



SAPATGRAM COLLEGE
SAPATGRAM, ASSAM

BEST PRACTICES



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Best Practice -1

Title of the Best Practice: **Self Defense Programme for Girls' Students**

Objectives of the Practice: The healthy Education does not only focus on mental fit or stability, it also focuses student's physical fit as well and New Education policy-2020 has given utmost importance of students overall fitness and development, keeping this thing in mind Sapatgram College has launched a programme on Self Defense for the girl students. To be the right person to defend from any personal and physical harm, the practice follows some objectives;

- To impart mechanism of defense to protect themselves.
- To defend against undetermined situation of physical assault.
- To build self confidence so that they can protect themselves to shape their own destiny and capacity enhancement through self defense training.

The Context: As instances of harassment against girls are prevalent in our society, many of which go unreported, eventually leading to heinous crimes against young girls and women. There is a pressing need to tackle such complicated situations so that the young girls would be able to defend themselves from any untoward situation. IQAC of Sapatgram College realizes that the teaching self defense to young girls which ensures a strong society with women who can protect themselves from any kind of physical assaults.

The Practice: Self defense programme for Girls' Students is launched at Sapatgram College to boost the knowledge of self confidence where we teach girl students to face the fears and get rid of them on their own. Self defense inculcates the ability to respond quick situations, maintains weight, inculcates self discipline, helps body balance, builds strong instinct, provides a sense of protection and to improve the quality of life. The practice is exercised by the experts and coaches once, every Saturday in a week.

Evidence of Success: The practice of self defense programme has been a tremendous success. Now a day this kind of practice is widely accepted by the students of Sapatgram College. 70% of the students who enrolled in the programme are successfully completed the practice. And more students are waiting for the programme to enroll themselves. The success has induced the management to extend the facility of self defense.

Problems Encountered and Resources Required:

Since the practice of self defense programme is provided at initial level the emergency cases are not attended at the full-fledged level. For making the practice more qualitative some tools for maintaining self defense are needed.

Best Practice -2

Title of the Best Practice: **Yoga for Peace Programme**

Objectives of the Practice: Yoga is an Art and Science of healthy living. It is a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. The holistic approach of Yoga is well established and it brings harmony in all walks of life and thus, known for disease prevention, promotion of health and management of many lifestyle –related disorders. Sapatgram College has launched a programme on Yoga for Peace by following some objectives given below-

- Maintaining and promoting the different Indian Yoga traditions among the students.
- To bring certain amount of self discipline of the students at the institution
- To develop techniques and approaches based on the Ancient Yoga Texts and Granthas of Yoga to meet the challenges of the modern era.
- To prescribe different courses for imparting Yoga education, training and therapy.

The Context: Yoga is a multifaceted spiritual tool with enhanced health and well-being as one of its positive effects. The components of yoga which are very commonly applied for health benefits, Physical exercises and the physical components of yoga practices have several similarities, but also important differences. Evidence suggests that yoga interventions appear to be equal and/or superior to exercise in most outcome measures. Emphasis on breath regulation, mindfulness during practice, and importance given to maintenance of postures are some of the elements which differentiate yoga practices from physical exercises. To give the sense of sound health and fitness Sapatgram College has launched this programme.

The Practice: Yoga, no doubt, conquers the world with its efficiency in health. People often consider yoga with gymnastic acts of jaw-dropping twist and turning flexibility of the body. Yoga improves a person's strength, Yoga boosts metabolism, Yoga reduces anxiety, Yoga boosts brain power and many positive effects are there in the practices of Yoga. More than 100 students both girls and boys participate in the Yoga for Peace Programme. Every Thursday from 1:00 pm onwards physical classes are taken and once in a week students attend the theory classes.

Evidence of Success: The practice of Yoga for Peace programme has been a tremendous success. This practice is widely accepted by the students of Sapatgram College. 100% students who have been enrolled in the programme have successfully completed the practice. It is also evident from the fact that many more students are found waiting to be enrolled for the same. The success has encouraged the management to extend the facility of self defense.

Problems Encountered and Resources Required: Since the practice of Yoga for Peace Programme is provided at an initial level, the emergency cases are not attended at the full-fledged level. For making the practice more qualitative students need to give more attention.