

Online Free Yoga Training Camp cum Workshop: Best Practice 1

Yoga Training Camp was organised for the students, teachers, all the stakeholders and people across the world so as to provide them with a training that will lead for better physical, mental and spiritual health in their life.

Title of the Practice- Online Free Yoga Training Camp cum Workshop

Yoga is an ancient practice for a healthy mind and body. It is a form of exercise and meditation, which is very helpful for making our lives better. The posture and poses of yoga do not only benefit the physical body, but also enhance the spiritual energy. Yoga does not only enhance the overall body functions, but it also helps to cleanse our thoughts and makes our mind sacred and pure. Yoga is a tool to achieve good health and spirituality by performing physical and breathing exercises. There are different ways of performing it like slow relaxing exercises to vigorous exercises, depending on your choice and need. Today, Yoga has become a part of the daily routine of millions of followers in India and abroad. We must take out some time for practising Yoga to achieve health and spirituality.

Objectives of the Practice

1. Yoga increases your flexibility.
2. Yoga helps you to build strength.
3. Yoga improves your posture.
4. Yoga is a powerful mindfulness practice.
5. Yoga reduces stress.
6. Yoga improves breathing.
7. Yoga encourages your body's natural healing process
8. Yoga is an important instrument to fight against and protect ourselves from pandemics like Corona.

The Context

L.B.R.D. Arts and Commerce Mahila Mahavidyalaya is working for the empowerment of women in every sense of the word 'empowerment'. Hence, the college has started a Yoga Training Camp and Workshop to train and inculcate skills among girl-students. The yoga camp provides a fantastic opportunity to awaken or deepen our yoga practice. The best part is: we get to understand that everything we need is already within us. The practices can lead us into

accessing our gifts and beauty within, which then can blossom forth and inspire others. The experience provides a great way to find long lasting happiness, peace and the ability to share the yogic lifestyle with others. As a girl-student (woman) can train and convey the essential information and skills to the family members and society at large. She can use the information and adopted skills in her day to day routine life. The training in the camp is modified and implemented as per the requirements of the students. The college has conducted Yoga Training Camp for all the stakeholders of education, students and society.

The Practice

The college has organised Online Yoga Training Camp from 08th March to 21st June 2021. The training includes asanas, pranayamas, kriyas, chanting, mantra, meditation, and other traditional yoga techniques. It also includes demonstration of asanas and their variations, classification and sequencing of yoga asanas as per traditional understanding based on Chakras, adjustments of common mistakes and hands-on techniques.

Evidence of Success

1. The students successfully completed the training as mentioned above. The students also achieved the certification from the concerned authorities.
2. The best part is that they get to understand that everything we need is already within us. The practices lead us into accessing our gifts and beauty within, which then can blossom forth and inspire others.
3. The experience provides a great way to find long lasting happiness, peace and the ability to share the yogic lifestyle with others.

Problems Encountered and Resources Required

1. Majority of the students participating in this activity belong to 17 - 23 years of age group. They are physically fit. So, they take this activity casually. Majority of the students are reluctant to participate in this activity.



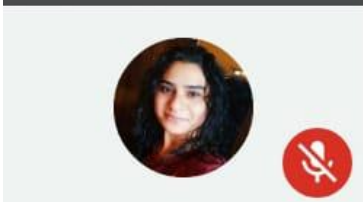
(100)



Jyoti Sureshe (You)



Yogendra Patil



Sarika Jagtap



Shraddha Nikam





(100)



Also in the meeting (96)

- Aarti Gosavi >
- achint tarrance >
- aditi burhade >
- Akanksha Rahekwal >

4G

332.7K/s

7:47 AM

4G 90%



(83)



Jyoti Sureshe (You)



Yogendra Patil



CHETNA JADHAV



Archana Patil



Staff Academy: Best Practice 2

Title of the Practice- Staff Academy

Keeping in view that teachers need exposure in teaching techniques, skills and system in planning of teaching activity throughout the year, this academy works for the same.

Objectives of the Practice

9. To expand the horizons of the teacher's knowledge by arranging lectures of and discussions with resource persons from different fields.
10. To motivate the staff for undertaking Minor and Major research projects.
11. To arrange visits of the faculty to enhance and update their social and academic awareness.
12. To arrange such activities as would acquaint and update the staff with the changing academic scenario.

The Context

L.B.R.D. Arts and Commerce Mahila Mahavidyalaya is working for the empowerment of women in every sense of the word 'empowerment'. Keeping in view that teachers need exposure in teaching techniques, skills and system in planning of teaching activity throughout the year, this academy works for the same. The objective of Staff Academy is to organize innovative activities for teaching, non-teaching staff and students by inviting experts to conduct lectures or workshops on various topics that it will augment their knowledge and help them pursue higher academic and professional skills.

