

7.2.1 Best Practices successfully implemented by the Institution

1. Title of the Practice :

Holistic development through mental & physical fitness by ancient Indian yoga practice & modern style of Zumba and Gym practices.

2. Objectives of the Practice :

- a. To keep our students mind , body & soul healthy & happy which is the need of time now a days.
- b. To make students aware about the immense benefits of yoga , zumba and gym activities to keep them fit.
- c. To trigger young minds about the real worth of our ancient yogasannas to keep our self free from unnecessary medicinal intake.
- d. With various other expected benefits such as stress management , physical fitness , boosting immune system , to be ready for any situation in life through power of clam mind which can be created through mediatation.

3. The Context :

Fitness has certainly become a priority post Covid-19 pandemic. The decline in our social life and emotional health was a real challenge for all of us during that phase. The pandemic made entire globe realize the importance of physical as well as mental fitness to stay active and healthy. Thus with an intension to keep our students healthy and fit , we SCMIRT had started implementing Yoga , Zumba & Gym sessions for all courses all semester with a view to provide holistic development along with academic excellence.




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As today's youth is tremendously feeling stress and anxiety at very early stages of their life. We firmly believe that regular practice of Yogasannas can help them to ease their adolescence age. Just to make them feel interesting and fascinating we started giving them zumba sessions alternatively to keep them motivated through their likes of back ground music and few fitness sessions of gym.

4. The Practice :

Each courses each class were given slots in their time table for Yoga & Zumba / Gym sessions thrice a week. SCMIRT has appointed full time certified Yoga instructor for the well being of the staff members & students. Yoga instructor used to explain about each n every asana with proper posture and benefits of every single moves under that asana. She is also taking special sessions individually for chronic illness of any students which they used to address during yoga sessions.

We also have full time certified zumba instructor available at the campus who is committed to her work of shaping each person who really wants to be fit . Students have zumba sessions thrice a week at zumba hall where they love to be around their friends which also creates a sense of team building amongst them.

Our Yoga & Zumba instructor were also sent to take training for their development time to time from management .This time they were being sent to take training of osteopathy from well known Dr Gowardhan Parashare from Rajasthan.

We also have full fledged Gym set up at ground floor for students as well as members . Generally students visit gym everyday post lecture schedule or sometimes in the evening too

5. Evidence of Success :

Almost all the students happily join yoga & Zumba sessions without fail .

As they love being surrounded by fellow students and they truly enjoy the activities taken by our experts time to time.




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**Suryadatta College of Management Information Research & Technology
(SCMIRT)**



That's the only reason where Suryadatta group Of Institute successfully organized TAALAROGYAM YOGATHON on the occasion of International Yoga Day. It was a Unique benchmarking World Record Event of 21st Centaury for performing artistic yoga for longest duration of continuous 3 hours.

6. Problems Encountered and Resources Required :

There were no problems encountered which could not be resolved as the only requirement for this was the motivation and persuasion skills of the educator to plan and submit the premise of learning to the students. Since college has a big auditorium & Yoga hall, implementation of the same in good infrastructure facility was not an issue.




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BEST PRACTICE-II (2021-2022)

1. Title of the Practice :

Startup-“Ideation”, a Startup for Innovation.

2. Objectives of the Practice :

- To nurture the culture of innovation at campus.
- To nurture the entrepreneurship culture among students and exemplify the power of innovation.
- To create a startup ideas at campus.
- To encourage solving real problems
- To inculcate entrepreneurship attitude and inclination in students

3. The Context :

SCMIRT –SPPU-Centre for Innovation Incubation and Linkages (CIIL) promotes entrepreneurship by organized start-up fest in 202. In continuation with this practice Startup-“Ideation” took place.

4. The Practice :

SCMIRT has conducted different workshops, industrial visit to get exposure of different industries. By industrial visit student are getting industrial exposure how thing are working practically in different industries.

To develop innovative ideas among students SCMIRT is creating a space for innovation. Students have actively participated in classroom by sharing different business ideas and giving presentation on business ideas.




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5. Success Stories :

BBA(IB) student Kareena Manekar has done the startup of handmade jewelry under the brand JewelK. Since its inception, JewelK has completed over 300+ orders all over India. The brand has gained a reputation for its exquisite pieces, with customers raving about the quality of the jewelry and the attention to detail in each piece.



BCom student Prajwal Kuthal has done startup on photography in all events. Since its inception, Prajwal khutal Photography has completed over 500+ orders all over India. The brand has gained a reputation for its excellence in photography, with customers saving about the quality of the photos and videos are outstanding.



D. K. Kuthal
Principal, SCMIRT



6. Problems Encountered and Resources Required :

The students are more academically inclined and so feel that venturing into startup would affect their studies & academic performance



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