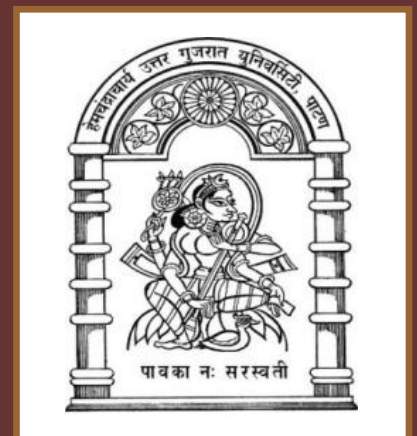


CALMING THE MIND IS YOGA. NOT JUST STANDING ON THE HEAD.” - SWAMI SATCHIDANANDA



**Hemchandracharya
North Gujarat University, Patan**

BEST PRACTICE 2016-17



HNGU BEST PRACTICES 2016-17

BEST PRACTICE -1

“Healthy mind in a healthy body”. Overall Development of Students through Yoga.

HNGU BEST PRACTICES 2016-17

BEST PRACTICE -1

<p>1. Title of the Practice This title should capture the keywords that describe the practice.</p>	<p>"Healthy mind in a healthy body". Overall Development of Students through Yoga.</p>
<p>2. Duration (year of inception-year of discontinuation) What is year of inception? Is the practice still continuing? If not, what is the year of discontinuation?</p>	<p>Continuous</p>
<p>3. Objectives of the Practice What are the objectives / intended outcomes of this "best practice" and what are the underlying principles or concepts of this practice (in about 100 words)?</p>	<p>Promotion of Yoga/physical activity for the students should start from their childhood. The institution and parents should play a crucial role in making the student identify himself in any field of his choice. So that student can persuade the same as life time relaxant activity. The Yoga and games in university play an important role in providing meaningful education to the students. It secures the benefit of organized mental/physical activity which is very much needed in modern living. It increases the self esteem and mental alertness of the students.</p>
<p>4. The Context What were the contextual features or challenging issues that needed to be addressed in designing and implementing this practice (in about 150 words)?</p>	<p>Health and well-being are crucial for students, teachers, non teaching and all citizens for any society and nation. Academic and personal success of students and all stakeholders in university are necessary for growth and ranking of universities. As we know healthy mind lies in healthy body. The entrance to the university by a student marks a period of transition for young people and during this transition, students face a number of new challenges, such as making independent decisions about their lives and studies, adjusting to the academic demands of -structured learning environment, and interacting with a diverse range of new people. The University lays due emphasis not only on the academic growth of its students but also on their holistic development.</p> <p>The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental domains to achieve a peaceful body and mind and it helps manage stress and</p>

	<p>anxiety. It also helps in increasing flexibility.</p> <p>Keeping these benefits of practicing yoga in mind, the University has Yoga centre with all needed facilities like a spacious Yoga hall, where students, faculty and staff practice yoga and meditation</p>
<p>5. The Practice</p> <p>Describe the practice and its uniqueness in the context of India higher education. What were the constraints / limitations, if any, faced (in about 400 words)?</p>	<p>This yoga centre is open to all citizens of Patan and it is operational at 6. 00 am in the morning with Yoga Instructor / University Yoga Teacher.</p> <p>University is conducting a Diploma In Yoga(Vocational) ,Post Graduate Diploma In Yoga Education course in Yoga in this centre.</p>
<p>6. Evidence of Success</p> <p>Provide evidence of success such as performance against targets and benchmarks, review/results. What do these results indicate? Describe in about 200 words.</p>	<p>Number of citizens of patan including (Doctors, Senior Citizens, and students) is taking benefit of this Yoga center and avails health benefits.</p> <p>Students are becoming Trained YOGA instructors with above said degrees.</p> <p>Numbers of programs are conducted by other Organization in association with YOGA center of HNGU.</p>
<p>7. Problems Encountered and Resources Required</p> <p>Please identify the problems encountered and resources required to implement the practice (in about 150 words).</p>	<p>No problems are encountered in this activity.</p>
<p>8. Notes (Optional)</p> <p>Please add any other information that may be relevant for adopting/ implementing the Best Practice in other Institutions (in about 150 words).</p>	<p>https://www.ngu.ac.in/Gallery.aspx</p>




