



GOVT. SWAMI ATMANAND POST GRADUATE COLLEGE

NARAYANPUR (CG)494661

Affiliated to Shaheed Mahendra Karma Vishwavidyalaya, Bastar, Jagdalpur, (C.G.)

Registered Under Section 2(f) & 12(b) of UGC Act

7.2.1 Best Practice

Title of the Practice - Yoga for Health

Objective of the practice

1. To improve the physical & mental health
2. To improve the abilities
3. To explore the benefits of yoga
4. To provide healthy environment for all



Context- Imitation of western civilization is become a think of part in context & India, Today westerns imitate India along with sickened person yoga is making a strong impact on youth as well.

Practice- our institution organized programs to make awareness towards yoga among the students, in which they are also made aware about the importance and culture of yoga under the supervision of NSS Officer and experts the students are made to practice various yogasanas every day.

The evidence of success - The increasing participation of students thanking interest in yoga asana is the evidence its success many students are getting various physical and mental benefits from this yoga asana. Due to the regular attendance in yoga practice students are doing well in other activities. As well they are achieving/earning appreciation and award in various competitions.

Problem faced and resources needs: - At the starting face of yoga classes, students were less interested, but now they are eager to participate. The picturesque/pleasant environment of college campus is also favorable to yoga, but the institution has also felt need of a room to conduct yoga classes. This requirement is not being fulfilled due to shortage of financial resource.


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 P66P+8FV, नारायणपुर, छत्तीसगढ़ 494661, भारत
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 Long 81.236462°
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 P66P+8FV, नारायणपुर, छत्तीसगढ़ 494661, भारत
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2. Best Practice

Title of the Practice – Green Campus

Objective of the practice

1. To know about medicinal and nutritional values of plants
2. To make the students aware of these plants
3. To save the extinction of some rare species.
4. To maintain the college environment green & clean campus.
5. To provide healthy environment for all.



Human life is completely dependent on nature. Nature fulfil all the needs of man directly or indirectly of all the components of nature. Trees are the most important and useful for human. Trees are responsible for providing foods, oxygen as well as rain. Due to the benefits of trees in every way for human life, our organization has started on effort to make our college, a green campus. The purpose of these efforts is environmental protection, awareness of students and society as well as extensive recycling and composting in campus.

Context-

Today's time, the problem of pollution is the leading problem in most of the metropolitan cities of the world. The main reason for this problem is excessive reduction of trees. It is the irony of the human race that if the human race is reduced or destroyed, then it will be beneficial for the trees, but if the tree is reduced or destroyed, then the existence of mankind will be in danger. The students learn a lot from the environment, so if we give them a green environment, then it is we natural that they will be environmentally conscious and aware.

Our organization is working keeping in view the future needs of human beings. Due to daily urbanization, almost all the cities have negligible in individual land. The presence of trees is found only in government institutions.

Practice:-

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Our college has worked at many levels to protect the environment and to save and enhance the nature resource. Our college is complete smoke free and plastic wastes are also negligible. In its programs, our organization keeps aware the students to not smoke and use plastic to a minimum. We manufacture compost from plant residues and other wastes in own establishment flowers and some other plants are manufactured in the nursery of the college itself.

Firstly a full time worker was required for this type of work. Therefore, in 2018 the organization appointed a Gardner in collaboration with the public participation committee. The work of this Gardner is purely Gardner's work in the campus and he is doing his job whole heartedly.

There are many types of plants like fruit plants, flowering plants, medicinal plants etc. Our organization has,

We can classify the different types of plants in the college campus as follows-

1. Fruit plants
2. Medicinal plants
3. Flowering plants
4. Vegetable
5. Shady/other plants

Along with the environment, our college also pays special attention towards cleanliness. Time to time cleanliness campaigns are conducted by NSS. We also aware the students about cleanliness.

