# The Annual Quality Assurance Report (AQAR) of the IQAC <u>Yoga Centre</u>

Part - A	١
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### 1. Details of the Institution

1.1 Name of the Institution

1.2 Address Line 1

Yoga Center

Devi Ahilya Vishwavidyalaya

Takshashila Campus, Khandwa

Address Line 2

City/Town

State

Madhya Pradesh

Pin Code

Institution e-mail address

Contact Nos.

452001

Indore

hod.yogacenter@gmail.com

Associate Prof. Dr. S.S Sharma

09425073774

Name of the Head of the Institution:

Tel. No. with STD Code:

Mobile:

9425073774

Name of the IQAC Co-ordinator:

Dr. Anurag Kumar Sharma

Mobile:

IQAC e-mail address:

9826907087

Hod.yogacenter@gmail.com

### 1.3 NAAC Track ID (For ex. MHCOGN 18879) EC/66/RAR/146 dated 21-02-2014

1.4 Website address:

http://www.davvyoga.com

Web-link of the AQAR:

http://www.iqac.dauniv.ac.in/

For ex. http://www.ladykeanecollege.edu.in/AQAR201213.doc

1.5 Accreditation Details

Sl. No.	Cycle	Grade	CGPA	Year of Accreditation	Validity Period
1	1 <sup>st</sup> Cycle	Four Star		20/09/2000	"Five Years"
2	2 <sup>nd</sup> Cycle	B grade	2.57 out of 4	16/09/2008	"Five Years"
3	3 <sup>rd</sup> Cycle	А	3.09	21 .2. 2014	"Five Years"
4	4 <sup>th</sup> Cycle	N.A	N.A	N.A	N.A

1.6 Date of Establishment of IQAC : DD/MM/YYYY

21/11/2008

### **1.7 AQAR for the year** (for example 2010-11)

2015-16

1.8 Details of the previous year's AQAR submitted to NAAC after the latest Assessment and Accreditation by NAAC (*(for example AQAR 2010-11submitted to NAAC on 12-10-2011)* 

- i. AQAR \_\_\_\_\_2014-15 on 31-07-2015 \_\_\_\_\_
- ii. AQAR\_\_\_\_\_2015-16 on \_03-09-2016\_\_\_\_\_
- iii. AQAR\_\_\_\_\_\_(DD/MM/YYYY)
- iv. AQAR\_\_\_\_\_\_(DD/MM/YYYY)

Yoga Centre AQAR-2015-16

1.9 Institutional Status	
University	State Central Deemed
Private	
Affiliated College	Yes No
Constituent College	Yes No
Autonomous college of UGC	Yes No
Regulatory Agency approved Instit	ution Yes No
(eg. AICTE, BCI, MCI, PCI, NCI)	
Type of Institution Co-education	n 🗸 Men 🗌 Women 🗌
Urban	✓ Rural
Financial Status Grant-in-a	id UGC 2(f) UGC 12B
Grant-in-aid	+ Self Financing Totally Self-financing
1.10 Type of Faculty/Programme	
Arts ✓ Science	Commerce Law PEI (Phys Edu)
TEI (Edu) Engineering	Health Science Management
Others (Specify)	
1.11 Name of the Affiliating Universit	y (for the Colleges)
1.12 Special status conferred by Centra	al/ State Government UGC/CSIR/DST/DBT/ICMR etc

Autonomy by State/Central Govt. / University

university

	Yoga Centre	AQAR-2015-16
University with Potential for Excellence	UG	C-CPE
DST Star Scheme	UG	C-CE
UGC-Special Assistance Programme	DS	Γ-FIST
UGC-Innovative PG programmes	Any	v other ( <i>Specify</i> )
UGC-COP Programmes		

