

BARKATULLAH UNIVERSITY BHOPAL

TWO BEST PRACTICES

Best Practice-1



Title of the FIRST Practice: Holistic Health

Objectives of the Practice: Main objectives of Holistic health are-

- To lead a healthy life
- Prevention and Treatment of diseases

- Promote positive mindset
- Social health
- Spiritual health

Yogic lifestyle is best for holistic health.

The Context: Department of yoga has plenty of green area, there is enough space for mental and spiritual practice which creates a healthy environment for practitioner. The Department focuses on improving the holistic health of students as well as is concerned about the health of community residing in the vicinity of Barkatullah University.





The Practice: It is difficult to convince the participants to follow the practice of yama, niyama, asana, pranayam, pratyahar, dharna, dhyan and Samadhi as it required drastic change in their habits and life style. But after experiencing positive effects of the same they actively participated. Sometimes it is hard to convince the participants that Yama and Niyama is also important for holistic health but we positively explain the benefits of same on mental and social health as Patanjali said in yoga sutra

संतोषादनुत्तमसुखलाभः॥२/४२॥





Financial support and busy work schedule are also a challenge for aspirant who wants to join this program but university organizes various awareness programs / seminars /workshops and interactive sessions to encourage them. University is also working for spreading awareness towards health in underprivileged areas.

5. Evidence of success: below are some of the activities that yoga department Barkatullah university organised to promote health considerable number of people benefitted by being part of these activities.

S.No.	Program details	Date	Year
1	Free Health Camp	12 June 2015	2015
2	Group Yoga Practice	21 June 2015	2015
3	National Seminar - Yoga for Holistic Health, Optimum Performance and Self- actualization	6 & 8 May 2016	2016
4	International Yoga Day – Group Yoga Practice	21 June 2016	2016
5	Workshop on Yoga and Diabetes Awareness	02 Oct 2016	2016
6	Cleanliness Program Under the scheme of Swacha Bharat Abhiyan	02 Oct 2016	2016
7	Organized 25 Free yoga camp on Yoga and Diabetes control on the occasion of Gandhi Jayanti	02 Oct 2016	2016
8	Free Yoga camp	12 & 21 June 2017	2017
9	Free Yoga camp at B.M.H.R.C. Bhopal	15 & 21 June 2017	2017
10	Group Yoga Practice	21 June 2017	2017
11	Heartfulness Programme	21 to 23 May 2018	2018
12	Organized free Yoga camps Central Jail, Scope college, CRC, Prakritik Vigyan Sangrahalaya,, National Disaster Centre on the occasion of International Yoga Day	21 June 2017	2017
13	Workshop on Woman Health and Yoga	15 June 2018	2018
14	National Seminar – Yoga: Conflict Resolution and Power Installation.	16 June 2018	2018
15	One month free Yoga Training Camp	20 May to 21 June 2018	2018
16	Organized free Yoga Group practice at BRTS cycle track, Yoga Competition , A.G. Office Bhopal , ICCR, Sewa Bharti centre, International Public School, Scope college, CRC, Regional Science Centre and National Disaster Management on the occasion of International Yoga Day	21 June 2018	2018
17	Workshop – Clay statue making under the occasion of Green Ganesh Abhiyan	04 Sept 2018	2018 ,,
18	Workshop & Inner Awareness and Personal Growth	15 Sept 2018	2018
19	Workshop – Water Hazard prevention Day 2018	5 Oct 2018	2018
20	National Seminar – Yoga for Child Safety	20 Feb 2019	2019
21	National Seminar – Yoga For Nation Building	27 to 28 March 2019	2019
22	Awareness Rally on the occasion of 150 th birth anniversary of Mahatma Gandhi	5 April 2019	2019
23	Poster competition on the occasion of 150 th birth anniversary of Mahatma Gandhi	10 April -2019	2019