Proof of success-

Our efforts in promoting the environment are moving towards complete success, it some divine our campus would be visible as green. There are trees which are not seen in any institution elsewhere. Such as sulfie tree, red sandalwood, sinduri tree, mahua, kadamba, sal(state tree) lichi, nirgundi, hazari flower etc.


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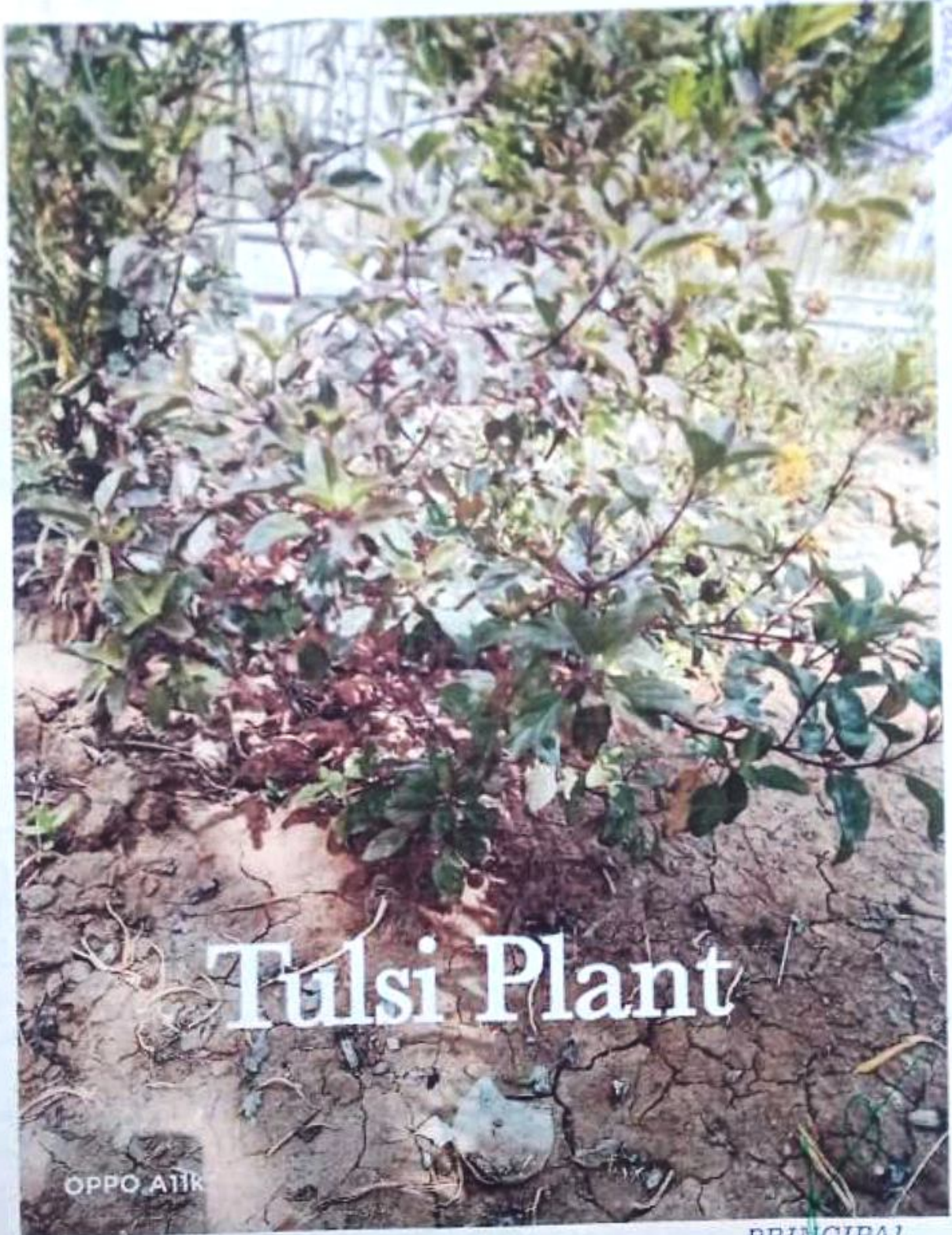


