

# **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-

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, dhyana 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.



# Best Practices – I

## Yoga & Holistic Health

Year - 2019-2020 to 2023-2024



S.N	Details of programs	Date	Year
1.	Workshop- Continuous examine and amplification in Syllabus for Quality Education in Higher Education	26-Nov-19	2019
2.	National Seminar – Yoga for Child Safety	20-Feb-19	2019
3.	National Seminar – Yoga For Nation Building	27 to 28 March 2019	2019
4.	Seminar – Stress Management Through Yoga	22-Apr-19	2019
5.	Seminar – Yoga : Life Values on the occasion of 150 <sup>th</sup> birth anniversary of Mahatma Gandhi	30-Apr-19	2019
6.	Workshop on secret of Success	22 May 2019	2019
7.	Workshop on life style disorder – leading with Naturopathy	25 May 2019	2019
8.	Workshop on एक्यूप्रेशर/एक्यूपंचर चिकित्सा एवं उपचार पद्धति	28 May 2019	2019
9.	National Webinar on Role of Yoga between Mummy & Baby	4 July 2020	2020

10.	National Webinar : Boost Immunity by yoga and Naturopathy with spice of laugh	4-June -20	2020
11.	National Webinar on Significance of Yoga Sutra in Life Management	06 Feb 2021	2021
12.	National Webinar on Importance of Yoga in Nationalism & Self Reliant India	12 Jan 2021	2021
13.	Three Days National Webinar On <ul style="list-style-type: none"> <li>• Role of inner Strength in facing the global Pandemic</li> <li>• Research Trends in Yoga : The Emerging Scope.</li> <li>• मानव जीवन के उत्थान में योग की प्रासंगिकता</li> </ul>	13,17 & 18 June 2021	2021
14.	International Webinar on <ul style="list-style-type: none"> <li>• Strengthening the Immunity (Modern and Traditional ways)</li> <li>• Preventive &amp; limiting the spread of COVID-19 : Through Yogic Lifestyle</li> <li>• Mental health, Emotional Health and Social Well Being</li> </ul>	19 <sup>th</sup> to 21 <sup>st</sup> June, 2021	2021
15.	National Webinar on Significance of Yoga Sutra in Life Management	6-Feb-21	2021

16.	National Webinar on Importance of Yoga in Nationalism & Self Reliant India	12-Jan-21	2021
17.	National Webinar-Significance of Yoga Sutra in Life Management	6-Feb-21	2021
18.	National Webinar - Importance of Yoga in Nationalism & Self Reliant India	12-Jan-21	2021
19.	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
20.	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	19 <sup>th</sup> to 21 <sup>st</sup> June, 2021	2021
21.	National Seminar - Role of education in character building and personality development.	21 Dec. 2021	2021
22.	Special Lecture On Occasion of World Mental Health Day – Yoga & Manas.	6 -10-2022	2021
23.	National Webinar on Yuva Shakti Or Yoga	12 -1-2022 ( <b>Online</b> )	2022



24.	National Webinar on Yuva Shakti Or Yoga	12/1/2022	2022
25.	National Webinar - युवा शक्ति एवं योग	12-Jan-22	2022
26.	Yogotsav Countdown program for International Day of Yoga - 2022 "Yoga for world Peace"	24-May-22	2022
27.	National webinar - Yoga in Present Scenario	13-Jun-22	2022
28.	National Webinar Effective Yogic Techniques for Improving Wellness	15-Jun-22	2022
29.	National Webinar - Yoga For Humanity	18-Jun-22	2022
30.	National Webinar- Yoga : Healthy Living	17-Jun-22	2022
31.	National Seminar - सुशासन के स्थापन में योगियों का योगदान	18-Oct-22	2022
32.	Two-day workshop on Indian texts based on India's knowledge tradition in the context of National Education Policy 2020 on 25th and 26th April 2023	25 - 26 April 2023	2023
33.	National Seminar on Yoga for Emotional & Spiritual Health		2023
34.	Yogotsav Countdown program for International Day of Yoga – 2023	6-May-23	2023



35.	On the Occasions of International yoga Day 2023 Ten Yoga camps in Bhopal	20 May to 20 June 2023	2023
36.	National Seminar on <b>Role of Yoga in psychosomatic disorders</b>	20 June 2023	2023
37.	On the Occasions of International yoga Day 2023 Group Yoga Practice in University Campus	21 June 2023	2023
38.	National Seminar on <b>Yoga for Vasudhaiv Kutumbakam</b>	21 June 2023	2023
39.	Workshop on Occasions of Swami Vivekananda Jyanti	12 Jan, 2024	2023
40.	National Seminar - युवाओं के दायित्व निर्वहन का सशक्त आधार “योग”	19 June 2024	2024
41.	On the Occasions of 10 <sup>th</sup> International yoga Day 2023 Group Yoga Practice in University Campus	21 June 2024	2024
42.	On the Occasions of International yoga Day 2024 Twenty five Free Yoga camps in Bhopal	20 May to 20 June 2024	2024

**Health Awareness camp at shahpura lake**



**YOGOTSAV countdown program at bhimbetka**







## 500 participants join 'Yoga for Humanity' at BU



**OUR STAFF REPORTER**  
city.bhopal@fpj.co.in

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 R.J 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 R.K Vijay, BU's NSS students and program officer Anand Saxena participated in group yoga.



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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:

style for practitioner.

difficult to provide good results.

ollow yogic life style because they were not having control over their eating habits, sleeping pattern and other life style related issues.

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, university functionaries are women. In fact presently approximately seven university teaching departments of studies are headed by women.
- The university also has systems for redressal 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**

<b>1. Executive Council :</b>	Dr. Juhi Gupta, Dr. Bharti, Prof Aysha Rais, Prof. R. G. Dastidar, Dr. Sudha Baisa, D
<b>2. Deans:</b>	Prof. Ruchi Ghosh, Prof. Tahera Abbasi, Prof. Mona Purohit, Prof. Ratnmala Arya
<b>3. Academic Council :</b>	All Women Heads , All Women Deans, Dr. Sudha Baisa, Dr. Rekha Barethiya, Dr. Kamini Jain, Dr. Anita Dhurve, Dr. Anshuja Tiwari
<b>4. Departments:</b>	Law, Yoga, Physics, Bio Technology, Genetics, Sociology and Women's Studies, Pharmacy, USIC, Arabic, Persian.
<b>5. Hostels Wardens</b>	Prof. Ayesha Rais, Prof. Anita Dhurve, 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 6<sup>th</sup> 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 11<sup>th</sup> 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**



8<sup>th</sup> March, 2022 International Womens day Celebrations Program wherein Honrable 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 8<sup>th</sup> July 2022.



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