



# ARMY INSTITUTE OF EDUCATION

Plot M-1, Pocket P-5, Sec CHI, Greater NOIDA  
Affiliated to GGSIP University, New Delhi  
NAAC Accredited & ISO 9000-2015 Certified Institute



## Best Practice-1

### 1. Title of the Best Practice

#### **Physical and Mental Well Being of the society during Pandemic**

### 2. The Context

“Yoga is an invaluable gift of India’s ancient tradition. It is not about exercise, but to discover the sense of oneness with yourself, the world and nature.” These words by Shri Narendra Modi hold so true in the prevailing times of pandemic that are so challenging and trying and more so for the people of all ages. As the country battles the COVID-19 pandemic on a war-footing, India’s traditional system of Yoga has been established as a means to boost immunity, improve overall health and wellbeing. Yoga helps in creating a balance between raging thoughts and a wavering concentration. Yoga awareness through such workshops will definitely help to sensitize society about the benefits of Yoga by getting a complete harmony of body, mind and spirit. Yoga is a journey of the self and a way to freedom.

### 3. Objectives of the Practice

- To make Yoga a part of our daily routine
- To make people aware about the subtle benefits that Yoga provides
- To acquaint with the techniques which help to reduce conflict and eliminate stress
- To apprise the importance of balanced diet and good nutrition.

### 4. The Practice

NSS Cell, GGSIPU in collaboration with Adhyatam Yoga Sansthan, Dwarka, New Delhi and NSS Cell Army Institute of Education, Greater NOIDA organized a ten day online National Yoga Workshop- ‘**My Life My Yoga**’ from 30<sup>th</sup> August 2020 to 9<sup>th</sup> September 2020, *A Sequel to Mind over Matter Series*. The NSS Cell, Army Institute of Education, under the able leadership of Dr. Tania Gupta, Co- Patron & Principal AIE and Ms. Pratibha Garg, Convener, Online National Yoga Workshop, Programme Officer, NSS Cell and Assistant Professor AIE and the entire team of NSS spear headed the online National Yoga workshop. Apart from Yoga, the resource persons, student teachers of AIE, nutritionists and dieticians shared their knowledge on different aspects of nutrition, diet, National Wildlife day, International Literacy day, Coconut Day and Small Industry Day.

The total number of registrations was astounding as more than 1600 people registered themselves for the event. The registrations were invited over following google form – [https://docs.google.com/forms/d/e/1FAIpQLSeByyZbsJWIKKH1tTFH2yh5jptOuvIsh\\_ex72WpUUJpp4wwnA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeByyZbsJWIKKH1tTFH2yh5jptOuvIsh_ex72WpUUJpp4wwnA/viewform?usp=sf_link)

The gamut of participants was multifarious with students, teachers, yoga practitioners, doctors from various fields, distinguished guests and the elderly. The sessions were totally interactive where the participants performed the asana with the Yoga Guru for that session and the queries were well answered by the resource persons. As the mode of conduct for the workshop was ‘online’, besides Zoom, the sessions were streamed live on YouTube, where the participants could share their views and put forth their queries in the chat box, which were then catered to by the resource persons /experts during the session and even offline. The link of the YouTube channel on which the sessions are broadcast is below- <https://rb.gy/g47azv>

## **5. Advantages**

Through the Ten Days National Yoga workshop the flame of Yoga was kindled in participants. All the resource persons endeavoured to give some important tips and showcased different postures, exercises that can benefit the spectacular audience.

## **6. Challenging issues**

- Coordinating with the NSS Cell, GGSIPU and Adhyatam Yoga Sansthan, Dwarka, New Delhi.
- Celebration of various special days and arranging for the resource persons during the ten days Yoga Workshop.

## **7. Evidence of Success**

An overwhelming response from more than 1500 participants and a total of 8,332 views for 12 sessions conducted from 30<sup>th</sup> August to 09<sup>th</sup> September 2020 as per YouTube channel analytics were received.

## **8. Resources**

- (i) Availability of the resource persons.
- (ii) Coordination with NSS Cell of Guru Gobind Singh Indraprastha University Adhyatam Yoga Sansthan, Dwarka, New Delhi
- (iii) Arranging for resource persons for special days.
- (iv) Good internet connectivity.

## Best Practice-2

### 1. Title of the Best Practice

Student – Teachers' Enrichment

### 2. The Context

Amidst prevailing Covid 19 pandemic, entire world is striving hard to look for new ways to continue learning. It had an impact on people from different walks of life across the world. During pandemic the paradigm shifted from traditional offline mode of teaching to online mode of teaching. While rest of the world struggled to adjust to the new normal, AIE effectively managed to conduct all academic, co-curricular, and extra-curricular activities in virtual mode. Student teachers enthusiastically participated and contributed with their innovative ideas to take the learning process to new heights. It was the time when many universities and colleges started organizing workshops, webinars, conferences, competitions, courses etc in online mode. This gave opportunities to faculty members and student teachers to participate in online programmes by overcoming distance and time constraints. Being virtual also allowed us to explore new online platforms like Zoom, Streamyard, Google Classroom, MS Teams etc for transaction of knowledge and for assessment of students in teaching learning process.

### 3. Objectives of the Practice

- To acquaint the student-teachers with different virtual learning platforms.
- To participate in various Webinars, Workshops, Conferences, Competitions etc during pandemic.
- To enable them to gain certification for different courses.
- To upgrade their knowledge in the area of interest using online platform.

### 4. The Practice

During pandemic in the academic sessions 2019-20 & 2020-21, when paradigm shifted from traditional teaching to online teaching, student teachers were encouraged to participate in Webinars, Workshops, Conferences, Competitions etc and also motivated to gain certificates by completing courses of their interest area. Student teachers under the able guidance of their mentors left no stone unturned to participate in various online workshops, webinars, conferences, competitions etc. As the student teachers were not present on the campus, every mentor shared the information about the online activities on WhatsApp group and through mail. Mentors encouraged their mentees to participate in online activities and kept a track of their participation. At the end of every week data was collected from the student teachers and compiled and sent to the Principal. Same records were sent to Head Quarter, Delhi Area to the management to apprise them about student teachers' achievements.

## **5. Advantages**

- Student teachers' knowledge level was enhanced in diverse areas.
- They gained certificates by completing online courses. It was an added qualification in their resume while pursuing B.Ed. programme.
- Student teachers also secured positions in various university level, state level, and national level competitions.

## **6. Challenging issues**

- To convince each and every student to participate in Webinars, Workshops, Conferences, Competitions etc.
- Sometimes payment of fees for paid Webinars, Workshops, Conferences, Competitions etc also hampered students' participation.

## **7. Evidence of Success**

- 133 student teachers of batch 2019-21 & 2020-22 participated in Webinars, Workshops, Conferences, Competitions etc
- Student teachers of B.Ed. Batch 2019-21 & 2020-22 and B.Ed. Sp Ed(LD) Batch 2020-22 gained certificates after completing online courses.

## **8. Resources Required**

- Availability of good internet connectivity.
- Student teachers' willingness and self-motivation to participate in the activities.

## **9. Contact Details**

The Principal

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