



Khatra Adibasi Mahavidyalaya

P.O.: Khatra, Dist. Bankura, West Bengal, Pin: 722140
Phone: 8900057220 E-mail: khatraacollege@gmail.com / kacollege@rediffmail.com
Website: www.kamv.ac.in
NAAC Accredited B+ (2nd Cycle)

Our Best Practice

Session: 2021-2022

1. Title of the Practice

Yoga and Meditation

2. Objectives of the Practice

Yoga helps in overall well-being of an individual and boosts the physical, mental and spiritual strength. In today's world of stress and strain Yoga acts as a huge stress buster. Yoga and meditation practice sessions are held in our college to make students aware about the positive effects of practicing yoga and meditation in our daily life.

3. The Context

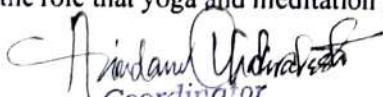
Yoga and meditation are age old practices that help to attain tranquility in body and mind. Yoga reduces stress and improves our mood. Yoga helps to reduce chronic pain in different parts of our body, lowers blood pressure and improves our immune system. Yoga helps to increase our muscle strength and makes our body more flexible. Meditation also helps to reduce stress and instills positivity in us. Meditation also has many physical benefits.

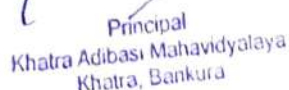
4. The Practice

In our college several initiatives are taken to make students aware about the benefits of yoga and meditation. NSS wing of the college, along with the departments of Physical Education and Philosophy arranged yoga practice sessions for the students in the college from 14th May 2022 to 20th May 2022. About 133 volunteers participated in these sessions. The International Day of Yoga is celebrated across the globe on 21st June following since 2015 following its initiation in the United Nations General Assembly in 2014. In our college International Yoga Day was celebrated on 21st June 2022. This programme was arranged by the departments of Physical Education and Philosophy in collaboration with NSS Units I, II, III with IQAC. The session started with prayer followed by warm-up after which several uplifting āsana, breathing exercises and relaxation techniques were instructed and discussed by the invited guest for the programme-Swami Jitendriyanandaji, Maharaj, Bharat Sewashram Sangha and Swami Pranabananda Vidyapith. NSS programme officers also emphasized the relevance of everyday yoga in preventing ailments, strengthening core and keeping oneself calm.

5. Evidence of Success

There was formidable response from the students. Huge number of students actively participated in the yoga and meditation sessions held in the college in the session 2021-2022. They have realized the role that yoga and meditation play a vital role in improving their concentration power and


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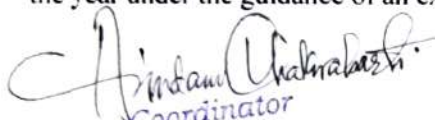
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boosting the level of their confidence.

6. Problems Encountered and Resources Required

At times student lack motivation to participate in the yoga and meditation practice sessions. Proper counselling of the students is required to inspire them to actively participate in such sessions by making them aware about the multiple benefits of yoga and meditation. A separate room in the college needs to be allotted for conducting practices sessions of yoga and meditation throughout the year under the guidance of an expert.


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REPORT ON CELEBRATION OF INTERNATIONAL YOGA DAY

Introduction:

National Service Scheme has important role in society development and formation of awareness among students and the people in their localities through voluntary activities performed by them. As per guidelines provided by National Service Scheme 2006, every Institution has to organize different awareness programmes regularly. In recognition of the holistic significance of yoga in the lives of individuals, Khatra Adibasi Mahavidyalaya of NSS Unit-I, II & III in collaboration with Department of Physical Education and Philosophy celebrated the International Yoga Day on June 21, 2022.

Participants:

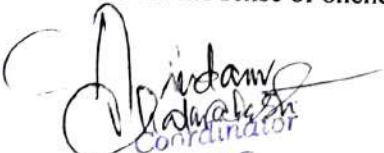
The Principal and teaching staff of the college and 3 NSS Programme officers along with the NSS volunteers participated in the programme. 135 participants participated in the programme in total. Among the 89 NSS volunteers there were 49 female volunteers and 40 male volunteers.


Aims and Objectives:


Yoga is an ancient physical, mental and spiritual practice that originated in India. Today it is practiced in various forms around the world and continues to grow in popularity.

Aims and objectives of the International Yoga Day celebration are following-

- The International Day of Yoga aims to raise awareness among students, NSS volunteers and other stakeholders of the college about the various benefits of practicing yoga.
- Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions.
- Yoga embodies unity of mind and body, thought and action - a holistic approach that is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature.