# **<u>2. IQAC Composition and Activities</u>**

2.1 No. of Teachers	2	
2.2 No. of Administrative/Technical staff	1	
2.3 No. of students	5	
2.4 No. of Management representatives		
2.5 No. of Alumni		
2. 6 No. of any other stakeholder and		
community representatives		
2.7 No. of Employers/ Industrialists		
2.8 No. of other External Experts		
2.9 Total No. of members		
2.10 No. of IQAC meetings held	5	
2.11 No. of meetings with various stakeholders:	No. Facu	lty 2
Non-Teaching Staff Students 1	Alumni Othe	rs

Yoga Centre AQAR-2015-16

2.12 Has IQAC received any funding from UGC during the year? Yes No
If yes, mention the amount
2.13 Seminars and Conferences (only quality related)
(i) No. of Seminars/Conferences/ Workshops/Symposia organized by the IQAC
Total Nos.       International       National       State       Institution Level
(ii) Themes
2.14 Significant Activities and contributions made by IQAC
2.15 Plan of Action by IQAC/Outcome
The plan of action chalked out by the IQAC in the beginning of the year towards quality
enhancement and the outcome achieved by the end of the year *
Plan of Action Achievements
* Attach the Academic Calendar of the year as Annexure.
2.15 Whether the AQAR was placed in statutory body Yes No

Management	Syndicate	Any other body	
Provide the details of t	he action taken		

## Part - B

### Criterion – I

### **<u>1. Curricular Aspects</u>**

Level of the Programme	Number of existing Programmes	Number of programmes added during the year	Number of self-financing programmes	Number of value added / Career Oriented programmes
PhD	01		01	
PG	01		01	
UG				
PG Diploma	01		01	
Advanced Diploma				
Diploma				
Certificate	01		01	
Others				
Total				
Interdisciplinary				
Innovative				

1.2 (i) Flexibility of the Curriculum: CBCS/Core/Elective option / Open options (ii) Pattern of programmes:

Pattern	Number of programmes
Semester	02 (PG, PG diploma)
Trimester	
Annual	

 1.3 Feedback from stakeholders\* Alumni
 Image: Parents
 Employers
 Students

 (On all aspects)
 Image: Parents
 Image: Parents
 Image: Parents
 Image: Parents

 Mode of feedback
 :
 Online
 Manual
 Co-operating schools (for PEI)
 Image: Parents

\*Please provide an analysis of the feedback in the Annexure

1.4 Whether there is any revision/update of regulation or syllabi, if yes, mention their salient aspects.

Minor updation of syllabus was done in session

1.5 Any new Department/Centre introduced during the year. If yes, give details.

### **Criterion – II**

# 2. Teaching, Learning and Evaluation

2.1 Total No. of	Total	Asst. Professors	Associate Professors	Professors	Others
permanent faculty	01		01		

01

2.2 No. of permanent faculty with Ph.D.

2.3 No. of Faculty Positions Recruited (R) and Vacant (V) during the year	Asst.		Associa	ite	Profes	sors	Others		Total	
	Professors		Professors							
	R	V	R	V	R	V	R	V	R	V

2.4 No. of Guest and Visiting faculty and Temporary faculty 06

### 2.5 Faculty participation in conferences and symposia:

No. of Faculty	International level	National level	State level
Attended			
Presented papers	02	02	
Resource Persons			

2.6 Innovative processes adopted by the institution in Teaching and Learning:

• digital board and multimedia projectors

- Lectures are supplemented by assignments, class seminars and practical
- Continuous and comprehensive evaluation process is followed with three sessional examination and end semester exam in each course
- Complete transparency is a key feature of our evaluation system

2.7 Total No. of actual teaching days

195	
192	

during this academic year

2.8 Examination/ Evaluation Reforms initiated by the Institution (for example: Open Book Examination, Bar Coding, Double Valuation, Photocopy, Online Multiple Choice Questions)

Department has developed mechanism for well conduction of all examination and evaluation processes. Department is timely manage all internal and end semester examination, their schedule, time-table and evaluation process. The department is following Central Valuation system for evaluation. The evaluation work starts from the first day of commencement of the examination and results declared within 20 days after the examination. Result preparation is done computerized.

