

BEST PRACTICES IN MY INSTITUTION – I

1. **Title of the practice:** Arranging Seminars on inter-disciplinary topics.

2. **The context that required the initiation of the practice** (100 – 120 words)

Present academic discourses are constantly crossing the boundaries of the prevailing conventional syllabi, and making rooms for inter-disciplinary approaches. Students of undergraduate courses, while pursuing their respective fields of studies, therefore require exposure to such inter-disciplinary approaches. This is what necessitates the introduction of the practice.

3. **Objectives of the practice** (50 – 60 words)

The objective of the practice is to acquaint the students with broader academic perspectives beyond the limits of their course-based syllabi, and in the process develop their inclinations towards research activities.

4. **The Practice** (250 – 300 words)

The seminar committee of the college arranges seminars by faculty members and invited speakers in coordination with the academic departments of the college on periodical basis. These seminars are made to focus on various broad-based topics, and students irrespective of their respective disciplines, are encouraged to attend these seminars.

5. **Obstacles faced if any and strategies adopted to overcome them** (150 – 200 words)

There is a general apathy on the part of a section of the students to attend seminars that do not directly relate to their respective courses of study.

Faculty members are requested to encourage the students of their respective departments to attend these seminar talks.

6. **Impact of the practice** (100 – 120 words)

The departments often organize seminars by the students, chiefly those who are pursuing Honours courses, and these students, encouraged by the seminars they attend, present their papers in these seminars. It requires to be noted in this connection that the majority of the students of the college come from rural areas with poor economic background, and for such students to acquire necessary confidence in presenting paper is a commendable feat. The seminars delivered by the faculty members and other invited speakers definitely help them writing papers and presenting them before an audience.

7. **Resources required:** A properly equipped Seminar Hall with modern facilities.

8. About the Institution:

- i. Name of the Institution : **Bejoy Narayan Mahavidyalya**
- ii. Year of Accreditation : **2015 (Second Cycle)**
- iii. Address: P.O.- **Itachuna, Dist.-Hooghly, West Bengal**
- iv. Grade awarded by NAAC : **B+**
- v. E-Mail : **bnmv2012@yahoo.in**
- vi. Contact person for further details : **Dr.Goutam Bit,**
Principal,
Bejoy Narayan Mahavidyalaya
- vii. Website : **www.bnmv.ac.in**

BEST PRACTICES IN MY INSTITUTION-II

1. **Title of the practice:** Integrated Personality Development Programme

2. **The context that required the initiation of the practice** (100 – 120 words)

The society we inhabit requires individuals with social responsibility and moral integrity to face the everyday challenges of life. Being future citizens of our country, our students require to nurture moral values that would itself help them assuming social responsibility, beginning from the familial level and extending to the level of the community. Besides, our students require to develop an inner discipline and integrity of character to steer themselves to the desired goals of their life, by way of restraining themselves from the lure of consumerist culture.

3. **Objectives of the practice** (50 – 60 words)

- To instil self-confidence, self-esteem, and self-reliance in the students.
- To develop physical, mental, intellectual, moral and spiritual power through appropriate exercises.
- To develop moral strength and integrity of character.
- To remove the veil of ignorance to reveal the knowledge within.

4. **The Practice** (250 – 300 words)

- Holding discussions on the life and teaching of Swami Vivekananda.
- Apprising the students of the rich heritage of our country with a view to building up their self-esteem.
- Encouraging students towards maintaining a disciplined life oriented to their aims and objectives.

- Imparting health consciousness. Motivating the students to take regular exercises, yoga and pranayam under proper guidance.
- Developing concentration through meditation and yoga.
- Imparting value education, and developing a spirit of fellow-feeling with family, friends and community at large.
- Holding debates on social and moral issues.

5. **Obstacles faced if any and strategies adopted to overcome them** (150 – 200 words)

Overall negative influences operating in the society which impairs moral values, individual integrity and social commitment by instigating impulses of self-gratification and promoting selfish pursuits.

6. **Impact of the practice** (100 – 120 words)

The students who regularly attend the programme have reported that they have overcome their frustrations, which is very common among the youth of the present age. Through the practice of yoga and meditation and exposure to moral teaching they develop the spirit to fight out the problems of life with determination and confidence.

7. **Resources required:** A meditation hall.

8. **About the Institution:**

- Name of the Institution : **Bejoy Narayan Mahavidyalaya**
- Year of Accreditation : **2015 (Second Cycle)**
- Address: P.O.- **Itachuna, Dist.-Hooghly, West Bengal**
- Grade awarded by NAAC : **B+**
- E-Mail : **bnmv2012@yahoo.in**
- Contact person for further details : **Dr.Goutam Bit,
Principal,
Bejoy Narayan Mahavidyalaya**
- Website : **www.bnmv.ac.in**


Coordinator,

IQAC,

Bejoy Narayan Mahavidyalaya

**I. Q. A. C.
B. N. MAHAVIDYALAYA
Itachuna, Hooghly.**


Principal

Bejoy Narayan Mahavidyalaya

Principal
Bejoy Narayan Mahavidyalaya
P.O.- Itachuna, Dt.- Hooghly.