24	Workshop on Preservation of Medicinal Plants on the occasion of 150 th birth anniversary of Mahatma Gandhi	15 April 2019	2019
25	Seminar – Stress Management Through Yoga	22 April 2019	2019
26	Seminar – Yoga : Life Values on the occasion of 150 th birth anniversary of Mahama Gandhi	30 April 2019	2019
27	Five days Workshop – Yoga for Holistic Health	13 to 17 May 2019	2019
28	Workshop & secret of Success	22 May 2019	2019
29	Workshop – Acupressure/ Acupuncture Therapy and Treatment	28 May 2019	2019
30	Workshop - Yoga For School Teacher’s Enrichment	13 to 15 June 2019	2019
31	Organized free Yoga Group practice at BRTS cycle track, Yoga Competition , A.G. Office Bhopal , Sewa Bharti centre, International Public School, Scope college, CRC, Bhoj Vishwa Vidhyalaya Karunadham Ashram, Indore , Hoshangabad and National Disaster Management on the occasion of International Yoga Day	21 June 2019	2019
32	Essay and poster competition on the occasion of Mahatma Gandhi Jayanti	2 Oct 2019	2019
33	Workshop- Continuous examine and amplification in Syllabus for Quality Education in Higher Education	26 Nov 2019	2019
34	A special lecture on “Personality Development and Moral Education” by Swami Tanmayananda ji,	November 22, 2019	2019
35	17 th Monthly Educational Research Conference (MERC) by Department of Continuing Education, Barkatullah University, Bhopal	31 July 2019	2019
36	Anniversary of Swami Vivekananda Chicago address by Department of Continuing Education, Barkatullah University, Bhopal.	11 Sept. 2019	2019
37	Celebration of National Education Day, by Department of Continuing Education, Barkatullah University, Bhopal.	November 11, 2019	2019
38	“Haryal Mahotsava” Organized by Department of Women Study.	20 Aug 2019	2019
39	Workshop& Inner Awareness & Personal Growth Through Meditation.	15 Jan 2020	2020
40	International Webinar Series& Balance life with Yoga .	12 to 14 June 2020	2020
41	Essay Competition -Role of Yoga in Atmanirbhar Bharat.	17 June 2020	2020
42	International Webinar & Boost Immunity by yoga and Naturopathy with spice of laugh.	17 June 2020	2020
43	International Yoga Day – Group Yoga Practice.	21 June 2020	2020
44	National festival on the occasion of Mahatma Gandhi Birth Anniversary.	02 Oct 2020	2020
45	National Webinar -Role of Yoga between Mummy & Baby	4 July 2020	2020

46	National Webinar -Significance of Yoga Sutra in Life Management	06 Feb 2021	2021
47	National Webinar -Importance of Yoga in Nationalism & Self Reliant India	12 Jan 2021	2021
48	National Webinar- Role of inner Strength in facing the global Pandemic Research Trends in Yoga: The Emerging Scope. मानव जीवन के उत्थान में योग की प्रासंगिकता	13,17 &18 June 2021	2021
49	International Webinar - Strengthening the Immunity (Modern and Traditional ways) Preventive & limiting the spread of COVID-19 : Through Yogic Lifestyle Mental health, Emotional Health and Social Well Being	19th to 21st June, 2021	2021
50	Role of Yoga in Health care after covid.	14-05-2022	2022

Year	Activity Detail	Number of students attended / participated
2015-2016	Yoga & Diabetes Camps at 50 places Organized on 02 October 2016	2855
2016-2017	Yoga Camps organized at 4 Places on the occasion of International Yoga Day, June'16	263
2017-2018	Yoga Camps organized at 10 Places, on the occasion of International Yoga Day, June'18	6500
2018-2019	Yoga Camps organized at 12 Places on the occasion of International Yoga Day, June'18	3500
2019-2020	Online Yoga sessions on the occasion of 6th International Yoga Day, June'20	150
2021-2022	Free yoga camp on the vocation of 8 th international day of yoga. Yogotsava countdown program at bheembetka. International day of Yoga 21-06-2022.	5000

Health Awareness camp at shahpura lake



YOGOTSAV countdown program at bhimbetka





500 participants join 'Yoga for Humanity' at BU




OUR STAFF REPORTER
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The Yoga Department of Barkatullah University organised a group yoga program on International Yoga Day. The theme was "Yoga for Humanity".

