

# **TWO BEST PRACTICES OF BARKATULLAH UNIVERSITY BHOPAL**

## **Best Practice -1:**

### **1. Title of the Practice**

#### **Holistic Health**

### **2. Objectives of the Practice**

Holistic health is harmony and balance in all components of Physical, Mental, Emotional, Social & spiritual well-being. Health can be measured in many ways and is often broken down into a variety of components and thus it is difficult to obtain the best and comprehensive picture of what a truly healthy body and mind should look like.

While modern-day western medicine has brought many wonderful and life saving advancements, one of the shortcomings of western medicine is the often segmented approach to health, which looks at the body in sections of individual symptoms and pieces rather than the whole system it really is.

These are some of the reasons why holistic health is so important, because to truly achieve optimal happiness and wellness in the physical, mental, and spiritual sense.

Main objectives of Holistic health are

- To lead a healthy life
- Prevention and Treatment of diseases
- Promote positive mindset
- Social health
- Spiritual health

Yogic lifestyle is best for holistic health.

### **3. 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. However there are various constraints for achieving holistic health. These are:

- Often it is difficult to follow the strict rule and regulation of yogic life style for practitioner.
- Lack of experiments and research on emerging trends in Yoga make it difficult to provide good results.

- Often practitioner does not want to follow yogic life style because they were not having control over their eating habits, sleeping pattern and other life style related issues.
- Regular and disciplined practice of Ashtang yoga was not observed by many respondents.
- In case of physical limitations with some challenged students performing Asanas and Pranayam correctly becomes difficult.
- Often instructors find it difficult to convince people to follow yogic life style which can treat diseases and promote good health.

#### **4. The Practice:**

It is difficult to convince the participants to follow the practice of yama, niyama, asana, pranayam, pratyahar, dharna, dhyan and Samadhi as it required drastic change in their habits and life style. But after experiencing positive effects of the same they actively participate.

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॥

Some of the participants feel the drastic change in their behavior is inevitable after following the path of Astang yoga.

Financial support and busy work schedule is 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.

#### **5. Evidence of success**

- University celebrates International Yoga Day on 21<sup>st</sup> June every year with full enthusiasm by organizing free yoga camps, seminars and workshops.
- Therapeutic classes for general classes at nominal charges.
- Value based Yoga classes in slum areas.



## 6. Problems Encountered and Resources Required

- It is difficult for everyone to follow disciplined life and tough yogic practices.
- More and more experiments and research are also required in this field.
- We need to organize more awareness programs/seminars and workshops to spread the knowledge and health benefits of holistic life style.
- Financial support and equipments for practice are also needed.
- Last but not least, since it is a time consuming practice, one should have perseverance to continue regular practice.

### **Best Practice-2**

#### 1. Title of the Practice:

### **Gender Sensitization and Women Empowerment**

#### 2. Objectives of the Practice

Madhya Pradesh is one of the states which is not on the gender empowered list of Indian states. It has been known for typical developmental challenge of under-utilization of health and education systems especially with regard to women. Looking to this the university has adopted practices to promote women candidates in higher education. The university actively contributes to and supports the state in its efforts for gender empowerment and development.

- To promote girl education;
- To promote academic understanding and research on gender issues;
- To promote the „gender equality“ among the students and university personnel;
- 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;

#### 3. The 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 students as well as to overall promote national goals of gender equality and rights. 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. Notably Madhya Pradesh has approximately 20% tribal population.

#### **4. The 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 fee 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 with round the clock security service, wifi, girls hostels, lady's gym, separate toilet, availability of lady doctor in campus along with dispensary, etc.

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 two 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 understanding of gender equality and other relevant issues. Health checkup camps special discussions on gender and health, film screening and discussion, Women's Meet, sports meet, cultural festivals etc.

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.

**Awareness and Sensitization Workshop on "Health and Nutrition: Now and after 50 years for you" organized on the occasion of International Women's Day, 2024**



**Exposure Visit for M.A.Women’s Studies was organized on to Gaurvi One-Stop Centre on 18th October, Bhopal and to IGRMS on 3rd May 2024**



**As a part of the Outreach Activity, a Session on “Domestic Violence (With special reference to The Protection of Women from Domestic Violence Act, 2005) was taken by Women’s Studies Department, B.U Bhopal for Women employees, of Madhya Pradesh Rajya Sahkari Sangh Maryadit, Bhopal in the Training programme on “Women’s Rights and legal provisions related to women”.**



## **5. 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.

## **6. 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 too.