

**RAM NIRIKSHAN ATMA RAM COLLEGE, SAMASTIPUR, BIHAR
LALIT NARAYAN MITHILA UNIVERSITY, DARBHANGA**

Best Practices

2022-23

Best Practice 1

1. Title of the Practice

Increase in the academic activities of various departments.

2. Objective of the practice

Organise academic activities such as guest lectures and seminars by various departments.

3. The context

Apart from teaching in the classroom to complete the syllabi, exposure to other fields of academic practice is required for students. This helps in understanding deeper aspects of academic writing and thought. Moreover, it familiarizes students with the format of seminars in which they could boost up their confidence by presenting their thoughts and asking questions to resource persons.

4. The Practice

In this session, several academic sessions were organized. Departments of Economics, Physics, Psychology, and History organized special guest lectures and seminars.

5. Evidence of Success

Guest lectures and seminars were attended by students in large numbers and benefitted from it. The seminar on stress management organized by the Psychology department was especially beneficially not only for students but for other as well.

6. Problems Encountered and Resources Required

Presently resource persons can only be invited locally. More resources at disposal may be helpful to invite resource persons from other states for offline sessions.

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2022-23

Best Practice 2

1. Title of the Practice

Yoga Camp

2. Objective of the practice

To conduct a Yoga training session and to create awareness about yoga and health.

3. The context

Yoga as a health practice is widely recognized nowadays. It is immensely helpful in keeping our bodies in proper shape, making bones and muscles healthier, and works as a curing mechanism to certain health problems. However, it is more worthwhile to do it under a guided session. College is one of the spaces in which the awareness about Yoga may be spread easily. Therefore, conducting yoga sessions for students and faculty was thought to be a useful event.

4. The Practice

A Yoga camp was held for three days from 10th-12th May 2023 for the first time in the college. Mrs. Varsha Kumari, KSR College, Sarairanjan Assistant Professor, Department of Psychology, who also is a trained yoga instructor, conducted yoga sessions at the college for students and faculty. Students and faculty were familiarized about the benefits of yoga and they also practiced several *yogansanas*.

5. Evidence of Success

The yoga sessions were attended by several students and faculty.

6. Problems Encountered and Resources Required

No problems were encountered.

Yoga Session

