

## **Celebration of International mother language day or Bhasha Diwas**

- 1) Title of the Practice: Celebration of Bhasha Diwas or International Mother Language Day.
- 2) Objectives of the Practice: The objective was to strengthen the harmony that already exists among the students who had from diverse backgrounds and came to a college which five languages in its programme (B.A).
- 3) The Context: Kidderpore College is a reflection of linguistic unity. However, comprehension of a language often poses to be a problem for students who speak different languages. Hence it was ensured that the constituent elements of the programme would be such that language did not prove to be a barrier.
- 4) The Practice: The program included rendition of vocals, speeches, recitations enactment of a play and a mushaira.

Uniqueness- Assimilation and exchange of thoughts and ideas in a syncretic culture like India is necessary and while the seeds are sown in school, it is the responsibility of the college to nurture it and give it a final shape. Exposures to the literature and culture of different linguistic groups is expected to strengthen their idea about the pluralist society of India.

- 5) Evidence of Success: Bhasha Diwas in our college is not a monopoly of the language departments. Bhasha Diwas was celebrated by the three faculties- Arts, Science and commerce. Thus, the practice met the target of overall participation of the students, irrespective of their department and irrespective of the languages they speak. The coordination and cooperation among students highlighted their eagerness and the sheer joy they found in participating in events which brought the whole college together. In the process they learnt more about the other languages, particularly its literature, music and other aspects of culture.
- 6) Problems Encountered and Resources Required: (i) Students belonging to one linguistic group found it difficult to pronounce other language correctly. (ii) the students who have classes of different honors, found it difficult to squeeze in time for rehearsal. Resources required- i) A space for rehearsal is imperative – a space which will not be used for taking classes.
- 7) Notes (optional): Bhasha Diwas can be accepted as one of the best practices as that would ensure that along with the provincial languages, the other languages of India are also celebrated. It leads to greater exposure to and hence affinity with other languages. This would help the students to adjust in completely different surroundings, as their jobs might take them to any place in this multicultural land called India.

## **Celebration of World Yoga Day**

**Objectives of the Practice:** To make the students aware of a healthy body and mind, which can be achieved through Yoga. One cannot hope for success if one does not have a healthy body.

**The Context:** It was necessary to tell the students about the benefit of yoga and of each asana, meditation and relaxation. They were also told about the necessity of daily practice of it which meant managing some time for practice in their daily schedule.

**The Practice:** Many students participated in the session which was held on the verandas of the two floors. The yoga session sends the message that the college gives equal importance to physical and mental development and imparts the message that there is more to life than being just bookworms. The effort towards all round development brings out the main message of higher education in India –education should be geared towards life.

**Evidence of success:** (i) Our students were greatly enthusiastic. (ii) They picked up the postures very easily. (iii) Those who found it difficult were by their friends. These results indicate that students understand that Yoga leads to concentration and better work. It can be practised anytime and anywhere.

**Problems encountered:** The main problem of our college is inadequate space. Also, it is difficult to impart the usefulness of Yoga to all the students.

**Resources required-** A steady flow of funds would enable this programme to be organised.

**Notes-**Yoga relaxes everybody. It helps with relief of stress which is most crucial for college going students. A sound body and sound mind easily possible in Yoga which help students in their later life.