Best Practice: 1 (2020-21)

1. Title: Use of ICT in Academics and Administration

2. Objectives

1. To make the teaching-learning process more creative and dynamic.
2. To promote the use of advanced digital/e-resources in teaching and administration.
3. To bridge -up the teaching-learning process during the Pandemic period.

3. The Context:

The Use of ICT in the Teaching-Learning Process has made the process of education more student-centric. It has helped to cross the barriers of time and place. The institution has always been adaptive and updated concerning technology and so is for the use of ICT. The college provides wi-fi campus, smart classrooms, and appropriate computation facilities at the campus. The teacher training has been opted to strengthen the effective delivery of the content. As a result of this even in the pandemic situation of COVID-19, the curricula were effectively delivered. The teachers have developed e-sources using ICT tools with creativity and all have experienced meaningful teaching-learning throughout the year. Moreover, the college has effectively implemented an online system for admission, internal as well as external evaluation. Besides teaching, several competitions, webinars, and other co-curricular activities were also conducted successfully using ICT during the pandemic period.

4. The Practice

- The college has structured the process to develop the ICT infrastructure in past many years.
- Every year college takes cognizance of the available ICT facilities and required upgradation.
- The college has established 11 dedicated ICT classrooms, 7 computer laboratories, 2 ICT-enabled auditoriums, 4 computerized examination halls. It helps to conduct effective teaching-learning and evaluation processes.
- The college has procured the hardware to support the ICT use such as establishing the LAN, Routers, and server rooms.
- The college has appointed dedicated maintenance persons who take care of hardware and software issues on the campus.

- The college has established an effective ERP system for administration. Through the ERP college admit the students, conduct the examination, keep the record of academic fees and scholarships.
- The college website is updated regularly to provide information related to academics, administration, research, and student support services. This helped to overcome the challenges during the pandemic.

Use of ICT by Various Departments:

Library:

- The software SOUL 2.0 is upgraded to SOUL 3.0 in 2021.
- The library has ICT facilities such as RFID technology, CCTV, Fujitsu SV600 scanner
- Access to the library catalog is provided through WEB-OPAC.

ICT in Sports: Live matches are recorded and are available for players to study the tactics.

ICT in teaching: Various departments uses the ICT tools for the teaching-learning process such as

Humanities: English dept. has independent Language laboratory with necessary software; Geography uses software ArcGIS10.3, ERDAS 9.2, Grapher10, Diger, Surfer-10, Global Mapper, ILWIS, Tripway; Dance department uses youtube channels for recording the performance.

Commerce: School of Commerce & Management has an ICT-enabled Research Facilities and Skill Development center, computer laboratories with 80 computers, software like SPSS.

Sciences: Most of the advanced instruments in laboratories are aided by a computer, Computer Department has 6 laboratories with 120 computers and 37 licensed software. Statistics laboratories are equipped with software such as MATLAB, 'R', Algorithm and problem-solving software, Modelling and simulation software, SPSS.

Teaching aids: In addition to the above, teachers use several Google Apps for Education for the online quiz, filling up forms, making spreadsheets and PowerPoint presentations, the online examination was conducted on software Testmoz, teaching was done with apps such as Google meet, Zoom, YouTube streaming, YouTube Channels. Google Classroom, blogs, Telegram was made for the teaching-learning process.

Training sessions: The college has conducted various training sessions for ICT uses for teaching and examinations.

5. Evidence of Success:

- The college is equipped with 417 computers and laptops, 17 LCDs, and 10 Interactive boards for teaching.

- Most of the teachers use Goggle classrooms / Moodle classrooms to share study material and to collect assignments.
- The platforms like Zoom, goggle meet, youtube (26), and Blogs (16) were used for teaching and co-curricular activities.
- To communicate with students' social platforms such as WhatsApp, Telegram and email were used.
- The resource material in form of e-books and PowerPoint presentations was provided to the students.
- In the year 2020-21, a total of 116 faculty members made use of ICT tools.
- The college has licensed software Pspice, LabVIEW, Tina, ArcGIS10.3, ERDAS 9.2, Grapher10, Diger, Surfer-10, Global Mapper, ILWIS, Tripway, EndNote, SPSS, Minitab, Python, 'R', EndNote, Desktop Version of Zoom, OBS, Screen Hunter, SPSS, Zotero, MINITAB used for research and teaching purpose.
- The departments of Science use advanced instruments aided with computers and software such as which are Mobile Mapper-10, Spectrophotometer, HPLC, GC, AAS, FTIR, etc.

6. Problems Encountered and Resources Required: (150 words)

- Poor internet connectivity is especially a challenge for students living in remote areas.
- Students with the financial crisis could not afford Smart Phones, data, or laptops.
- Students need additional time and training to get acquainted with ICT techniques.
- Lack of readiness among few teachers to adopt ICT in teaching.
- The number of virtual Classrooms is less.
- Need to purchase advanced software and hardware's for subjects like Bioinformatics, Animations, Graphics, and Simulations.

