

## **Institutional Best Practices**

**The Institution adopts the following Best Practices**

- 1. Yoga**
- 2. Self Defence**

### **Yoga**

**The Institution is conducting Yoga programmes for the student community which is very much needed in the modern living.**

**Goal:** To develop sound mind and healthy body.

#### **Objective:**

**Promotion of physical health and mental health for the students through yoga and meditation.**

#### **Practice:**

**Yoga activities were conducted in zero hours every day. It helps in development of physical health and mental health which in turn helps in their academics.**



## **2. Self Defence Programme:**

**Self Defence programme for women safety and security.**

### **Goal :**

**The primary importance of self-defence to women is to decrease drop out rates and make girls more confident by defending themselves in times of danger.**

### **Objectives:**

- To develop confidence and make them strong psychologically.**
- To deal with stressful and dangerous situations independently.**
- To analyse the dangerous situation and to take action effectively to overcome the situation.**
- To build a healthy body by exercising thereby improving physical and mental health.**

**To reduce the crimes against women in a significant way when women are empowered**

## **Practice:**

- **One month KARATE training programme is given for all girl students by Karate masters in zero hours.**
- **Simple Techniques of Self-Defense were taught to them to protect themselves in unforeseen situations.**
- **The trainers teach them how to attack the vulnerable points of men like eyes nose chin groin etc.,**
- **A woman must equip herself with simple self-defense techniques, to catch an attacker off guard and show him the consequences of misbehaviour.**
- **Even the basic style of self-defense is better than no defense at all.**
- **“Self-Defense is not only the right of the women but also it is her duty.”**

