

BEST PRACTICES (2019-20)

Best Practice-1:

Department of English

1. **Title:** Stagecraft – Presentation and Dialogue Delivery
2. **Objectives:** To enhance Expression & Presentation skills of students

3. **The Context:**

Often students have good reading and writing skills but still they have poor expression & presentation skills. Even high scorers and toppers are found to be lacking in often self– confidence and fight shy of coming on the dais and make a confident presentation. They are tongue–tied when required to explain things in elaborate detail without the help of written cards or notes. *Impromptu* communication is far–off yet much desired thing for them. This practice of Dialogue Delivery from modern plays and classic dramas help them to enhance their confidence and expression skills.

4. **The Practice —its Uniqueness ...limitations**

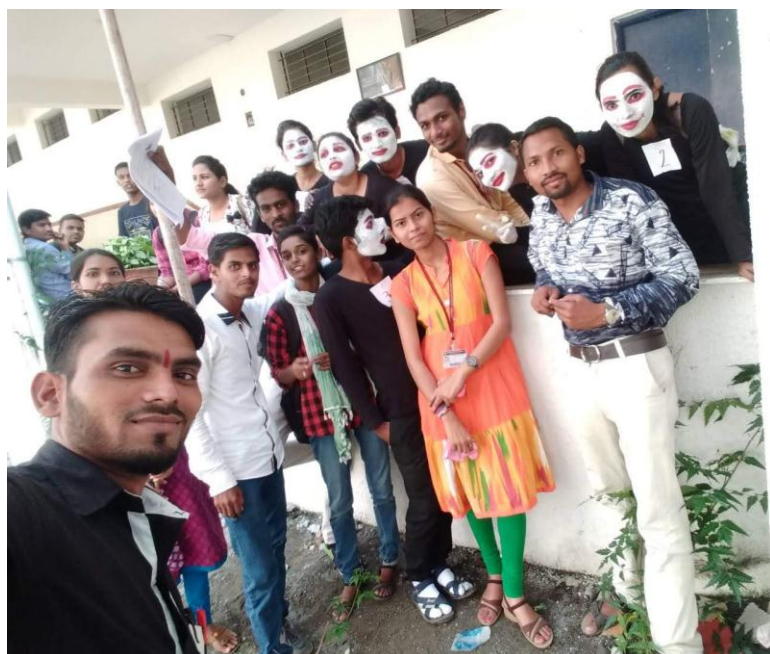
Students are encouraged to give their name for fortnight activity of Declamation which implies delivering dialogues or passages from literary texts loudly without reading from the text. Students who have a flair for acting and those who are enthusiastic play & movie–goer and who wish to participate in dramatic performances in competitions find this extremely welcome initiative to improve their confidence and presentation skills. Such kind of activity has not been found to be conducted in any other University Department or any affiliated college and as such is unique of its kind. Students from rural background and low self confidence generally hesitate to come forward and participate in this activity.

5. **Evidence of success:**

In the beginning, only students with good communication skills and high confidence level register participation in this activity. With more encouragement, more and more students come forward to enlist participation in this activity.

6. **Problems Encountered:**

Due to intense examination pressure, generally students develop cold feet for registering participation in extra–curricular activities. Poor vocabulary and pronunciation skills are the obstacles for students enthusiastic participation early on. However, with practice and concentration students overcome their inhibition and grow confident in their expression and dramatic talent and skills.





Best Practice-2:

Department of Home Science

Title of the practice: Workshop on Meditation for Peace

Meditation is the key to peace of mind. Meditation really is the ultimate stress buster. Meditation can assist in many areas that are related to your state of mind, and regulates physiology

Objectives:

The objectives were

- To understand the life skills for mental wellness
- To develop skills in Meditation

Expected Outcome

Regular meditation practice will add the values of the employees and the students as it

- Increases intelligence
- Improves memory
- Enhances creativity
- Improved problem solving abilities
- Decreasing anxiety
- Helping to resolve addictions
- Reducing irritability and moodiness
- Enjoying a more positive outlook
- More smiles
- Improved Output

The Context

Meditation is the key to peace of mind. Meditation really is the ultimate stress-buster . . . and we all know that stress is one of the biggest killers in the world today, so it's a fair claim to make that meditation saves lives. Meditation can assist in many areas that are related to your state of mind.

The Practice

The activities of workshop were organised after the official working hours every day at 6 to 7 pm.

- 1 st Day – Introductory Lecture
- 2 nd Day – Sitting for Meditation
- 3 rd Day – Meditation Practice
- 4 th Day – Meditation Practice
- 5 th Day – Meditation Practice
- 6 th Day – Concluding Program

S. No	Year	Program organized	No. of Beneficiaries	Benefits
1.	2017-18	Meditation Center, Department of Home Science, SGBAU	83	University Employees Participate & Learn Ahar and meditation About pranayama and amrut.
2.	2018-19	Meditation Center, Department of Home Science, SGBAU	78	Students teacher and interested person learn meditation and experience the benefits
3.	2019-20	Girls Hostel and Boys Hostel	260	Girls and boys enjoyed each session of the workshop and understand in the importance of meditation in day to day life.
4.	2020-21	Online Google Meet	115	In the period of pandemic this workshop was beneficial to participants to

				manage their stress in day to day life.
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Evidence of Success

The above mentioned activities were conducted every year at Department of Home Science, and Boys and Girls hostel, Sant Gadge Baba Amravati University, Amravati. Large numbers of Students, employees and interested citizen have participated in these activities with great enthusiasm. Furthermore, many participants discussed their health problem and mental issues with trainer and promise to make it as habit of their lifestyle. They have understood the importance of pranayama and meditation during the workshop