7. Notes:

In the past years, the college has strengthened the ICT infrastructure gradually. It has helped to face the challenge of the crisis of the Pandemic Covid-19. The college could establish ICT use as a best practice. The use of ICT enables to keep the students enacted with education. The institution has given online / offline training to teachers to use ICT and the rich infrastructure facilitated it effectively. The college has expanded the use of ICT effectively for admission, online activities, and examinations. Even though the fact is that offline Teaching-learning cannot be replaced by online teaching, the college took the pandemic as an opportunity with proper training, practice, provisions to fill up the gap between teacher and learner.

Best Practice: 2 (2020-21)

1. Title: Yoga as a Lifestyle to Promote Health

2. Objectives:
● To create awareness and inculcate the daily practice of yoga among the students and society.
● To make yoga a part of the curriculum to create awareness and offer job opportunities.
● To arrange health-promoting events as per the needs of people.
● To provide scientific training of yoga.

3. The context:

Health, which is the basic requirement of life, is being neglected in the present busy schedule of life. Looking at the increasing deterioration in the mental and physical health and Pandemic Period, the institution took the best practice of Yoga as a Lifestyle to Promote Health to create awareness of yoga. The true meaning of education is the complete development of one's mind and this is achieved through the connection between mind and body which is one of the aims of yoga. The department of yogic science of the college contributed to public health during the pandemic period. Besides training, the institution runs various courses in Yoga from Certificate courses to Undergraduate and Post- Graduate Courses. These courses have opened new avenues of employability and helped yoga activities outreached to society.

4. The practice:

1. Yoga as Life-Style to face the crisis during a pandemic:

Health was a crucial issue all over the world during the Pandemic Period. The college conducted on campus as well as outreached activities to maintain health. The activities are conducted online focusing on the Covid-19 guideline. It has supported people to overcome the fear of the pandemic. The examples are lecture on managing Stress of Covid-19, Importance of Shatkarma in Covid-19 and workshop on 'Jalneti''.

2. Yoga for Women –A Support System for Women Empowerment:

Women's health is a complex issue and still neglected by women. Taking this into consideration, the department of yogic science conducted various activities focusing on health habits and lifestyle women as a part of women empowerment. The activities include

Celebration of Makarsankranti – A step towards a healthy lifestyle:

The department has the tradition of celebrating Makarsankranti by arranging health-related activities for women. These activities include guidance regarding PCOD, Menstrual cycles, thyroid and women's hormones, pregnancy, and post-pregnancy. Moreover, naturopathy treatment is also given at discounted price. On the occasion of Women's Day, a free online workshop 'Yoga-a Sanjeevani for women' was arranged. 1,025 women took advantage of it including women from a foreign country. A free webinar on 'Making Menopause Easy through Yoga was organized which is the need of each woman. 'An online workshop on 'Fat to Fit' was conducted.

1.2 Yoga for Students: 284 students of SSBT Engineering College, Bambhori attended a training program on Yoga for personality development. 65 students from Nutan Maratha College, Jalgaon attended a Webinar on Yoga. A workshop was conducted for students and parents on Mindful Eating and Indian Culture and Habits. In addition to this, more than 100 students participated in a lecture on Positive Thinking.

1.3. **Regular online workshops:** Online workshops on various topics like obesity, breathing, Naturopathy, Praan Sanjeevani, immunity diet Home tuitions were also given.

1.4. The celebration of Yoga Day includes creating interest in yoga and naturopathy in life.

5. Problems:
Although people realize the importance of yoga, there were many challenges in helping people to make it a habit and lifestyle. People are reluctant to give up their stagnant lifestyles.
- If ever people joined the program, it was challenging to monitor their consistency and take follow up due to a lack of immediate responses.
- Sometimes there were limitations to showing or monitoring the yoga postures in online mode or virtually which was the only option during the pandemic period.
- But the variety in Yoga awareness activities and well-trained trainers and speakers as well as the continuous efforts of the Yoga Department using the updated online educational modes and efforts, it was possible to reach people and make Yoga their discipline of life.

6. Evidence:
- Around 450 students were benefited in the year with yogic workshops and guest lectures.
- The beneficiaries include various groups like gender, age, students, and professions.
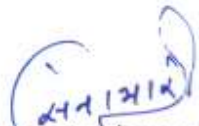
- As many activities were conducted online, people from different regions could take the benefit, including participants from a foreign country. The online mode facilitated in making it available to a large number of people as people had their leisure time as well as aged and people with health problems could join it. Around 1,025 women were taken the benefits of online activities.
- People with different health issues received guidance.
- Society has realized the significance of exercise, pranayam, healthy diet, and naturopathy also thus making Yoga a lifestyle.

7. Notes:

Yoga as science deals in maintaining the physical, mental, and spiritual health of an individual. But awareness with proper guidance focusing on the general wellness and specific illness only can benefit any individual. The institution, along with cognitive and academic development focused on the holistic health of the students as well as the society which is one of the purposes of Higher Education. The Soham Yoga and Naturopathy center undertook various activities to promote well beings and wellness through yoga as a lifestyle among people. All the activities conducted were categorized including age, gender, women empowerment, students, professionals, and specific health issues. The department of Yoga made all the programs activity-based workshops and made them virtually available to all during the pandemic period which was the crucial need of the time. These activities proved to be beneficial as preventive, curative and maintaining general wellness.

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