Commissioner Higher Education Deepak Singh was the guest of honour on the occasion. The program was conducted by Sadhna Danoria, HoD of Yoga department.

Programme started with CM Shivraj Singh Chouhan's speech and PM Narendra Modi's address. After that, Yoga was practiced for an hour. After the session the guest of honour Deepak Singh wished the participants a

Happy Yoga Day and talked about its importance and relevance in the present times. Barkatullah University vice-chancellor Prof RJ Rao spoke on the impact on Covid on people and how it changed the lives of people. A good number of people adopted Yoga as a part of their life, he added. Vote of thanks was given by BU Registrar IK Mansoori. Everyone including the HODs, faculty and students were present at the event. Dr. Sadhna Danoria led More than 500 participants including State NSS officers, Dr. RK Vijay, BU's NSS students and program officer Anand Saxena participated in group yoga.

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<p>E-Auction Sale Notice Enforcement of Security Notice is hereby given described immovable has been taken by the what is", and "What realization and costs, borrowers & Guarantors</p>	
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Problem encountered and resource required: participants feel the drastic change in their behaviour is inevitable after following the path of Astang yoga. However, there are various constraints for achieving holistic health. These are:

□ sometimes it is difficult to follow the strict rule and regulation of yogic life style for practitioner.

□ Lack of experiments and research on emerging trends in Yoga make it difficult to provide good results.

□ sometime practitioner does not want to follow yogic life style because they were not having control over their eating habits, sleeping pattern and other life style related issues.

□ In case of physical limitations with some challenged students performing Asanas and Pranayam correctly becomes difficult.

BEST PRACTICE-2: GENDER EQUITY

Gender Sensitization and Women Empowerment

Objectives: Madhya Pradesh is one of the states which is not high up on the gender empowered list of Indian states. Although it has got out of the “*bimaru raj*” list a lot needs to be done towards gender empowerment and justice. The state has been known for typical developmental challenge of under-utilization of health and education systems especially with regard to women. It is also unique in the sense that approximately 20% of its population is tribal. Looking to this responding to our social responsibilities the university has adopted practices to promote women candidates in higher education along the parameters of access, equity and empowerment.

- To promote girl education through reservation as per state government rules;
- To promote academic understanding and research on gender issues through research activities;
- To promote “gender equality” in among the students and university personnel through active advocacy and arbitration;
- To inculcate the values of gender equality, rights and a sense of social responsibility among the students and all;
- To ensure a safe and healthy academic environment;

Context: Women comprise almost one half of the total population. Their contribution to the society and economy are important for the overall development and prosperity of the nation. Education helps in placing individuals on competitive terms in the formal organizations. It has been the general observation that women lag behind men in accessing education systems and even where they do it is often in traditional and non-employment oriented sectors. Their access and retention remains a challenge in both urban as well as rural sectors. Barkatullah University tries to address this problem at various levels by first ensuring a gender friendly environment and multiple facilitations to encourage girl student’s access to higher education. There is need for special mention here that the university caters to seven districts with a predominant rural presence and has about 3 lakh students per year. Also important is the fact that a major chunk of our students are from rural and SC/ST/ OBC and other minority background.

Practice: In order to meet the above mentioned objectives the university works at various

levels and through many programs to promote gender equality, some of which are mentioned here.

- Only 50% of tuition fees is charged from UTD girl students in the first year to encourage them to participate in higher education.
- Additional scholarships are also facilitated like those from UGC, ICSSR, Central-State Government etc. to enable them to complete their higher studies.
- Gender friendly campus: Round the clock security service, Wi-Fi, girls hostels, Women's gym, separate toilet, availability of lady doctor in campus along with dispensary, etc. are systems that actively support women's access and retention in higher education.
- The university hosts a Women's Studies Department which runs M.A. in Women's Studies and also does research on gender issues. It also publishes journals on gender issues. Besides other social sciences departments like Sociology, Psychology, RPEG, Comparative languages, Law etc. have gender issues as a component in their course curriculum.
- Many activities are routinely organized to promote gender sensitivity and awareness like health camps, yoga camps, special talks, film screening, seminars, cultural festivals etc.
- Research is prominent activity on gender issues.
- The university has many visible women faces. Some senior faculty, universityfunctionaries are women. In fact presently approximately seven university teaching departments of studies are headed by women.
- The university also has systems for re-dressal of gender issues if required there is gender Women harassment cell to look into complaints of gender issues, proctorial board, personnel's in all departments.

