

IQAC-Best-Practice- 2017-18

Best Practice 2

Title of the Practice—Yoga for better living

The Objective—The healing power of yoga or health benefits of yoga, are well known. The institution offers regular Yoga classes to all students.

The Context—To stay physically fit, to counter emotional stress and fatigue, to boost immunity, students are offered a regular yoga classes on campus.

The Practice—Currently around 25 students have enrolled for Yoga classes. Yoga workshops have been organised particularly to counter stress, anxiety and insomnia amongst today's youth. These workshops on campus have demonstrated methods and techniques for the improvement of physical and mental health. They have demonstrated methods to attain spiritual harmony through asanas, poses and meditation.

Evidence of Success—Yoga workshops have been organised on campus. Workshops organised by the college have become popular among students and have received enthusiastic response. World Yoga Day is observed every-year at the college campus.

Problems Encountered and Resources Required— The present academic routine is trying to accommodate more hours for yoga classes in the morning. Measures need to be adopted to make all students aware of the amazing health benefits of yoga and embrace yoga as a way of better living.

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Title of the Practice— A well-structured 360 degree online feedback from all Stakeholders and its analysis.

The Objective— Feedback is collected from students, teachers, management, supporting staff, parents and alumni. Online performance appraisal or a multi assessment approach, report of which is analysed annually, will give staff members a more objective view of their performance.

The Context— In recognition of the fact that feedback is an important part of the learning cycle, stakeholder's feedback is taken annually and the data received is meticulously analysed.

The Practice—Students' feedback on teaching is taken annually from the outgoing final year students. Teachers' feedback on the institution and resources available in the library is collected annually. Similarly, supporting staff, alumni, management register their feedback. A questionnaire for obtaining feedback covering different aspects is made available online. Students and staff are briefed ahead of time about the purpose of the feedback and the institution's desire to benefit from their true and honest opinion. IQAC, in consultation with the Principal, uses the data and information obtained from the feedback to re-evaluate the performance of the institution.

Evidence of Success— The institution received constructive suggestions from faculties regarding governance of the college and matters related to management. Huge student response has been generated and students have participated enthusiastically. The feedback obtained has helped in effecting improvements in the teaching-learning process and classroom management. Comprehensive performance feedback measures – from all sectors like institutional performance, staff performance, alumni's response have qualitatively improved overall development. It has

helped in building staff engagement and interpersonal relationships – the key pillars to a successful institution. The feedback process has opened and strengthened a transparent communication channel between the institution and its stakeholders.

Problems Encountered and Resources Required—It is important to collect feedback without revealing the identity of the stakeholders so that they may come up with an unbiased opinion. Right now online feedback is acquired after logging in through an email id. College needs to use an improved software to generate One Time Password while the feedback is being collected. Due to lack of portals, it was difficult to collect feedback from all students.