The Practice

The college organizes lectures of eminent educationists and experts in the field to enhance and upgrade the knowledge of the teaches and non- teaching staff.

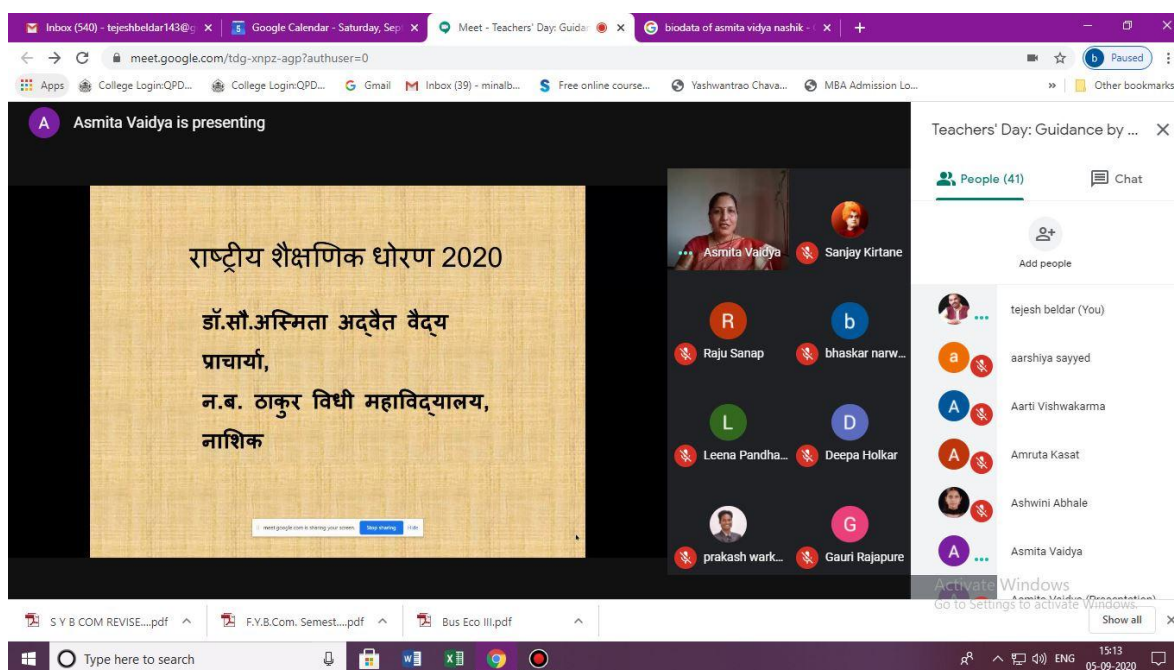
Evidence of Success

1. An online lecture was organised by the Staff Academy, NSPM's Late Bindu Ramrao Deshmukh Arts & Commerce Mahila Mahavidyalaya, Nashik Road on 05/09/2020 on the occasion of Teacher's Day. Dr. Asmita Vaidya, Principal, NBT Law College Nashik was invited to deliver a talk on New Education Policy 2020. Teachers and Non-teaching staff participated in this online lecture organised on Google Meet.

2. An online lecture was organised by the Staff Academy, NSPM's Late Bindu Ramrao Deshmukh Arts & Commerce Mahila Mahavidyalaya, Nashik Road on 06/11/2020 using Zoom Meeting Platform for Financial Literacy on Investors's Fund for the students and teachers. Mr. Prashant Khairnar was invited as the Resource Person. Teachers and students in large numbers attended this online session.

Problems Encountered and Resources Required

1. Due to Pandemic Covid- 19, it was not possible to organize expert talks in sufficient number.
2. Availability of Resource Persons as per the convenient time is also a major problem.
3. Many of the participants face Internet connectivity issues and technical problems during the online programs.



Resource Person Dr .Asmita Vaidya explaining the National Education Policy 2020

Zoom Meeting | You are viewing Prashant Khairnar's screen | View Options

Prakash Warkari | Prashant Kha... | Gargee

Recording

BSE
INVESTORS' PROTECTION FUND

Comparison On Investment.

Description	Fixed Maturity Plan	Fixed Deposit
Amount invested	1,00,000.00	1,00,000.00
Returns	9%	9%
Maturity Value	1,09,000.00	1,09,000.00
Inflation rate for Indexation	8%	N. A.
Index Cost		N. A.
Taxable Amount		9,000.00
Income – Tax 20%		1,800.00

MT From Monali Thorat. to Everyone
thank you sir

Unmute | Start Video | Participants (52) | Chat (12) | Share Screen | Record | Reactions | Leave

Mr. Prashant Khairnar, representative of Bombay Stock Exchange guiding the students and teachers in an online Lecture organized on Financial Planning