

1. Title of the Practice: Road Safety Campaign

2. The context that required the initiation of the practice:

The present transportation system has minimized the distance but increased life risk. Every year, road crashes result in the loss of lakhs of lives and serious injuries to crores of people. The first National Road Safety Week was introduced by the Ministry of Road Transport and Highways and observed in 1989. On March 15, 2010 the government sanctioned the National Road Safety Policy, recommended by the Sunder Committee. The aim is to raise public awareness about traffic rules. Charitable organizations, non-government organizations and private firms across the country join hands with the government to provide logistical support for the road safety measurements. This was the incentive that triggered the college to take up Road Safety Campaign as one of the Best Practices.

3. Objectives of the practice:

The Ministry of Road Transport & Highways had requested all Members of Parliament, State Governments and related stakeholders (including corporates, PSUs, NGOs etc.) to actively participate in the event by conducting awareness campaigns about road safety, first responder training, ensuring strict enforcement of rules & regulations up to grass-roots levels and conducting other activities, workshops & advocacy programmes related to road safety. To achieve all these targets is the basic objective of the campaign.

4. The Practice:

Programs related to road safety have been carried out daily at the college level by the road safety committee of the college.

Earlier, poster competition, slogan competition and many seminars and though provoking programs had been done, but then daily students along with their teachers were spreading awareness programs on the roads around the college on intersections of the roads asking all citizens for helmets, alerting them about the repercussions of drink and drive. To recognize the graveness of the matter and to enlighten people of the ways to become more cognizant about their safety on the road, the college organised many rallies and competitions. The campaign focused on various measures people should adopt to comply with the safety regulations laid down by the government and subsequently keep themselves and their loved ones safe.

A movie on road safety was run on projector for the students to imbibe the rules and regulations that are to be adopted by the people to drive safe.

5. Obstacles faced if any and strategies adopted to overcome them:

As road transportation becomes more crowded with means to travel becoming more easily available, mishaps on the road have emerged as one of the most pressing social issues that the world is grappling with. It's very challenging to educate people about slowing down! Everyone on the road seems to be in utmost hurry. Numerous factors can be attributed to being the causative factors of road accidents like distracted driving, drunk driving, speeding or reckless driving, not wearing a seat belt, potholes and bad road conditions, breaking traffic rules and tailgating. Now, the main challenge was to answer the question of the citizens regarding these infrastructural lacunae.

A central repository, the Integrated Road Accident Database (iRAD) system has been developed by the Ministry for the reporting, management, claim processing and analysis of road accident data to enhance road safety in the country. Such education when given to the people on road, instils some hope.

6. Impact of the Practice:

Taking Road safety Campaign as one of the best practices, has made the college students realise that road safety education is as essential as any other basic skill for survival. They have become more aware about this problem. The impact on the areas surrounding our college can also be perceived. During the week's celebrations, awareness is created using posters, banners, short films on road safety, leaflets distribution etc. Various activities and competitions were also conducted as a part of creating awareness. The usually conducted activities included slogan writing contest, poster making contest, article writing competition on road safety, road safety quiz etc. let's hope, there are less accidents on roads now!

7. Resources Required:

The human resource of the college was involved. Various committees had different modus operandi to their requirement. The volunteers worked in collaboration with traffic police also.

8. About the Institution:

- i) Name of the Institution: Dayanand Arya Kanya Degree College, Moradabad
- ii) Year of Accreditation: 2013
- iii) Address: Civil Lines, Moradabad-244001, UP
- iv) Grade awarded by NAAC: B
- v) E mail: dakcollege@gmail.com
- vi) Contact person for further details:
- vii) Website: dakcollege.org



Moradabad, Uttar Pradesh, India

RQX9+3P7, Civil Lines, Moradabad, Uttar Pradesh 244001, India

Lat 28.848138°

Long 78.769844°

15/06/22 08:44 AM



Moradabad, Uttar Pradesh, India

RQX9+3P7, Civil Lines, Moradabad, Uttar Pradesh 244001, India

Lat 28.848138°

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1. Title of the Practice: Yoga and Fitness

2. The context that required the initiation of the practice:

The Prime Minister Shri Narendra Modi had launched the Fit India Movement in New Delhi on the occasion of National Sports Day. The Prime Minister urged the people of the country to make fitness their life style. The Prime Minister said that people in any profession can make themselves efficient in their profession if they are mentally and physical fit. If body is fit, then you would be mentally fit. Sports has a direct relation to fitness but 'Fit India Movement' aims to go beyond fitness. Fitness is not just a word but an essential pillar to a healthy and prosperous life. When we prepare our bodies for battle, we make the country strong as iron. And abiding by these principles, our college took the mission of fitness and Yoga very seriously.

