



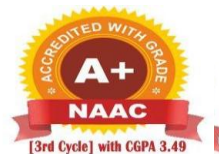
# BELDA COLLEGE

(Affiliated To Vidyasagar University)

Belda :: Paschim Medinipur :: 721424 :: WB

ISO 9001:2015 Certified Organization

Tel.: 03229-255246 \* Email: principal@beldacollege.ac.in \* Web: www.beldacollege.ac.in



## **BEST PRACTICES (ACADEMIC SESSION: 2023-2024)**

### **BEST PRACTICE-I**

#### **TITLE OF THE PRACTICE:**

#### **TEACHING BY USING MOTIVATIONAL MOVIES**

#### **OBJECTIVES:**

- To make the teaching-learning process more interactive and impactful by incorporating motivational movies as a pedagogical tool.
- To use motivational films in enhancing education and fostering imagination and critical thinking.
- To encourage group discussions, debates, and critical analyses of movies, improving students' articulation and reasoning abilities.
- To create an inclusive classroom environment where students from diverse backgrounds can relate to and learn from inspirational stories.

#### **CONTEXT:**

Belda College caters to students coming from diverse social backgrounds, especially the first-generation learners, showing motivational films as a pedagogical instrument assists students with learning differences to access the curriculum better, provide alternative forms of creative and meaningful expression, and develop self-awareness, empathy, and social justice.

#### **THE PRACTICE:**

In an academic session, the Departments of Sociology, Philosophy, and Education organize screenings of motivational movies, not only for their students but also for those from other disciplines. This initiative fosters interdisciplinary learning, enhances student engagement, and promotes a holistic approach to education by integrating entertainment with academic and value-based discussions.

#### **EVIDENCE OF SUCCESS:**

Students were greatly inspired by these motivational movies, leading to a noticeable improvement in their learning abilities. Many exhibited enhanced critical thinking skills, better engagement in classroom discussions, and a deeper understanding of ethical and social concepts. Feedback from students indicated increased motivation, confidence, and a positive impact on their academic performance and personal growth.

#### **PROBLEMS ENCOUNTERED & RESOURCES REQUIRED:**

At times, regular classroom schedules and availability constraints posed challenges in conducting motivational movie screenings. The lack of a dedicated space hindered the seamless execution of this practice. To address this issue, an initiative was taken to propose the establishment of a dedicated room or designated area for such screenings before the college authorities.

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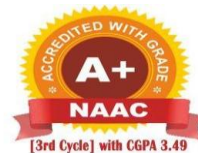


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## BEST PRACTICE-II

### TITLE OF THE PRACTICE:

### WEEKLY YOGA AND MEDITATION SESSION FOR INTERESTED STUDENTS AND STAFF

#### OBJECTIVES:

- To promote physical and mental well-being among students and staff through regular yoga and meditation practices.
- To enhance concentration, emotional balance, and stress management for improved academic and professional performance.
- To foster mindfulness and self-discipline, encouraging a healthy lifestyle and mental resilience.
- To create a holistic learning environment by integrating wellness practices into daily life.
- To encourage relaxation and reduce anxiety, leading to better focus, creativity, and productivity.
- To build a sense of community and collective well-being, strengthening interpersonal relationships among students and staff.

#### CONTEXT:

Belda College, situated in a rural setting, recognizes the importance of holistic well-being in academic and professional growth. The fast-paced academic environment, coupled with personal challenges, often leads to stress, anxiety, and reduced focus among students and staff. To address this, the college has introduced weekly yoga and meditation sessions as a best practice to promote mental clarity, emotional stability, and physical health. These sessions provide a space for relaxation, self-awareness, and mindfulness, helping individuals manage stress effectively.

By incorporating yoga and meditation into the institution's culture, Belda College, along with the Department of Physical Education, aims to enhance concentration, reduce stress-related ailments, and foster a balanced lifestyle. The practice also aligns with the National Education Policy (NEP) 2020, which emphasizes the importance of mental well-being in education. Through these sessions, the college nurtures a positive and inclusive atmosphere, encouraging students and staff to develop self-discipline, inner peace, and a deeper connection with themselves and their community.

#### THE PRACTICE:

At Belda College, the Department of Physical Education, in collaboration with dedicated faculty members and wellness experts, organizes weekly yoga and meditation sessions for interested students and staff. These sessions are conducted in a peaceful and open environment, ensuring a calm and rejuvenating experience.

Under the supervision of trained instructors, participants engage in guided yoga postures (asanas), breathing exercises (pranayama), and meditation techniques aimed at improving physical flexibility, mental focus, and emotional well-being.

The Department of Physical Education ensures that these sessions remain inclusive and accessible, catering to beginners as well as those with prior experience in yoga. Special sessions are organized on significant days such as International Yoga Day, further emphasizing the importance of holistic well-being. Through this initiative, Belda College fosters a healthy lifestyle, self-discipline, and mental resilience among students and faculty.

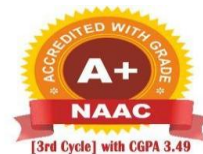


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## EVIDENCE OF SUCCESS:

The success of the weekly yoga and meditation sessions at Belda College is observed through positive feedback from both students and staff. Many participants have reported improved concentration, reduced stress levels, enhanced physical flexibility, and better emotional well-being.

- Increased Participation: Over time, the number of interested students and staff attending the sessions has steadily grown, reflecting their trust in the benefits of this practice.
- Improved Academic Performance: Students have shared that regular yoga and meditation have helped them develop better focus, reduced anxiety, and improved time management skills, contributing positively to their academic success.
- Health Benefits: Faculty members and students have noted fewer health-related complaints, such as back pain, fatigue, and stress-related ailments, demonstrating the effectiveness of these sessions.
- Event Celebrations: The successful organization of International Yoga Day further highlights the growing awareness and impact of this initiative.

This best practice has not only enhanced physical and mental well-being but also contributed to a positive and disciplined campus environment at Belda College.

## PROBLEMS ENCOUNTERED & RESOURCES REQUIRED:

While the weekly yoga and meditation sessions at Belda College have been beneficial, certain challenges have been encountered in their implementation. Balancing academic schedules with yoga sessions has been a challenge, as students and staff often have different availability. While interest is high, maintaining consistent participation among students and staff requires continuous motivation and awareness.

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