

Criterion 7 - Institutional Values and Best Practices

Best Practice- 1

1. Title of the Practice

Holistic Health

2. Objectives of the Practice

Holistic health is harmony and balance in all components of Physical, Mental, Emotional, Social & spiritual well-being. Health can be measured in many ways and is often broken down into a variety of components and thus it is difficult to obtain the best and comprehensive picture of what a truly healthy body and mind should look like.

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While modern-day western medicine has brought many wonderful and life saving advancements, one of the shortcomings of western medicine is the often segmented approach to health, which looks at the body in sections of individual symptoms and pieces rather than the whole system it really is.

These are some of the reasons why holistic health is so important, because to truly achieve optimal happiness and wellness in the physical, mental, and spiritual sense.

Main objectives of Holistic health are

- To lead a healthy life
- Prevention and Treatment of diseases
- Promote positive mindset
- Social health
- Spiritual health

Yogic lifestyle is best for holistic health.

- saints of all times.

3. Context

2. Context

Department of yoga has plenty of green area; there is enough space for mental and spiritual practice which creates a healthy environment for practitioner.

The Department focuses on improving the holistic health of students as well as is concerned about the of community residing in the vicinity of Barkatullah University. However there are various constraints for achieving holistic health. These are:

- Often it is difficult to follow the strict rule and regulation of yogic life style for practitioner.
- Lack of experiments and research on emerging trends in Yoga make it difficult to provide good results.
- Often practitioner don't want to follow yogic life style because they were not having control over their eating habits ,sleeping pattern and other life style related issues.
- Regular and disciplined practice of Ashtang yoga was not observed by many respondents.
- In case of physical limitations with some challenged students performing Asanas and Pranayam correctly becomes difficult.
- Often instructors find it difficult to convince people to follow yogic life style can treat diseases and promote good health.

4. The Practice:

It is difficult to convince the participants to follow the practice of yama ,niyama, asana, pranayam, pratyahar ,dharna, dhyan and Samadhi as it required drastic change in their habits and life style .But after experiencing positive affects of the same they actively participated .

Some times it is hard to convince the participants that Yama and Niyama is also important for holistic health but we positively explain the benefits of same on mental and social health as Patanjali said in yoga sutra

संतोषादनुत्तमसुखलाभः ॥२/४२॥

Some of the participants feel the drastic change in their behavior is inevitable after following the path of Astangyoga .

Financial support and busy work schedule is also a challenge for aspirant who wants to join this program but university organizes various awareness programs / seminars /workshops and interactive sessions to encourage them.

University is also working for spreading awareness towards health in underprivileged areas.

5. Evidence of success

S.No.	Program details	Date	Year
1	Free Health Camp	12 June 2015	2015
2	Group Yoga Practice	21 June 2015	2015
3	National Seminar - Yoga for Holistic Health, Optimum Performance and Self- actualization	6 & 8 May 2016	2016
4	International Yoga Day – Group Yoga Practice	21 June 2016	2016
5	Workshop on Yoga and Diabetes Awareness	02 Oct 2016	2016
6	Cleanliness Program Under the scheme of Swacha Bharat Abhiyan	02 Oct 2016	2016
7	Organized 25 Free yoga camp on Yoga and Diabetes control on the occasion of Gandhi Jayanti	02 Oct 2016	2016
8	Free Yoga camp	12 & 21 June 2017	2017
9	Free Yoga camp at B.M.H.R.C. Bhopal	15 & 21 June 2017	2017
10	Group Yoga Practice	21 June 2017	2017
11	Heartfulness Programme	21 to 23 May 2018	2018

