

**2021-22**

**Best Practice -1**

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**Title** –Practice of Meditation for Peace and Concentration

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.

**Objective - The Objectives Were –**

- i) To understand the life skills for mental wellness
- ii) To develop skills in Mediation.

**Expected Outcome** – Regular meditation practice will add the values of the employees and the students as it.

- i) Increase intelligence
- ii) Helping to resolve addictions
- iii) Improves memory
- iv) Reducing irritability and moodier
- v) Enhance Creativity
- vi) Positive out look
- vii) Decreasing anxiety
- viii) Improved output

**Context-** Meditation is the key to peace of Ming.

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 is a fair claim to make that Meditation saves lives. It can assist in many areas that are related to man’s state of mind.

**The Practice -** The activities of workshops are organized after before and after official working hours twice a week. Introductory lectures were arranged and actual sitting meditation practice was conducted.

No. of Beneficiaries are as follows.

Boys- 83, Girls-103, Staff members 24

**Evidence of Success-**

The above mentioned activities were conducted every year. Alloy with the students, the nearby residents also joined this activity with great joy. Many have expressed their remarks and pleasure about this activity. People come to realize the importance of pranayama and meditation not only at home, but also during the workplace timing.



*[Signature]*  
Officiating Principal  
Shri K. N. Goenka College  
Karanja Lad

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**Best Practice -2**

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**Title- Awareness about Energy Conservation**

**Objectives-** It is essential to conserve the energy. Also still there are many Villages in hilly areas of Vidharbha region where major problem is the lack of electricity. Use of LED lamp is one of the solutions to alleviate energy problem.

- i) To Create awareness of energy conservation among Society.
- ii) To Teach People how to manage the economical energy consumption in the homes.
- iii) To Teach how to save the energy.
- iv) To Teach Proper operation of energy consuming appliances to people.
- v) To Train the youth to motivate, train and empower them to find local solution on the problem.

**Expected Outcome-**Awareness and knowledge about energy and lighting system. Availing the employment generation opportunities to the youths, by way of manufacturing and marketing these products.

**The Context-** No doubt.. Energy problem is a major issue in India and in every part of India. The difficult goal of energy conservation can be achieved only through the combined efforts of many people. Business tycoons, government officials scientists, and individual Indians, at large must work together to conserve energy, It also becomes difficult to purchase LED Bulbs in bulk.

**The Practice:-**Various activities have been carried out through different modes-

- i) Arranging exhibitions on conservation of energy.
- ii) Post Presentation on energy conservation.
- iii)Group discussions on energy conservation.

**Evidence of Success-** The afore mentioned activities were conducted and number of boys and girls have participated in such activities with great enthusiasm. Furthermore the students have taken an oath to propagate the lesson and message to family

members, friends, relatives and village people. As a result of this people have realized the importance of saving electricity and importance of using LED bulbs.

### Use of LED bulbs/Power efficient Equipment