Innovation and Best Practices in Barkatullah University:

Many activities to promote gender equality and sensitivity are conducted from time to time to encourage a gender friendly environment and to promote equality. Lot of beneficiaries of scholarships are girl students who also hail from rural and poor backgrounds. Forums discussing gender issues also are attended by male students and colleagues.

Evidence of Success:

- High intake of girl students.
- Most students are able to successfully complete their degrees.
- No major complaints received by gender harassment cell.
- Girl's hostels run on full capacity.
- Presence of many girl students from rural and poor background.
- Presence of girl students in science and professional courses.

List of Women Heads of Departments/ Offices/ Boards

S.No. Name of Departments/ Offices/ Boards Name of Head/ Persons

1. Executive Council :	Dr. Juhi Gupta, Dr. Bharti, Prof Aysha Rais, Prof. R. G. Dastidar, Dr. Sudha Baisa, D
2. Deans:	Prof. Ruchi Ghosh, Prof. Tahera Abbasi, Prof. Mona Purohit, Prof. Ratnmala Arya
3. Academic Council :	All Women Heads , All Women Deans, Dr. Sudha Baisa, Dr. Rekha Barethiya, Dr. Kamini Jain, Dr. Anita Dhurve, Dr. Anshuja Tiwari
4. Departments:	Law, Yoga, Physics, Bio Technology, Genetics, Sociology and Women's Studies, Pharmacy, USIC, Arabic, Persian.
5. Hostels Wardens	Prof Ayesha Rais, Prof. Anita Dhurvey, Prof. Anshuja Tiwari, Dr. Vinesha Singh

Problems Encountered and Resources Required:

Gender activities are high on time requirement and people intensive activity. They are an ongoing discourse in university life, but looking at the other academic requirement there is time constraint. Sometimes they may impact other activities and need lot of coordinated efforts. Some students are not able to appreciate the need for these activities due to academic deadlines, other priorities. Also sometimes due to what students expect and see in wider social systems makes them a little sceptical, thus requiring constant engagement and dialogue. Improvement and expansion in gender friendly infrastructure may be undertaken, which will require funds and liasoning with various agencies.

Some Images:

Special Lecture on "Health and Nutrition"(For Students of Girl's Hostel, Barkatullah University, Bhopal) organized by Women's Studies Department, Barkatullah University, Bhopal on 6th Feb, 2019.



***Special Lecture on ‘Everyday Well-being: In Alternative Health Paradigm’
(For Students of Girl’s Hostel, Barkatullah University, Bhopal)***



Film Screening and Discussion On “Gender Based Issue” Organized by Women’s Studies Department, Barkatullah University, Bhopal On 11th May, 2019



Health Camp

Health camp was organized by Women's Studies Department, BU, Bhopal in Collaboration with NSS and Red Cross Society, Bhopal on 15.06.2019 for all University students, employees and faculty.





Five (5) Days workshop on “Yoga for Holistic Health” Jointly Organized by Women’s Studies Department and Yoga Department , Barkatullah University, Bhopal



8th March, 2022 International Womens day Celebrations Program wherein Honorable Vice Chancellor Sanchi University gave talk on BhartiyaMahilaonkaSamajNirman Mei Yougdan



Honourable governor Madhya Pradesh His Excellency ShriMangu Bhai Patelji, Eminent Tribal Artist PadmshreeBhuribai addressing students in a workshop on Tribal art and Culture on 8th July 2022.



National Science Day 28th February 2022, Department of Physics and Electronics, BU Bhopal, had organized various competitions for students.