 I/c. Registrar
 Hemchandracharya
 North Gujarat University
 PATAN





Patan, Gujarat, India

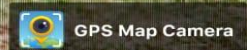
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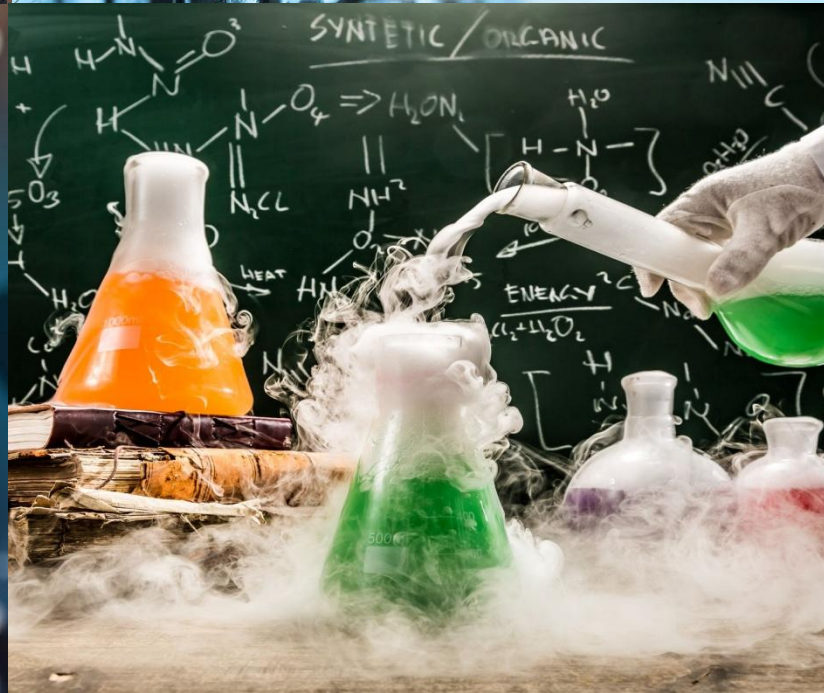
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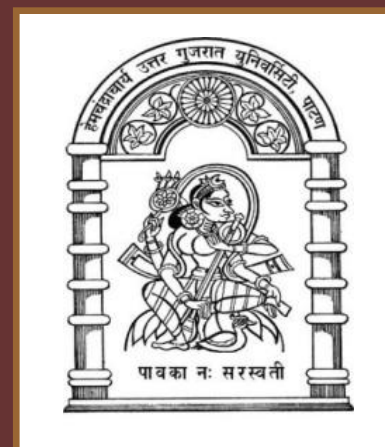


“When learning is purposeful, creativity blossoms. When creativity blossoms, thinking emanates. When thinking emanates, knowledge is fully lit. When knowledge is lit, economy flourishes.” – Dr. APJ Abdul Kalam



**Hemchandracharay
North Gujarat University, Patan**

BEST PRACTICE 2016-17



HNGU BEST PRACTICES 2016-17

BEST PRACTICE -2

**Promoting and encouraging
research culture in campus**

HNGU BEST PRACTICES 2016-17

BEST PRACTICE -2

<p>1. Title of the Practice This title should capture the keywords that describe the practice.</p>	<p>Promoting and encouraging research culture in campus</p>
<p>2. Duration (year of inception-year of discontinuation) What is year of inception? Is the practice still continuing? If not, what is the year of discontinuation?</p>	<p>Continuous practice</p>
<p>3. Objectives of the Practice What are the objectives / intended outcomes of this “best practice” and what are the underlying principles or concepts of this practice (in about 100 words)?</p>	<p>Encouraging faculties by providing research facilities and appropriate infrastructure to create a sense of research environment among the students and faculty members to do interdisciplinary and applied research.</p>
<p>4. The Context What were the contextual features or challenging issues that needed to be addressed in designing and implementing this practice (in about 150 words)?</p>	<p>It is need of time and government vision to promote research and innovation to support Make in India concept, in thrust areas and contribute solutions to industrial and societal needs.</p>
<p>5. The Practice Describe the practice and its uniqueness in the context of India higher education. What were the constraints / limitations, if any, faced (in about 400 words)?</p>	<p>The University has well equipped labs in science departments like Life sciences, Biotechnology and Chemistry. In an effort to motivate research and innovation among faculty, the university sponsors faculty members for pursuing research programs. Around 67% of faculty members are Ph.D holders and among them 78% of faculty members are recognized Ph.D supervisors and are guiding 200 research scholars in the University; nearly 161 research scholars completed their Ph.D Programme. The Ph.D holders are provided with additional incentives based on their research performance. Both faculty and students are sponsored to present papers at national/international conferences in India and abroad. They are also encouraged to patent their innovative ideas. Stipend is provided for full-time research scholars (JRF/SRF) who join the research centers of the institution.</p>

	<p>The Gujarat Council on Science and Technology (GUJCOST) of the Gujarat Government has granted University with supercomputer 'Param'. With this, University is amongst only a handful of universities in the state to have the facility of a supercomputer. This facility will be equipped with a Param Shavak system developed at the Centre for Development of Advanced Computing (C-DAC) for high-performance computing and deep learning with x86 based latest Intel processor, 98 GB RAM, 16 TB storage, Nvidia based co-processing accelerator technologies, and software development environment.</p> <p>Proventus and Capitalize database is a sister product of Capital Market, India's foremost investment fortnightly. The specialized expertise in data collection, standardization and presentation built up since 1985 has earned Capitalize database the highest level of respect and confidence in the financial information Industry</p>
<p>6. Evidence of Success Provide evidence of success such as performance against targets and benchmarks, review/results. What do these results indicate? Describe in about 200 words.</p>	<p>Total Workshop/Seminar/Conference : 80 (2016-17) Total Paper Publication during year till date: 1620 Total Research Projects till date :92 Total Grant received from various agencies: Rs. 1,51,98,360/- (2016-17) Book Publication till date :201</p>
<p>7. Problems Encountered and Resources Required Please identify the problems encountered and resources required to implement the practice (in about 150 words).</p>	<p>Delay in receiving funds from agencies.</p>
<p>8. Notes (Optional) Please add any other information that may be relevant for adopting/ implementing the Best Practice in other Institutions (in about 150 words).</p>	<p>https://www.ngu.ac.in/Gallery.aspx</p>



[Signature]
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PATAN