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SONAMUKHI COLLEGE

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West Bengal, India -722 207

NAAC: B⁺ 2022
AISHE : C-44762

Best Practice

Session: 2024-2025

1. Title of the Practice:

In the session 2024-2025 our college performs the following two as the best practices:

- i) Inclusion of mandatory Add-on course on Yoga for the overall mental and physical well-being of the students.
- ii) Usage of alternate source of energy with additional 20KVA capacity solar panels funded by West Bengal Renewable Energy Development Agency.

2. Objective of the practice:

- i) Who does not know that health is wealth? To bring this proverbial saying into practice the Teachers' Council of Sonamukhi College took the initiative of introducing Yoga as an Add-on course from the session 2024-2025 for the overall mental and physical well-being of the students. As the new generation is extremely reluctant to spend time in sports and games, the introduction of Yoga as a mandatory course will compel them to be indulged in different physical exercises based on Yoga.
- ii) To run an educational institution smoothly, uninterrupted power supply is a basic necessity. Most of the institutes including our college used to run depending on the electricity. But as the source of natural energy is limited, the college authority was trying to search for an alternate source of energy to cope with the growing demand of energy within the college premises.

3. Context that required the initiation of the practice:

- i) In recent few years, as the teachers, we have been witnessing the impatience of the students inside the classroom as well as outside the classroom. Day by day it is increasing. What is more, it is also noted that the participation in college annual sports is decreasing years after years. The think-tank of the college then tries to find out the reason behind it. 'Why there is lack of

concentration, lack of steadiness and lack of patience in the students' became a grave concern of the teaching faculty of the college. Then the members of Teachers' Council came to the conclusion that introduction of Yoga can be a way out of the above mentioned problem.

ii) Our college is located in semi-urban area. Load-shedding is a regular practice in that locality. Occasionally it has happened that during examination or Power Point Presentation in the class, there is unexpected power-cut. Though there is generator facility to provide power in all the buildings of the college, power-cut for hours after hours compelled us to think of alternate source of energy. It was in our knowledge that West Bengal Renewable Energy Development Agency grants fund for installing solar panels. So the college approached the said agency for funding.

4. The Practice:

i) Fortunately we have a teaching faculty having a special training on Art of Living. It goes without saying that Yoga and Meditation is an integral part of Art of Living. So we have a great opportunity to utilize her skill for the overall mental and physical well-being of the students. She, with the help of teachers and instructors of Department of Physical Education and with the assistance of few teachers of Department of Philosophy, took the main initiative to teach and instruct the students to practise Yoga. Regularly for three months, the team members of Yoga and Meditation Club bestowed theoretical knowledge and practical instruction so that the students could acquire basic knowledge on Yoga and perform Yoga exercise to 'feel good' both physically and mentally.

ii) At the advent of the academic session 2024-25, solar panels of 20KVA capacity was fixed on the roof of the college-building getting fund from the West Bengal Renewable Energy Development Agency. This alternative source of energy is used to meet the demand of electric energy of our institution.

5. Evidence of success:

i) There are some things that give long-term result. Practising Yoga is one of them. Of course instantly we have seen the behavioral change in the students. We have not failed to notice politeness in their approach, patience in learning and strong determination in completing something. We are very optimistic that this initiative will bear rich fruit in near future.

ii) The installation of solar panels brought immediate success to our institute. The amount of electricity bill has decreased enough. The giant high-performance outdoor solar lighting lamp is used in front of every building to illuminate the campus at night. As they produce light using solar energy, there is no risk of extinguishing light, suddenly and unexpectedly.

6. Problems encountered and resources required:

- i) Like the proverbial saying 'those who try, fail'; it can also be said that 'those who venture, encounter problems'. As there were a large number of students, it was somewhat difficult but not impossible to train them minutely. We have a good set up for Yoga in our college. The college authority provided the financial resource required for buying few equipments for conducting Yoga. We have the human resource. So the best practice clicked well.
- ii) To get best performance and long lifespan, solar panels require maintenance at regular intervals. As dust, dirt, debris, moss and fern can reduce the solar panels' best performance and efficiency by obstructing the sunlight from reaching the solar cells, provision of annual cleaning by professional serviceman is a crying need. For maintenance of solar panels, a meagre financial resource is needed.

About the institution:

- i) Name of the institution: Sonamukhi College
- ii) Year of accreditation: 2022 (2nd cycle)
- iii) Address: P.O.+P.S.- Sonamukhi, Dist.- Bankura, State- West Bengal, PIN- 722207
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8/11/25



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