

**Shiksha Mandal's
Bajaj College of Science, Wardha**

Best Practices (2019-20)

College has taken initiatives and efforts for many activities out of which few practices which had more impact over the students are enlisted:

- Computer Awareness programme
- Additional subject tutorials (Remedial Classes)
- General Knowledge Test (For all students)
- Nurturing the best minds of the school going kids of the Wardha district at Bajaj Science Center, Wardha
- Blended mode of online teaching and evaluation through learning management systems (MOODLE and google classrooms).
- Research based pedagogy tools through UG Students' projects
- Free coaching and guidance to students for various competitive exams like JAM, NGPE, NET/SET etc.
- Workshop for the fabrication of low-cost experiments by undergraduate students.
- Heartfulness: Stress management meditation programme
- Language laboratory for English training.
- COVID 19 Awareness programmes through NSS platform.
- Spoken Tutorials by IIT Powai
- Consultancy services of materials' characterization instrumentation at low cost
- Plant a tree on birthday movement: Go green
- Distribution of Bird feeders made in the college to save birds during hot summer.
- Training programme for *Mahila Bachat Gat* to prepare Biofertilizers

Best Practice 1

1. Title of the Programme: Heartfulness Meditation: From Stress to Self-realization

2. Goal:

- Students value character awareness and become good human beings (affective)
- Students develop correct thinking, right understanding and an honest approach to life. (Cognitive)
- Students learn to meditate and understand the same as a comprehensive practice to navigate their lives (psychomotor)
- Practice! Experience!

3. Context:

The current education ecosystem lacks in providing students with opportunities to solve real-world problems and acquire relevant practical and soft skills. When we shift our focus to the global stage in education, a revolution is underway, as a result of strengths like Emotional Intelligence, Social Intelligence and communication being valued more highly than IQ in the workplace. In fact, research by Daniel Goleman and others shows that success in a career requires Emotional Intelligence more than anything else. As he says, “If you look at IQ alone, it predicts about 6 to 10 percent of career success.”

During the last 70 years, there have been many scientific and medical studies that show both relaxation and meditation having a significant impact on Emotional Intelligence, Social Intelligence, overall well-being, neuroplasticity, brain development and hence heightened learning ability. One recent reference that summarizes many of the key studies is ‘The Science of Meditation’ by Daniel Goleman and Richard Davidson, two of the key researchers in this field of mind-body medicine.

Education, personal character and meditation are important, but independent parts of a person’s life, though they are very much interlinked. Meditation helps build a contemplative mind. Education helps us to act upon such a contemplative mind. Acting upon our decisions and learning from life helps to build our character. Meditation is one of the most effective ways to strengthen a student’s character while they are being educated. Through meditative practice, we tend to accept who we are - and through the experience of meditation - appreciate who we can become. The programme is designed to

familiarize students with meditation assuming that such a practice will enthuse them to lead meaningful and contemplative lives.

It is a well-known saying that “Our Children are Our Future”. These children, under the current system of education, are largely being nourished by their lecturers. The result-oriented, examination-based education system puts a lot of pressure on students to focus only on academic results, leading to a stressful life.

While students develop well and become subject-matter experts, most of them lack the basic life skills. There is little time to focus on values and morals. A slow downfall in the moral standards of today’s youth is quite visible in our current society.

HELP: ‘Heartfulness – Experience of Life’s Potential.’ imparts the Heartfulness methods to students through a 16- week certificate course.

4. The Practice:

This programme was run compulsorily by the college for the development of the entrants (B.Sc. I students) on Saturday. Sessions were engaged by the team of external experts for 1h. Batch of 50 students were made and was given a fixed window in the time-table. Students were engaged for 16 weeks and some assignments were also given to them to improve their thought process.

Program Outline

- Heartfulness Meditation
- Rejuvenation
- Connecting with the Inner Self
- The Science behind Meditation: Habits and Change
- The Art behind Meditation: Observation and Diary Writing
- The Heart Behind Meditation: Experience and Evolution
- Live Light, Live Right
- The Power of Pause
- Designing your Destiny 1, Designing your Destiny 2
- Participations in the Competitions to boost the confidence

5. Evidence of Success:

The impact of this programme is observed to:

- Improve Concentration and focus on students.
- ‘Centred Students’: where ‘centeredness’ is defined as a person who is self-confident, emotionally stable and well balanced.
- Well managed stress, leading to a joyful and happy presence.
- Respect for each other.

6. Problems Encountered and Resources Required:

Most of the students are taking the sessions regularly but few students found it time consuming because of their other interests. Managing 16 weeks is challenging in case of National holidays on Saturdays. Otherwise, this programme has overall a good impact over the students.

Best Practice 2

1. Title of the practice: Computer Awareness Course

2. Goal:

- To impart basic knowledge of computers to all the new entrants of B.Sc. First Year students of the college.
- To make them confident and skillful in handling the computers to perform the computer-based tasks related to their academic and day-to-day work.
- To acquaint and make them familiar with recent trends in the Internet World.

3. Context:

Today’s techno savvy world demands that the students should make use of varied online and technical resources to access tons of information related to their academics apart from the traditional methods of learning. However, most of the students of our college are from rural background, as such most of them lack this exposure to computers and recent trends in E-world. College has always strived for its students for their betterment in every possible way. As a part of this initiative, the Computer Awareness course was designed and introduced from the academic year of 2017-18 for all the students of the college. The course is designed in such a way so that it aims at learning the skills rather than mere conceptual knowledge.

4. The Practice:

There are two variants of this course. The one variant is specifically developed for the Computer Science students which consists of advanced concepts related to Indian IT Act, Cyber Awareness, Internet technologies, etc., and the other variant of the course is developed for rest of the students that aims at providing basic computer skills which are required by students in their student life like introduction to Fundamentals of computers, Working with MS Word and Internet.

During the first semester, all the students of Biology stream participate in the course and in the second semester, students from Mathematics stream including the Computer Science students participate and learn from this course. Every batch is allotted one session per week during which they are taught practically. The emphasis is more on learning by doing. At the end of the semester, students have to appear for a final exam consisting of theory paper consisting of multiple-choice questions and a practical examination.

5. Evidence of success:

It has been observed that whatever skills that are acquired by our students from this course has helped them radically in their academics. The effects of this mandatory course that we have started from 2017-18 session could be seen since then. A marked improvement has been found about their knowledge of computers and the way they use computers effectively for their work. The course is helping them to become self-dependent when it comes to computer related needs. For example, students on their own create their e-assignments, project reports, presentations, articles and papers, etc., for which they used to depend on others previously. Internet related skills help them for accessing various online resources effectively. Furthermore, they gain vital inputs on how to safeguard and secure themselves in this cyberspace which is today's need. This training has also helped them to adopt the effective learning management system. This has also motivated them to get acquainted with the knowledge of recent trends in technology.

6. Problems encountered and resources required:

- Because of the poor exposure and language issues, few students need more time to grasp the technology.
- Practice is the major issue as few students don't have electronic gadgets at their place.

- Because of the demographic difficulties, we could not implement online courses and examinations.
- Most common problem encountered is the fear of students regarding the use of computers, which however, is eliminated by itself as they become familiar to those. Sometimes students find it difficult to remember the technical jargon.
- Difficult to give more attention to the weak students by providing them the extra window as students lack the facilities to practice at their home.