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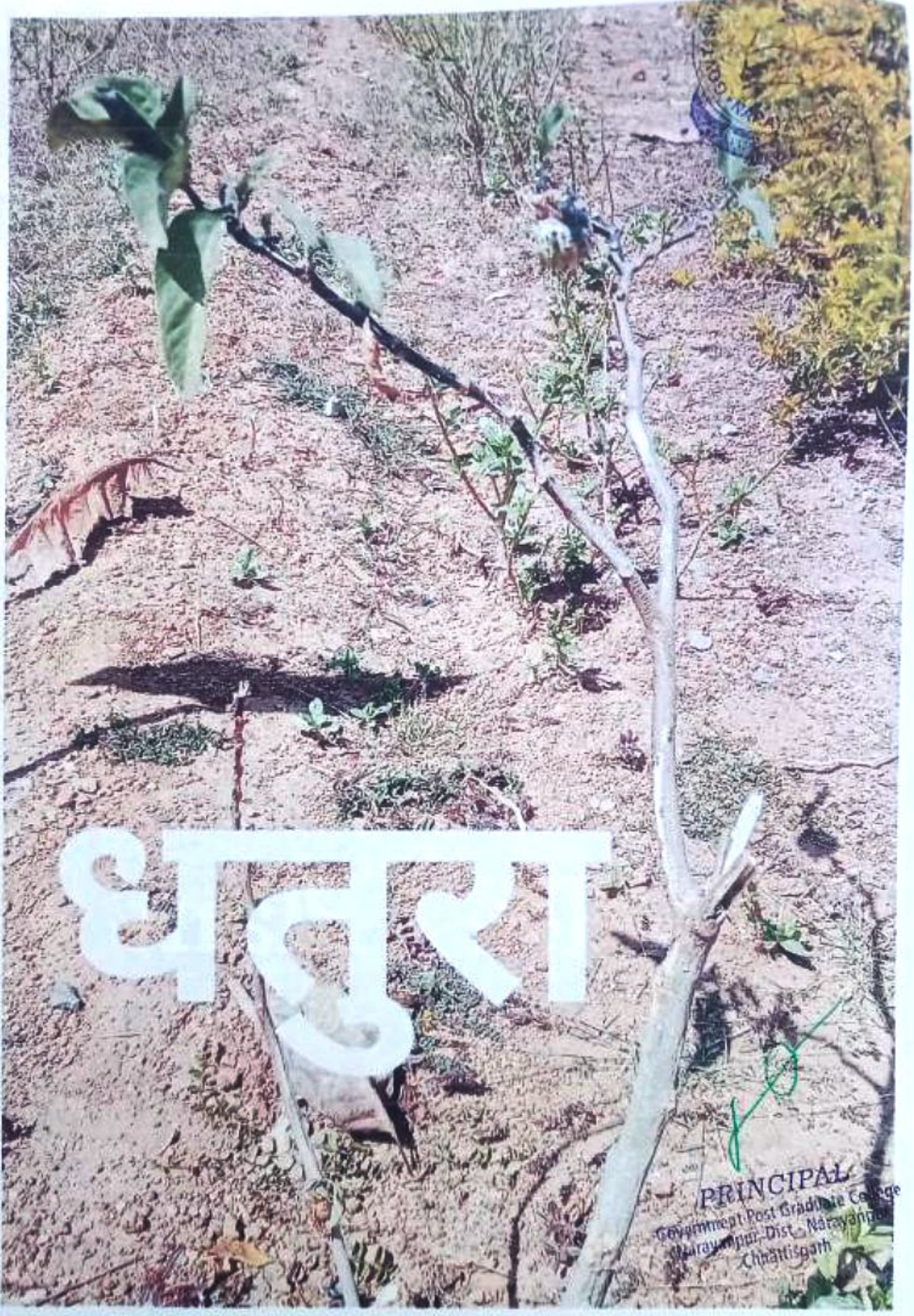