2.9 No. of faculty members involved in curriculum restructuring/revision/syllabus development as member of Board of Study/Faculty/Curriculum Development workshop

2.10 Average percentage of attendance of students

75%	
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### 2.11 Course/Programme wise

distribution of pass percentage :

Title of the Programme	Total no. of students		Ι	Division		
1 rogramme	appeared	Distinction %	III %	Pass %		
M.A	22		80%	20%		100%
PG Diploma	65	5%	85%	10%		100%

2.12 How does IQAC Contribute/Monitor/Evaluate the Teaching & Learning processes :

- Feedback from students before the end semester examination is collected for each course and for each faculty members including visiting faculties analyze and evaluated. The final findings are discussed in department workshop and methods of improvements are discussed.
- The quality and weaknesses of the teacher are evaluated on a percentile scale and have been given back to the concern teacher for self-improvement.
- The quality and weaknesses of the teacher are evaluated on a percentile scale.
- Feedback from eminent experts, alumni, employers and parents are regularly taken and the opinion helps in quality sustenance.
- 2.13 Initiatives undertaken towards faculty development

Faculty / Staff Development Programmes	Number of faculty benefitted
Refresher courses	
UGC – Faculty Improvement Programme	
HRD programmes	
Orientation programmes	
Faculty exchange programme	
Staff training conducted by the university	
Staff training conducted by other institutions	
Summer / Winter schools, Workshops, etc.	
Others	

### 2.14 Details of Administrative and Technical staff

Category	Number of Permanent Employees	Number of Vacant Positions	Number of permanent positions filled during the Year	Number of positions filled temporarily
Administrative Staff				01
Technical Staff				

### **Criterion – III**

# **3. Research, Consultancy and Extension**

3.1 Initiatives of the IQAC in Sensitizing/Promoting Research Climate in the institution

 Department is having good ambience to conduct research work as we have sufficient equipments, librarey and facilities required to perform quality work.

#### 3.2 Details regarding major projects

	Completed	Ongoing	Sanctioned	Submitted
Number				
Outlay in Rs. Lakhs				

#### 3.3 Details regarding minor projects

	Completed	Ongoing	Sanctioned	Submitted
Number				
Outlay in Rs. Lakhs				

#### 3.4 Details on research publications

	International	National	Others
Peer Review Journals		05	
Non-Peer Review Journals			
e-Journals			
Conference proceedings			

3.5 Details on Impact factor of publications:

Range	Average	h-index	Nos. in SCOPUS	
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3.6 Research funds sanctioned and received from various funding agencies, industry and other organisations

Nature of the Project	Duration Year	Name of the funding Agency	Total grant sanctioned	Received
Major projects				
Minor Projects				
Interdisciplinary Projects				
Industry sponsored				
Projects sponsored by the University/ College				
Students research projects (other than compulsory by the University)				
Any other(Specify)				
Total				

Yoga Centre AQAR-2015-16

3.7 No. of books published	i) With ISI	BN No.		Chapters in	Edited Bo	ooks	
3.8 No. of University Depart	ii) Without ments recei						
	JGC-SAP		CAS		ST-FIST BT Scher	ne/funds	
-	utonomy		CPE CE		BT Star S ny Other		
3.10 Revenue generated through	ugh consult	ancy					
3.11 No. of conferences	Lev	el	International	National	State	University	College
organized by the Institution	Num						
organized by the institution	Spon agend	soring cies					
3.12 No. of faculty served as	experts, ch	airperson	as or resource	persons			
3.13 No. of collaborations	Ι	nternatio	nal N	ational		Any other	
3.14 No. of linkages created	during this	year				_	
3.15 Total budget for research	h for currer	nt year in	lakhs :				
From Funding agency		From 1	Management of	of Universit	y/College	•	]
Total		]					_
3.16 No. of patents received	this year	Type of	Patent		Numbe	Pr	
-	-	National		Applied	1 (unit)	~	
			(	Granted			
		Internati		Applied			
		Comme		Granted Applied			
				Granted			