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Principal
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Khatra, Bankura



Events:

The session started with prayer followed by warm-up after which several uplifting āsana, breathing exercises and relaxation techniques were instructed and discussed by the invited guest for the programme-Swami Jitendriyanandaji, Maharaj, Bharat Sewashram Sangha and Swami Pranabananda Vidyapith. NSS programme officers also emphasized the relevance of everyday yoga in preventing ailments, strengthening core and keeping oneself calm.

Outcomes:

- Students, NSS volunteers and other stakeholders of the college became aware about the various benefits of practicing yoga.
- They have realized that yoga and meditation play a vital role in improving their concentration power and boosting the level of their confidence.
- Students have realised that yoga offers a path for sustainable living.


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Geo tagged Photos of Celebration of International Yoga Day







Government of West Bengal
The District Health & Family Welfare Samity, Bankura
Ayush Branch



Certified that Sri / Km. Tapan Patra (Captain)
Son / Daughter of _____
School / College Adibasi Mahavidyalaya has participated
in 8th International Day of Yoga 2022 from 8 a.m. to 10:30 a.m. at Mukutmoni pur Dam
Site Bankura.

Ann Senkar

DNO, Ayush
Bankura

[Signature]

Chief Medical Officer of Health
Bankura



Government of West Bengal
The District Health & Family Welfare Samity, Bankura
Ayush Branch



Certified that Sri / Km. Taraknath De Modak
Son / Daughter of Mr. Tapas De Modak
School / College Khatka Adibasi Maharidyalaya has participated
in 8th International Day of Yoga 2022 from 8 a.m. to 10:30 a.m. at Mukutmoni pur Dam
Site Bankura.

Anun Sarmah

DMO, Ayush
Bankura

Chief Medical Officer of Health
Bankura



GPS Map Camera

Makrara, West Bengal, India

Khatra, Bankura, 2V24+RPW, Makrara, West Bengal 722140, India

Lat 23.002103°

Long 86.856991°

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GPS Map Camera

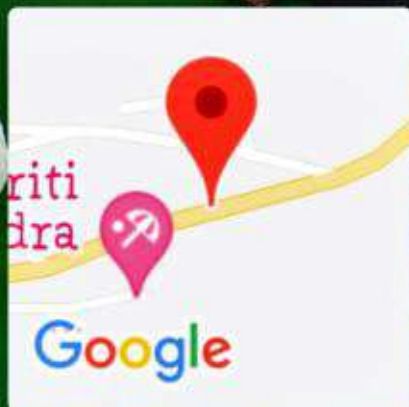
Mukutmanipur, West Bengal, India

XQ6P+X76, Mukutmanipur, West Bengal 722135, India

Lat 22.96241°

Long 86.785295°

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GPS Map Camera



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GPS Map Camera



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Long 86.785259°

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Our Best Practice

1. Title of the Practice Tree Plantation Drive

2. Objectives of the Practice

Trees play a key role in maintaining equilibrium of the environment. Tree plantation drive is undertaken to sensitize, encourage and motivate students, teachers and all other stakeholders of the college about planting trees in the college campus to increase the green coverage in the college.

3. The Context

Trees save the environment from pollution by producing oxygen and balancing the level of greenhouse gases in the atmosphere. Trees play significant role in governing many ecological processes like rainfall, biodiversity, monsoon pattern, maintaining soil cover etc. Trees provide habitat to numerous species. Trees not only beautify the surroundings of the college campus but also contribute towards air purification and add to the quality of life inside the college campus. Therefore, our college takes initiative to plant trees throughout the year.

4. The Practice

Plantation Programme was undertaken by the NSS wing of the college and the Eco Clubs of the college on International Forestry Day i.e., on 21st March, 2022 in adopted village Gourmandipur. About 30 NSS volunteers participated in this event. Plantation Programme and Campus Cleaning Programme were also organized on International Environment Day i.e., 5th June 2022. About 100 NCC and NSS volunteers participated in this event. Saplings were distributed on the occasion of celebration of 75th Independence Day. On the occasion of 75th Independence Day celebration, 'Van Mahotsav' week was celebrated by NSS Units-I, II, III, NCC Unit and Afforestation Sub-committee, Khatra Adibasi Mahavidyalaya. Saplings were implanted on ground of college campus and saplings were distributed to NSS and NCC Volunteers by Afforestation Sub-committee, Khatra Adibasi Mahavidyalaya.

5. Evidence of Success

The active involvement of the students in the tree plantation programmes is a positive sign. Planting trees is very self-satisfying. In every academic year our college chalks out the schedule regarding sapling distribution and makes necessary arrangements accordingly.

6. Problems Encountered and Resources Required

The tree plantation programmes need to be organized scientifically or else the results can be negative. From time-to-time pesticides and insecticides must be applied to the plants to protect them from attack of insects and pests.