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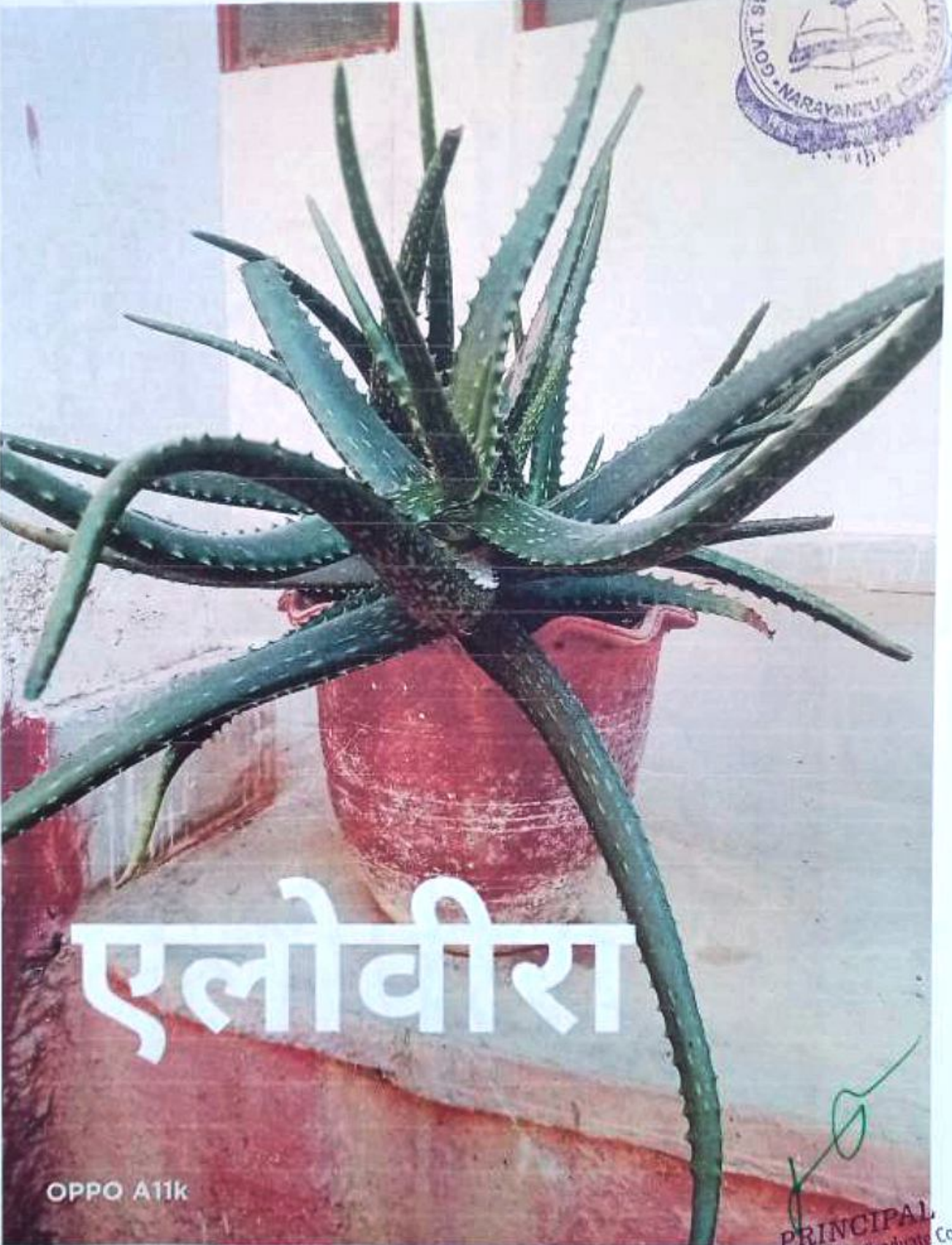