3. Objectives of the practice:

The objectives of the fit india movement as well as celebrating the international yoga day are following:

To let people to know amazing health benefits of yoga

To reduce health problems

To spread peace in the world

To promote good mental and physical health of people through yoga.

To connect people through international yoga day.

To connect people to the nature by practicing yoga.

To make people get used of mediation through yoga.

To draw attention of people worldwide towards the holistic benefits of yoga.

To let people know their rights of good health and healthy life style to completely enjoy the highest standard of physical health.

To bring communities much close together to spend a day for health from busy schedule. To strengthen the global coordination among people through yoga.

To make people aware of physical and mental diseases and its solutions through practicing yoga.

To reduce the rate of health challenging diseases all over the world.

4. The Practice:

The department of Sports and Physical Education runs programs on yoga and physical fitness throughout the session. Also the extension units like NSS, NCC, Rangers and Community Service committee keep organising camps on the same. On the occasion of International Yoga Day on June 21, 2021, under the guidance of Dr. Shobha Gupta and Dr. Nemika, program officers of Daranand Aryakanya College, Moradabad, following the Corona guidelines, the volunteers made people aware of health benefits by conducting yoga awareness programs in and around their homes. Along with this, the five-day online yoga program was run at the

district level under the direction of Yoga Guru Dr. Poonam Chauhan from Patanjali Yogapeeth. Volunteers enthusiastically participated in the five-day online yoga program and also received health benefits.

On this occasion, Acharya Balakrishnaji, Acharya Dr. Sumedhaji, and Professor Arvind Malik from Patanjali Jogpeeth were present as the keynote speakers. Professor Arvind Vilakji told the importance of Ayurveda along with Yoga. Acharya Balakrishna ji explained in detail that Yoga is an extremely important science which can play an important role in keeping us healthy. Alisha, Bhagyavi Singh, Muskan Mishra, Neha Kashyap, Asha Saini, Bhavna, Vanisha Gupta, Anuprita Gupta, Sakshi Chauhan, Tanu Chauhan, Sophia, Tanya Bishnoi, Jasjit Kaur, Pratistha Pathak, Mansi Sharma, Jeba Rani, Volunteers like Anjwal Rani, Sakshi Sharma, Gunjan Vishisht, Fiza Saifi, Komal etc. did wonderful performances.

On 25th September 2021, a Fit India Freedom Run was organised by the NSS units. The campaign's objective was to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. Principal Dr Anupma Mehrotra told the students that fitness helps in keeping us happy and that's very important for our mental health. The Sports and Physical education department organised a massive yoga session for a fortnight even during the summer vacations in which the teachers as well as students participated with great enthusiasm.

5. Obstacles faced if any and strategies adopted to overcome them:

There were not many obstacles faced as the campaign was launched by the Government of India and the teachers as mentors were instrumental in inculcating the importance of yoga and fitness in students.

6. Impact of the Practice:

The impact of this yoga plus fitness campaign was massive. Yoga is useful to a person's overall health. Anxiety, concerns, problems, and other issues can all be helped with yoga. It maintains the harmony of the body, soul, and mind. Yoga can help people overcome a number of health problems if practice on a regular basis. Yoga encourages self-awareness, personal power, and self-healing. It helps to reduce harmful thoughts in the head as well as toxins in the body, while also improving flexibility, brain function, and overall health. The results are positive and we can see happy students in our premises.

7. Resources Required:

The human resource of the college was involved. Various committees had different modus operandi to their requirement. The volunteers worked in collaboration with people around the college premises also.

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v) E mail: dakcollege@gmail.com

vi) Contact person for further details: Ms Neetu Singh and Ms Anita Pharswan

vii) Website: dakcollege.org



Dayanand Arya Kanya Degree College, Moradabad

Affiliated to M.J.P.Rohilkhand University, Bareilly



College Code : 604

Department of Physical Education & Sports

Organising
One Day Workshop
On
SELF DEFENCE

BE AN OPPONENT, NOT A VICTIM

FIT INDIA MOVEMENT

28 March, 2022 – 10:30 a.m.
College's Seminar Hall





Organising Secretary
Anita Pharswan
Assistant Professor
D.A.K. Degree College, Moradabad



Expert
Dr. Anil Chauhan
Associate Professor
K.G.K. College, Moradabad



Principal
Dr. Jolly Garg
D.A.K. Degree College, Moradabad