12	Organized free Yoga camps Central Jail, Scope college, CRC, PrakritikVigyanSangrahalaya,, National Disaster Centre on the occasion of International Yoga Day	21 June 2017	2017
13	Workshop on Woman Health and Yoga	15 June 2018	2018
14	National Seminar – Yoga :Conflict Resolution and Power Installation .	16 June 2018	2018
15	One month free Yoga Training Camp	20 May to 21 June 2018	2018
16	Organized free Yoga Group practice at BRTS cycle track, Yoga Competition , A.G. Office Bhopal , ICCR, SewaBharticentre, International Public School, Scope college, CRC, Regional Science Centre and National Disaster Management on the occasion of International Yoga Day	21 June 2018	2018
17	Workshop – Clay statue making under the occasion of Green Ganesh Abhiyan	04 Sept 2018	2018
18	Workshop & Inner Awareness and Personal Growth	15 Sept 2018	2018
19	Workshop – Water Hazard prevention Day 2018	5 Oct 2018	2018
20	National Seminar – Yoga for Child Safety	20 Feb2019	2019
21	National Seminar – Yoga For Nation Building	27to28 March 2019	2019
22	Awarness Rally on the occasion of 150 th birth anniversary of Mahama Gandhi	5 April 2019	2019
23	Poster competition on the occasion of 150 th birth anniversary of	10 April -2019	2019

	MahamaGandhi		
24	Workshop on Preservation of Medicinal Plants on the occasion of 150 th birth anniversary of Mahama Gandhi	15 April 2019	2019
25	Seminar – Stress Management Through Yoga	22 April 2019	2019
26	Seminar – Yoga : Life Values on the occasion of 150 th birth anniversary of Mahama Gandhi	30 April 2019	2019
27	Five days Workshop – Yoga for Holistic Health	13 to 17 MayZ 2019	2019
28	Workshop & secret of Success	22 May 2019	2019
29	Workshop – Acupressure/ Acupuncture Therapy and Treatment	28 May 2019	2019
30	Workshop - Yoga For School Teacher,s Enrichment	13 to 15 June 2019	2019
31	Organized free Yoga Group practice at BRTS cycle track, Yoga Competition , A.G. Office Bhopal , SewaBharticentre, International Public School, Scope college, CRC, BhojVishwaVidhyalayaKarunadham Ashram, Indore , Hoshangabad and National Disaster Management on the occasion of International Yoga Day	21 June 2019	2019
32	Essay and poster competition on the	2 Oct 2019	2019

	occasion of Mahatma Gandhi Jayanti		
33	Workshop- Continuous examine and amplification in Syllabus for Quality Education in Higher Education	26 Nov 2019	2019
34	A special lecture on “Personality Development and Moral Education” by Swami Tanmayanandaji,	November 22, 2019	2019
35	17 th Monthly Educational Research Conference (MERC) by Department of Continuing Education, Barkatullah University, Bhopal	31 July 2019	2019
36	Anniversary of Swami Vivekananda Chicago address by Department of Continuing Education, Barkatullah University, Bhopal.	11Sept. 2019	2019
37	Celebration of National Education Day, by Department of Continuing Education, Barkatullah University, Bhopal.	November 11, 2019	
38	‘HaryalMahotsava’ Organized by Department of Women Study	20Aug 2019	2019
39	Workshop& Inner Awareness & Personal Growth Through Meditation	15 Jan 2020	2020
40	International Webinar Series&Balance life with Yoga	12 to 14 June 2020	2020
41	Essay Competition -Role of Yoga in Atmanirbhar Bharat	17 June 2020	2020
42	International Webinar &Boost Immunity by yoga and Naturopathy with spice of laugh	17 June 2020	2020
43	International Yoga Day – Group Yoga Practice	21 June 2020	2020
44	National festival on the occasion of	02 oct 2020	2020

	Mahatma Gandhi Birth Anniversary		
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Year	Activity Detail	Number of students attended / participated
2015-2016	Yoga & Diabetes Camps in 50 Place Organized Date 02 October 2016	2855
2016-2017	Yoga Camps 4 Place Occasion of International Yoga Day June 2016	263
2017-2018	Yoga Camps 10 Place Occasion of International Yoga Day June 2018	6500
2018-2019	Yoga Camps 12 Place Occasion of International Yoga Day June 2018	3500
2019-2020	Online Yoga Practice Occasion of 6th International Yoga Day June 2020	150

6.Problems Encountered and Resources Required

- It is difficult for everyone to follow disciplined life and tough yogic practices.

- More and more experiments and research are also required in this field .
- We need to organize more awareness program/seminar and workshop to spread the knowledge and health benefits of holistic life style.
- Financial support and equipments for practice are also needed.
- Last but not least because it is a time consuming practice and one should be have perseverance to continue regular practice.

