



Institute of Vocational Studies

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Best Practices 2019-20

Best Practices: Although many good practices are followed by Institution but few of them are remarkable. Such two best practices are:

Title of Best Practice (1): Voter Awareness Programme

The Context: Election is an integral aspect of Indian governance required for smooth functioning of our nation. Participating in election process is mandatory for each mature and adult individual in India. Hence, from the point of view of spreading awareness among citizens of India about election and its importance in strong democracy, Institute of Vocational Studies took a lead and organized IVS Voter Awareness Programme under IVS Voter Awareness Club from October, 2021 to March 2022.

Objective of the Practice:

- Developing awareness about Delhi election procedure and its contribution in Indian democracy.
- Giving them a real- life experience how elections are conducted and how leaders present themselves to the respective voters.
- Motivating our youth to cast their valuable votes.

- Circulating necessary details related to the form like- eligibility criteria, role of election commission etc.

The Practice: For the purpose of developing voter awareness among youth and upcoming generations, our institution formed IVS Awareness Club under the supervision of Dr. Mandira Gupta, President, IVS Awareness Club, Ms. Nahid Raees, Advisor, Awareness Club, Students Representatives as Vice President, Secretary, Social Work Representative and Club Welfare Representative. In a hierarchical order, all were assigned the duties and monitored and guided by the President and Advisor of Voter Awareness Club.

Assuming the same, college took following initiatives in similar direction:

- Calligraphy competition (16th November 2021)
- Documentary screening (25th November 2021)
- E- voter pledge (25th January 2022)
- National voter awareness contest (25th January 2022- 15th March 2022)
- IVS voter awareness campaign (25th November 2021)
- Video screening (01st January 2022)
- Press note ??
- Vigilance awareness week (26th October 2021 to 02nd November 2021)

Evidence of Success: Our College has taken the initiative of establishing healthy living habits for a healthy life style during pandemic in which Yoga was centrally practiced along with happiness drive and mind relaxing activities. With the help of such practices, students and staff members were counseled and guided to build a strong and positive attitude towards life and bringing back the academic and professional responsibilities on a normal mode, though, the activities are still leading

through online modes of communication but both teachers, students and their parents are motivated and capable to handle the situation. Many students and staff members got affected with infection of COVID-19 but they all successfully overcome the disease, accomplished their targets and are enjoying a healthy and happier life.

Resources Required: Yoga does not mean mere exercising but it denotes to highly organized and scientific bodily postures and Asans. For this purpose, expert trainers or Yoga teachers and suitable conditions on the part of participants like empty or filled stomach were required to perform different yoga Asans with locally available material like mat, open area like floor, roof or park for performing meditation or stretching, fresh air for breathing etc.

Coordinating with NSS cell, GGSIP University and Bharat scouts and Guides, Ministry of AYUSH, Govt. of India to provide Yoga trainer and approaching resource person was another requirement.

Good internet connectivity for accomplishment of different relaxing and happiness activities also remained necessary concerns.

Challenges:

- Availability of internet connection for smooth conduction of programmes.
- Coordinating with the NSS Cell, GGSIPU and Rajyoga Education and Research Foundation (a sister concern of Brahma Kumaris).
- Coordinating with Bharat Scouts and Guides and Ministry of AYUSH Govt. of India
- Celebration of various special days and arranging resource persons for Yoga Workshops and other programmes.

Outcome: Due to the pandemic and global lockdown, education, work, employment, businesses and the economic condition, everything has been severely affected and generated huge stress among people from all sections of society, especially students at different levels. Although, we cannot recover the damage but emphasis laid by our college on healthy habits and lifestyle showed remarkable outcomes on the personal and professional lives of students and staff members both, like:

- Development of positive attitude towards life.
- Development of courage to face the challenges posed by pandemic.
- They learned to cope up with trauma and stress of such problematic situation and brought themselves back to the work.
- Helped themselves along with family and community to fight against COVID-19.
- Notable performance and achievement by students.

Title of Best Practice 2 -[Environmental Concern](#)

The Context: This international day reminds us about the interdependence between natural ecosystems and human life. It is a celebration of Earth's biodiversity and a reminder that humanity's future depends on how we care for our common planet. Earth Day brings us all together to think about our role in preserving nature and fighting climate change. With more and more events that show the dramatic consequences of climate change for life on Earth, there is a risk that people feel powerless to stop and reverse the deterioration of the environment. A wave of 'climate fatalists', those who believe we can do nothing to stop climate change, can have a major impact in discouraging action. However, a recent global

survey conducted by research firm shows that no more than 14 percent of people tend to be climate fatalists.

Objective of the practice

- To aware students about the environment protection
- To develop essential skill among student about positive attitude

The Practice: Institute of Vocational Studies with the theme “Environmental Concern “is considered as one of the best practices for the year 2019-2020. The main agenda of the practice focused on the following events which held during the year

- Plantation
- Earth Day
- Animal care
- Poster making
- Nukkad Natak

Evidence of Success

- Development of positive attitude
- Sensitization of awareness about the earth

The student were sensitized with environmental awareness, they created a video on taking care of the animal, performed awareness on water conservation. The website link for the video is-

https://drive.google.com/drive/folders/1wDNRAMrtLc_rJAATQIf5Tr0wve4ocG8U?usp=share_link

Resources required:

- Internet
- Mobile
- Food for animal

Challenges & Outcomes:

The main challenge among student was provision of essential resources for the all- such as internet facility, food for the animal. Student also faced issue of finding the domestic animal to implement the same.