



Acharya Pathasala College of Arts & Science

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Affiliated to Bengaluru City University | NAAC Accredited by B+ Grade



Best Practice 1

1. **Title of the Practice:** Health check-up and awareness programs for the students and faculty
2. **The Objective:** The objective is to raise awareness about sound mind in a sound body. Students are sensitized mainly on wellbeing, its impact on their studies and also about need of regular health check-up. Address adolescence issues.
3. **The Context:** Students suffer from various health related issues that require personal diagnosis and treatment. Students particularly from weak economic background are initially reluctant to share their personal and health related issues which hamper their mental and academic growth and also proper decision making and overall personality development.
4. **The Practice:** Health check-up for students a unique practice initiated by the college is done every semester and it has proved to be highly beneficial. All students and faculty were screened by doctors and had a one-to-one discussion regarding personal issues related to girl students. Free medical check up and awareness programs for girl students was organised about the common issues faced by them and about maintaining overall health.
5. **Evidence of Success:** Some evidence of success of the practice includes cheerfulness, healthy, improved attendance, and academic progress, participation in co-curricular and extracurricular activities. The students were found completely relaxed. They were seen to progress in academics and further, their increasing participation in extra-curricular activities is vindication of this initiative. Students were also seen progressing through higher education in the form of enrolment in PG courses.
6. **Problems encountered and resource required:** Some of the students felt reluctant to express their personal health-related problems freely. To overcome this, counselling through senior staff was adopted and this move was encouraging. College has collaborated with NGOs and voluntary organizations in organizing the health check-up, who voluntarily came forward to arrange health check-up camps by bringing expert medical professionals from well-known hospitals.
7. **Note:** This unique best practice adopted in our institution can be followed by other educational intuitions of Higher Education in building a strong and healthy India.


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1. **Title of the Practice:** Yoga for the students and faculty
2. **The Objective:** The primary purpose of this best practice is to provide a comprehensive exercise routine that is necessary to maintain an active, healthy lifestyle. The science of yoga, which is focused on integrating the mind, body, and nature, will have a significant role in this approach.
3. **The Context:** Students are often confronted with different physical and psychological challenges that affect their performance in class. The practice of yoga helps the students direct their energy in the right direction. In this sense, yoga is essential for students to unlock their potential and foster personal growth.
4. **The Practice:** The objective of yoga practice is to make students lead disciplined and healthy lives. Yoga classes were added to the daily schedule for all classes, and the yoga teacher taught the students different asanas and meditation. The following exercises were performed by the students as part of the yoga program:

Ratha Sapthami Yoga Utsava

On 18th February 2024, the YRC and NCC organized a Ratha Sapthami Yoga Utsava in collaboration with the Department of Yoga. The event featured 101 Surya Namaskaras, promoting physical fitness and traditional wellness practices among participants.

International Yoga Day

On 21st June 2024, International Yoga Day activities were held in association with BR NC, promoting proper health and wellness through yoga practices.

5. **Evidence of Success:**

Many students registered for the yoga programs conducted by the institution.

They realized techniques and methods to improve their physical as well as mental health.

Pranayama helped them develop a focused mind and keep mental equilibrium. The results were visible with the students; they gained much confidence and their concentration in class increased after the yoga practice.

6. **Problems encountered and resource required:**

Some students struggled to focus due to various distractions, and many were not consistent in attending the sessions due to a lack of awareness about the benefits of yoga. However, the resources required for yoga were minimal, as the yoga mats were provided by the APS Trust, and the institution is well-equipped with the necessary infrastructure to conduct the classes.

7. **Note:** This unique best practice adopted in our institution can also be practiced by other educational intuitions of Higher Education in building a strong and healthy India.


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Best Practice-2

1. **Title of the Practice:** Technology enabled learning methodology for students and faculty.
2. **The Objective:**
 - To expose students and faculty to advanced learning tools
 - Empower them to adopt technical skills and tools for their effective learning.
3. **The Context:** Majority of the students are first generation learners lacking in exposure to advanced technological tools. As the world is increasingly technology driven, students and faculty require skills and knowledge in use of electronic gadgets for their improved learning.
4. **The Practice:** To enhance faculty with advanced technological skills in teaching and office management, One week FDP for faculty was organized on "Trends in AI and ML". Additionally the students from BA, BSc and BCA were offered with add on courses to support their development. Recognising the need for advanced technical skills in MA Economics, students received training to improve their data analytical tools and office management tools which helped in the preparation of dissertation work to produce high quality outputs.

The following courses/programs are conducted as a part of Technology enabled learning methodology for students and faculty.

 - One week FDP for faculty
 - 60 hrs add on course for girl students.
 - Online 30 hrs course on data analytical tools for BCA students.
 - One day seminar for MA students.
5. **Evidence of Success:**

Students are now adept at using such advanced tools as Excel, powerbi, ChatGPT, beautiful.ai, Perplexity.ai. They are using the above tools effectively in their PPTs, research papers and projects.
6. **Problems encountered and resource required:** Good number of students comes from regional medium. This acts as a deterrent in their proper learning. The college faced challenges in implementing technology enhanced learning to the faculty and students due to budget constraints.
7. **Note:** We have implemented the technology integration initiative as the best practice in our college aiming to enhance student learning outcomes and faculty teaching effectiveness through strategic technologic adoption. It is recommended that all the institutions to invest and expand its technological initiatives to enhance teaching learning and student outcomes.


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