Best Practice-2

Title of the Practice:

Gender Sensitization and Women Empowerment

Objectives of the Practice

Madhya Pradesh is one of the states which is not on the gender empowered list of Indian states. It has been known for typical developmental challenge of under-utilization of health and education systems especially with regard to women. Looking to this the university has adopted practices to promote women candidates in higher education. The university actively contributes to and supports the state in its efforts for gender empowerment and development.

- To promote girl education;
- To promote academic understanding and research on gender issues;
- To promote the 'gender equality' among the students and university personnel;
- To inculcate the values of gender equality, rights and a sense of social responsibility among the students and all;
- To ensure a safe and healthy academic environment;

The Context

Women comprise almost one half of the total population. Their contribution to the society and economy are important for the overall development and

prosperity of the nation. Education helps in placing individuals on competitive terms in the formal organizations. It has been the general observation that women lag behind men in accessing education systems and even where they do it is often in traditional and non-employment oriented sectors. Their access and retention remains a challenge in both urban as well as rural sectors. Barkatullah University tries to address this problem at various levels by first ensuring a gender friendly environment and multiple facilitations to encourage girl students as well as to overall promote national goals of gender equality and rights. There is need for special mention here that the university caters to seven districts with a predominant rural presence and has about 3 lakh students per year. Also important is the fact that a major chunk of our students are from rural and SC/ ST/ OBC and other minority background. Notably Madhya Pradesh has approximately 20% tribal population.

The Practice

In order to meet the above mentioned objectives the university works at various levels and through many programs to promote gender equality, some of which are mentioned here.

Only 50% of tuition fees is charged from UTD girl students in the first year to encourage them to participate in higher education. Additional scholarships are also facilitated like those from UGC, ICSSR, Central-State Government etc. to enable them to complete their higher studies

Gender friendly campus with round the clock security service, wifi, girls hostel with the capacity of approximately..... , lady's gym, separate toilet, availability of lady doctor in campus along with dispensary, etc.

The university hosts a Women's Studies Department which runs M.A. in Women's Studies and also does research on gender issues. It also publishes two journals on gender issues. Besides other social sciences departments like Sociology, Psychology, RPEG, Comparative languages, Law etc. have gender issues as a component in their course curriculum.

Many activities are routinely organized to promote gender sensitivity and understanding of gender equality and other relevant issues. Health checkup

camps special discussions on gender and health, film screening and discussion, Women's Meet, sports meet, cultural festivals etc.

The university has many visible women faces. Some senior faculty, university functionaries are women. In fact presently approximately seven university teaching departments of studies are headed by women.

The university also has systems for redressal of gender issues if required there is gender Women harassment cell to look into complaints of gender issues.

Innovation and Best Practices in Barkatullah University

Many activities to promote gender equality and sensitivity are conducted from time to time to encourage a gender friendly environment and to promote equality. Lot of beneficiaries of scholarships are girl students who also hail from rural and poor backgrounds. Forums discussing gender issues also are attended by male students and colleagues.

Evidence of Success

High intake of girl students.

Most students are able to successfully complete their degrees.

No major complaints received by gender harassment cell.

Girl's hostels run on full capacity.

Presence of many girl students from rural and poor background.

Presence of girl students in science and professional courses too.

Problems Encountered and Resources Required Please identify the problems encountered and resources required to implement the practice (in about 150 words).

Lot of scholarships and research assistance funds come from external agencies and there is often delay in receiving the funds. This causes difficulty to maintain high academic achievement standards. More funds given timely to directly support girl students are likely to help students meet out their academic expenses.

Gender activities are high on time requirement and people intensive activity and they also should be an ongoing discourse in university life, but looking at the other academic requirement there is time constraint. Sometimes they may impact other activities and need lot of coordinated efforts.

Some students are not able to appreciate the need for these activities due to academic deadlines, other priorities and also sometimes due to it being at variance with what they expect and see in wider social systems, thus requiring constant engagement and dialogue.

Improvement and expansion in gender friendly infrastructure may be undertaken, which will also require funds and liasoning with various agencies.