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Title of the programme: Celebration of International Forestry Day

Organized by: Eco Clubs and NSS Wings of Khatra Adibasi Mahavidyalaya

Date of the programme: 21st March 2022

Number of teacher participants: 5

Number of student participants: 30

Place of activity: Gourmandipur village, Khatra, Bankura

REPORT

CELEBRATION OF INTERNATIONAL FORESTRY DAY

Organized by

**ECO CLUBS AND NSS WINGS OF KHATRA ADIBASI
MAHAVIDYALAYA**

Introduction:

The International Day of Forests was established on the 21st day of March, by resolution of the United Nations General Assembly on November 28, 2013. Every year, various events are organized to celebrate and raise awareness of the importance of all types of forests, and trees outside forests, for the benefit of current and future generations. The Eco Clubs of Khatra Adibasi Mahavidyalaya in collaboration with the NSS units of the college conducted a Tree Plantation programme in the adopted village Gourmandipur, Khatra, Bankura on 21st March 2022.

Aims and Objectives:

- To make the villagers understand the importance of forests and various uses that forests have like providing food security, acting as the habitat of numerous species and controlling pollution
- To make the villagers aware about the benefits of planting trees and thus contribute towards adding to the forest cover which is gradually getting depleted

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Khatra, Bankura, Pin- 722140

- To make them aware about the harmful effects of deforestation



Events:

Students of Gopal Chandra Bhattacharya Eco Club, Jagadish Chandra Bose Eco club and NSS volunteers of Khatra Adibasi Mahavidyalaya along with few teachers visited the adopted village Gourmandipur, Khatra, Bankura on 21st March 2023 to spread awareness among the villagers about the importance of forests, woodlands and trees in our lives. Students planted trees in the village and watered them and encouraged the villagers to do so to protect the forest cover.

Outcomes:

- Villagers became aware about the importance of forests and trees in our lives
- They planted trees in the village on their own after this awareness campaign
- They gave up the habit of unnecessary cutting of trees in their village

Hossain

Programme Officer
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Indira Chandra

Coordinator

IOAC

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Principal

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Geo tagged Photos of Celebration of International Forestry Day



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Indranil Chakrabarti
Coordinator

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Title of the programme: Celebration of World Environment Day

Organized by: NCC and NSS Units I, II and III, Khatra Adibasi Mahavidyalaya

Date of the programme: 5th June 2022

Number of teacher participants: 20

Number of student participants: 100

Place of activity: Khatra Adibasi Mahavidyalaya

REPORT

CELEBRATION OF WORLD ENVIRONMENT DAY

Organized by

**NCC AND NSS UNITS-I, II AND III, KHATRA ADIBASI
MAHAVIDYALAYA**

Introduction:


Both NCC (National Cadet Corps) and NSS (National Service Scheme) play vital roles in society development and creating awareness among students and their locality by conducting voluntary activities. As per guidelines provided by National Service Scheme (2006), every institution must celebrate International Environment Day every year. NSS Day is celebrated every year in India on 5th June. NCC and NSS Units I, II & III organized Campus Cleaning Programme and Tree Plantation Programme on 5th June 2022. NCC also organized a rally in the localities near the college on this day.

Goal:

International Environment Day celebration will grow awareness about the environment among NCC and NSS volunteers. Various programmes are organized on this day to develop a strong sense of responsibility towards the betterment of society, that will develop each volunteer's personality through community service.


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Motto:

Save green environment and thus save life



Aims and Objectives:

- ✓ To understand the community in which they work, their relationship with the community, and to develop a strong sense of responsibility towards the betterment of society. Both NCC and NSS aim for the development of each volunteer's personality through community service. World Environment Day is a celebration to save environment by creating awareness among students and locality.
- ✓ Secondly, students must be aware about the importance of this date.
- ✓ Thirdly, if the people are aware, they can contribute towards green environment which can save our Earth.

Events:


NSS volunteers conducted a College Campus Cleaning Programme on World Environment Day. They collected the wastes from different areas of the college, segregated them according to their nature and took necessary measures for their disposal. They also organized a Tree Plantation Programme on this day.


NCC wing of the college conducted a rally in the nearby locality to make the local residents aware about the importance and clean and pollution free environment

Outcomes

- All stakeholders of the college as well residents of the local areas realised the importance of maintaining a pollution free environment inside as well as outside the college campus.
- They realised the importance of tree plantation and this can contribute towards a better campus life as well as social life


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Photographs of the Celebration of World Environment Day on 5th June 2022



Photographs of the Celebration of World Environment Day on 5th June 2022

