



University of Kota, Kota

M.B.S. Marg, Near Kabir Circle, Kota-324005 (Raj.)

Website: www.uok.ac.in

7.2-BEST PRACTICES-I

1. Title of practice:

Health awareness through Yoga

2. The context that required the initiation of the practice:

COVID19 pandemic has affected everyone, especially the students with physical and mental pressure. So it was important to conduct the activities related to strengthening health and mental peace of the students.

3. Objectives of the practice:

- Health awareness
- Diet and nutrition practices
- Mental well-being

4. The practice:

- PG Diploma in Yoga and Naturopathic Science from 2019-20
- Sahaj Yoga and Meditation
- Interactive sessions to promote resilience
- Online activities to allow communication and let go off emotional turmoils and stress

5. Obstacles faced if any and strategies adopted to overcome them:

- Due to COVID19 the face to face meetings were not possible
- Students were facing stress and anxiety with the online activities
- Non availability of sufficient regular Faculty / Trainer / Consultant

6. Impact of the practice:

- With online activities on meditation, peace, health awareness students were able to balance themselves and were motivated to work for others also
- Creating trained manpower for the society

7. Resources required:

- Regular Faculty / Trainer / Consultant
- Sports / Yoga Centres
- Online modules



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7.2-BEST PRACTICES-II

1. Title of the practice:

Skill development activities for students.

2. The context that required the initiation of the practice:

The future world will see a significant change in the nature and availability of jobs. For a state like Rajasthan, which involves diverse talent but also includes threat of unemployment, needs more focus on skill-based education and training.

3. Objectives of the practice:

The major objective of the personality development training programs is providing purpose-oriented education. Skills and training initiatives ought to conform to the needs of the industry, technology advancements, and future trends in occupational skills.

4. The practice:

Skills for Jobs & Skills for Entrepreneurship, envisage various dimensions and importance of a significant personality. It helps to understand personality traits, their development and vital contributions to the world of business. Also, the practice makes the students aware of the various dynamics of personality like risk taking capabilities, decision making power, crisis management, etc. It improves the communication skills of the students.

5. Obstacles faced if any and strategies adopted to overcome them:

To attract the students outside of the University Campus was a big challenge. For the same, the Skill Development Centre has done verbal marketing and media marketing likewise- Social Media Marketing and newspaper promotion. The second obstacle faced by the SDC was financial aspect to organize the training programs. To overcome this problem, the SDC searched for the sponsors and fortunately for one training program and one International Symposium, it got the funds from outside agencies.

6. Impact of the practice:

The Skill Development Centre provided training to the students who are enrolled in different courses of the University as well as the outsiders of the University. The training and workshops have been conducted for the teachers also as a one-week Training program. A two month's training program has been organized with the collaboration of Motion Education Ltd., which is one of the leading coaching providers for IIT and Medical entrance examinations. The students got the placements also after this training. The Skill Development centre got signed two MoUs one on State level and one on International level for the students exchange and training. Under the MoUs signed students can take participation in various Skill courses as well.

7. Resources required:

Infrastructure, More Trainers, New Courses and Labs