

**INSTITUTIONAL BEST PRACTICES
2018-2019**

1. Title of the practice: NSS special camp

Duration: 7 days (08-01-2019 to 14.01.2019) conducted by NSS, Rammohan College

Objectives:

- The main objective of the Camp was to establish social responsibility among students.
- To inculcate values of self-discipline and selfless dedication towards community development.

Context: As an integral part of the Ward number 27, KMC, Rammohan College, NSS took this initiative for the enrichment of the community.

Practice: The thrust was on activities and lectures to help the volunteers to work for the community, in the community and with the community. Multifarious interactive sessions, demonstrations, lectures & field works were conducted to educate the volunteers about certain social, physical, psychological, economical needs of the community and how to address these issues.

Evidence of success: At least 10 teachers per day, 40 student participants/volunteers & local community comprising about 100 persons per day participated in the programme.

Photos & information about the Special Camp has been uploaded on College website for the students & community to view and provide valuable feed-back.

Problems encountered and resources required: Funds received from University of Calcutta to conduct special camp. But as the participants were many, more funding is required for future programmes. This would help to conduct a more communally inclusive programme.

2. Title of the practice: International Day of Yoga

Duration: One day (21.06.2019) conducted by NSS, Rammohan College

Objectives:

- To make students & teachers aware of the need to practice yoga.
- To lead physically fit and mentally alert lives.

Context: RMC, since its inception in 1961, had worked towards the socio-economic and academic empowerment of women. The need for yoga to build physically & mentally strong women was also felt. Hence, the College has built a fully functional & multispecialty gymnasium & yoga centre from 2016 onward. As a follow up to this, the NSS conducted the International Yoga Day on 21.06.2019.

Practice: On 21-06-2019 yoga practice sessions were conducted from 8am to 11am. Thirty students & 10 teachers participated.

Dr. Santanu Das, Department of Zoology, Rammohan College, gave a detailed lecture about the importance of yoga in our lives.

Evidence of success: Thirty students and 10 teachers attended the programme.

Problems encountered and resources required: More funding is needed. Practice of yoga to be made more popular through more such programmes.