### 3.17 No. of research awards/ recognitions received by faculty and research fellows Of the institute in the year

Total	International	National	State	University	Dist	College

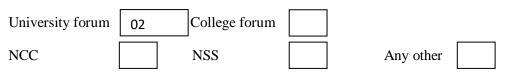
3.18 No. of faculty from the Institution who are Ph. D. Guides	01	
and students registered under them	08	

3.19 No. of Ph.D. awarded by faculty from the Institution

3.20 No. of Research scholars receiving the Fellowships (Newly enrolled + existing ones)

	JRF		SRF		Project Fellows	Any other	01
3.21 No. o	of students	Participa	tted in NSS	events:			
					University level	State level	
					National level	International level	
3.22 No.	of students	s particip	ated in NCC	C events:			
					University level	State level	
					National level	International level	
3.23 No.	of Awards	won in I	NSS:				
					University level	State level	
					National level	International level	
3.24 No.	of Awards	won in I	NCC:				
					University level	State level	
					National level	International level	

3.25 No. of Extension activities organized



3.26 Major Activities during the year in the sphere of extension activities and Institutional Social Responsibility

- Students are sent to various schools and colleges students organise surya namaskar on Swami Vivekanand Jayanti(12 January)
- Students are sent to university hostels and take Yoga classes

### Criterion – IV 4. Infrastructure and Learning Resources

4.1 Details of increase in infrastructure facilities:

Facilities	Existing	Newly created	Source of Fund	Total
Campus area	1165.45		University	
	SQM		Self	
			Finance	
Class rooms	02			
Laboratories				
Seminar Halls	02			
No. of important equipments purchased				
$(\geq 1-0 \text{ lakh})$ during the current year.				
Value of the equipment purchased during				
the year (Rs. in Lakhs)				
Others				

- One Main Building Block (including classrooms, offices, staffroom, computer lab, girls common room etc.) Size 1165.45 SQM.
- One practical room for asana practice
- One meditation room
- library

4.2	Computerization	of	administration	and	library
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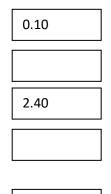
- Two multimedia projectors are available in the department for teaching.
- 4.3 Library services:

	Existing		Newly	Newly added		tal
	No.	Value	No.	Value	No.	Value
Text Books	500		25		525	
Reference Books						
e-Books						
Journals						
e-Journals						
Digital Database						
CD & Video	10		10			20
Others (specify)						

4.4 Technology up gradation (overall)

	Total Computers	Computer Labs	Internet	Browsing Centres	Computer Centres	Office	Depart- ments	Others
Existing	02		02			01		
Added	02		02			01		
Total	04		04			02		

- 4.5 Computer, Internet access, training to teachers and students and any other programme for technology upgradation (Networking, e-Governance etc.)
- 4.6 Amount spent on maintenance in lakhs :
  - i) ICT
  - ii) Campus Infrastructure and facilities
  - iii) Equipments
  - iv) Others



2.50

Total :

### Criterion – V 5. Student Support and Progression

5.1 Contribution of IQAC in enhancing awareness about Student Support Services

- The IQAC prepares in advance, its academic calendar.
- IQAC is responsible for ensuring quality in all academic activities which leads to the overall development of the institution.
- The administrative and academic functions are stream-lined with the help of various committees.
- The Dept encourages participatory approach to translate quality to the functioning of its various administrative and academic units.

5.2 Efforts made by the institution for tracking the progression

- Accessibility of all the faculties during all working hours. Also in case of any emergency or immediate guidance 24 X7 students are free to get any guidance.
- Statutory Departmental Committee takes major decisions.
- Faculty curriculum design and updation committee function for curriculum updation.
- Class room seminar and group discussion are regular feature.
- Guest lectures were organized for students.
- Placement facilities, career guidance.
- Mentors were allocated to all the students for their academic, social, career and other guidance.
- Faculty members provided assistance to the slow learners.
- The students provide consultancy services to various schools, colleges and other organization in conducting the sports meet.
- Extension services are regularly provided to the people visiting the people.
- The classroom teaching and activity teaching exposure is being given to the students in the department and other schools of city.

