns composed in ancient Sanskrit or Vedic Sanskrit in Ancient India. As it is believed that Vedic chanting develops one's mental power and strength, improves one's memory and power of concentration, ease stress, and take one to a higher level of consciousness; the Department of Sanskrit took the initiative of Vedic Chanting to impart basic knowledge to students on Veda.

In modern life the importance of Yoga is immeasurable. Modern people in general and the students in particular are full of stress, tension and anxiety. To relieve the students from the burden of stress, tension, anxiety and pressure; Yoga, think we, has no alternative. As Yoga will bring calmness of mind, concentration and obedience; the students will get rid of restlessness and thus their mental health will be regained.

3. Context that required the initiation of the practice:

i) Though Academic Audit was not mandatory for the academic institutions in remote past, day by day it becomes a crying need for the institutions to promote those for the institutional benefits and progress. As a leading educational institute of Bankura University, we wanted to put ourselves in acid test by conducting such audit. There was also a suppressed desire from the part of the college to justify whether all our academic, cultural, co-curricular activities are run smoothly following the guidelines framed by the said university or not. Again, as the visit of NAAC Peer Team was on the threshold, all the teaching and non-teaching staff of our college along with the members of Governing Body of our college, unanimously resolved for the said audit and plunged for its success.

ii) Veda is a valuable book of immense worth. Every student must know the ABC of Veda or to be more precise of the chanting contained in the Veda. The students, who go through the Vedic chanting regularly, believe we, will have clear conception of Sanskrit words and can pronounce Sanskrit words clearly and correctly. Introducing Vedic Chanting in our college as skill-development course is the off-shoot of such an idea.

Day by day the college authority felt the need of Yoga practice for the students because Yoga can build strength, awareness and harmony in body and mind. Yoga has the capability of giving healing touch to the unrest mind. Again, it is part of the syllabus of some courses taught in our college. All these lay behind the decision of introducing Yoga as a skill development course.

4. The Practice:

i) Before the commencement of every academic session, for the distribution among the students and teachers, the college completes its **Academic Diary** where the *Academic Activities*, *Cultural Activities* and *probable Co-curricular Activities* to be followed in the coming session, are written. The above mentioned activities along with the *Holiday List* are also uploaded in the official website of our college at the beginning of every session. Breaking the Syllabus of Honours and Programme courses prescribed by the university into different modules and distributing the modules among the faculty members of each different are also finished before the start of the classes of every semester of each session. In addition to these, records of departmental meetings, departmental seminars, Students' Seminar, Internal Assessment of every semester are kept in well-organized manner for future reference. Academic Audit puts the hallmark on our endeavor of completion all the above mentioned activities in neat and clean way within the scheduled time.

ii) To get the fruitful and desired result from the course namely Vedic Chanting, a teacher-trainer was recruited who, on a regular basis, taught and trained the students in the class the essentials of Vedic chanting and the spiritual rewards of it, if it is done rigorously and austerely. Our obedient students attended the classes spontaneously and left no stone unturned to utilize the course and thus fulfilled our expectation.

In Yoga course a skilled trainer was engaged who trained the students for three months regularly without any interruption. The students needed costumes suitable for Yoga. The trainee practised Yoga with attentiveness and engrossment and day by day their skill in this field improved. Finally their practice achieved perfection.

5. Evidence of success:

i) As in the previous academic session, Academic Audit of our college was performed for the first time and the Audit Report bears the testimony that we do our jobs with favorable result; it enhances our mental satisfaction and physical energy which motivate all the faculties of this college to prepare for the Academic Audit for this session. Now any academic activity hardly

remains pending. We try heart and soul to finish the day's job on the same day. Our motto has now become 'Do it now'.

ii) It goes without saying that the Vedic Chanting course brought a waft of success that is witnessed among the students as, though before the introduction of this course, there was somewhat inertia among the students so far their pronunciation of Sanskrit words is concerned, now there is spontaneity in their utterance of words of Classical language as Sanskrit is.

As Yoga was exercised repeatedly to acquire and improve proficiency, at the end of the course the students passed this certificate course with flying colors. With strong zeal and enthusiasm, the trainer and trainee made the undertaking an effective one. At the end of the course, they did not go home in empty hand.

6. Problems encountered and resources required:

i) Frankly speaking, as it was for the first time, we ventured for Academic Audit and having no experience, it seemed to us to be a Mammoth task; we encountered some minor problems which we overcame with our best effort within a short period of time. Though no financial resources were required for the successful completion of it, we needed havoc academic data from different branches of this institution. In a word, success in Academic Audit depends on the academic resources available in the institution.

ii) Implementing any course and then to derive intended result are not easy tasks especially for the institutions of rural Bengal. Though at the initial stage we faced a bit problem to convince the students about the utility of the course, after two or three orientation classes on this course, they perceived the profitability of this course and the course was in session. As the teacher-trainer was recruited temporarily to run this course, we needed financial resource to pay his remuneration.

No remarkable problem was arisen to carry on this best practice. As the costume required for practicing Yoga was not too costly, the students procured it easily. Material resource in the form of money was needed to pay the remittance of Yoga trainer. A spacious room was provided for systematic and consistent practice of Yoga. Now the practicability of Yoga is as clear as daylight.

About the institution:

i) Name of the institution: Sonamukhi College

ii) Year of accreditation: 2022 (2nd cycle)

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