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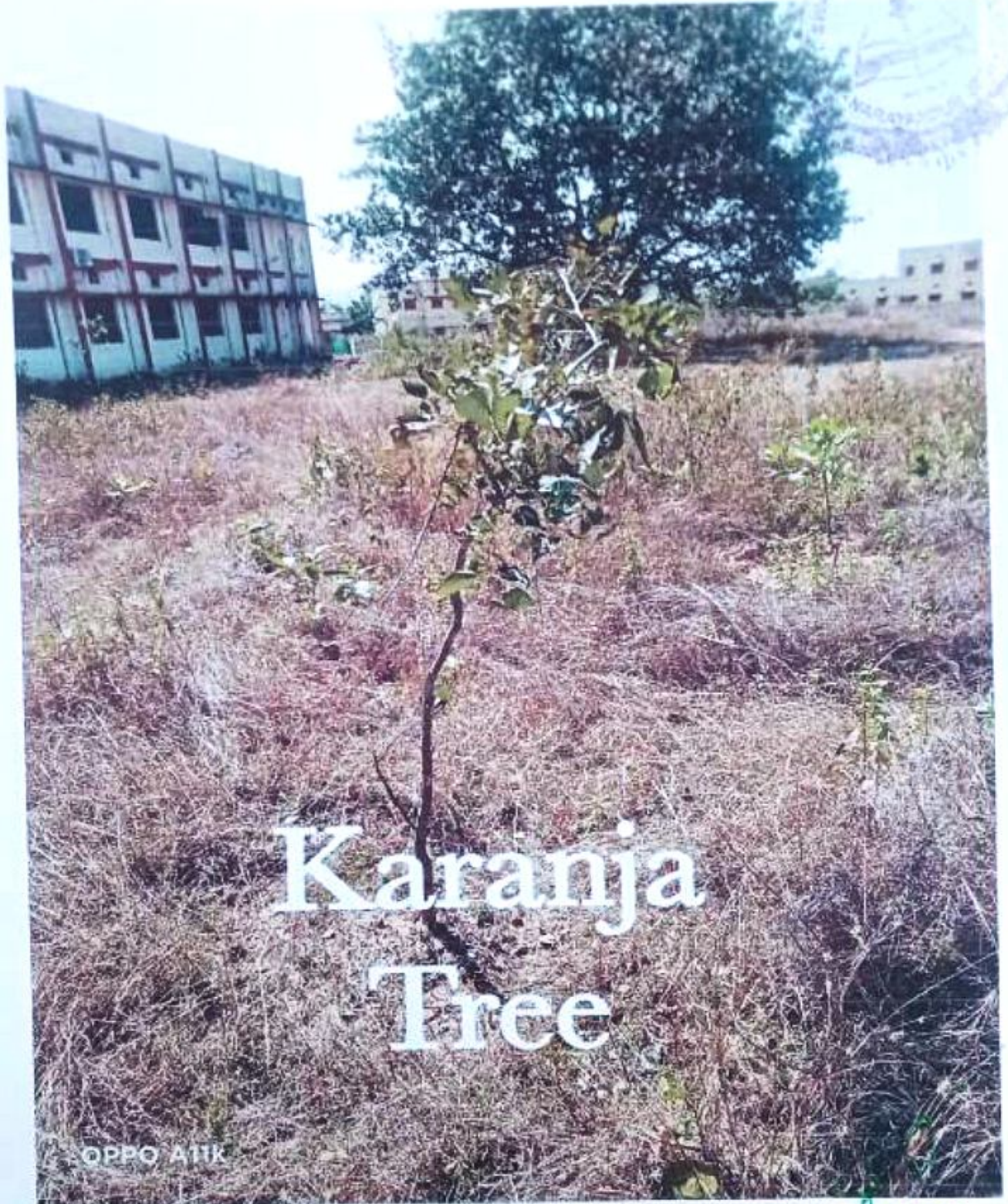
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**Karanja
Tree**

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