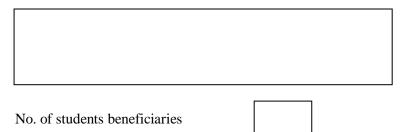
5.3 (a) Total Number of students	UG	PG	Ph. D.	Other
		112	8	70
(b) No. of students outside the state	•	10		
(c) No. of international students				

Men	No	%	W	omen	No	%					
	80	42	2		110	58					
			Last Y	ear				Т	his Yea	ır	
General	SC	ST	OBC	Physically Challenged	Total	General	SC	ST	OBC	Physically Challenged	Total
124	11		12		147	130	26	10	24		190

Demand ratio

Dropout %

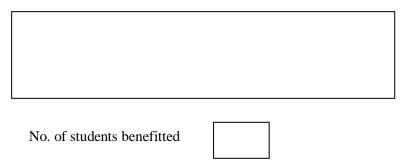
5.4 Details of student support mechanism for coaching for competitive examinations (If any)



5.5 No. of students qualified in these examinations

NET	SET/SLET	GATE	CAT	
IAS/IPS etc	State PSC	UPSC	Others	

5.6 Details of student counselling and career guidance



#### 5.7 Details of campus placement

	On campus				
Number of Organizations Visited	Number of Students Participated	Number of Students Placed	Number of Students Placed		

5.8 Details of gender sensitization programmes

### 5.9 Students Activities

5.9.1 No. of students participated in Sports, Games and other events

	State/ University level	14	National level		International level	
	No. of students participa	ted in cul	tural events			
5.9.2	State/ University level No. of medals /awards v	12 von by stu	National level idents in Sports,	Games and	International level	
Sports	: State/ University level	01	National level		International level	
Cultura	l: State/ University level		National level		International level	

### 5.10 Scholarships and Financial Support

	Number of students	Amount
Financial support from institution		
Financial support from government		
Financial support from other sources		
Number of students who received International/ National recognitions		

#### 5.11 Student organised / initiatives

Fairs	: State/ University level		National level		International level	
Exhibition	: State/ University level		National level		International level	
5.12 No. of social initiatives undertaken by the students						
5.13 Major grievances of students (if any) redressed:						

### **Criterion – VI**

### 6. Governance, Leadership and Management

#### 6.1 State the Vision and Mission of the institution

### VISION

- 1. The vision of institute is to Fostering global competences and to making the yoga center a best yoga educator institution.
- 2. To work for creating yoga educators for Hospitals, schools, colleges and health mental and physical fitness consultant for people of society.
- 3. Spread health consciousness among people through Yoga.
- 4. Provision of scientific professional service to the workers of different Healthclub, Hospitals .

### Mission –

Make healthy and adopt yoga as a profession who will serve the Nation by their knowledge and skill to make healthy society and become For the purpose of attaining the above aim the following objectives are to be given specific attention:-

- 1) The department shall always strive to stride forward and keep pace with the changing needs and spirit of the times.
- 2) The department shall continue to uphold its commitment to the nation in general and to the society in particular by providing professionally trained people in the field of yoga
- 3) The department shall spare no effort to continue to spread and further its academic potential by providing quality infrastructure and facility to upgrade the knowledge of his students and teachers.

6.2 Does the Institution has a management Information System

6.3 Quality improvement strategies adopted by the institution for each of the following:

#### 6.3.1 Curriculum Development

- Choice based credit system introduced. Grade-Credit System is followed
- The course curriculum is regularly updated. Last updated in May 2014
- Curriculum development process is based on the recommendations of various experts from the academics and corporate sector, student and alumni feedback on course content and design.
- State government's norms are followed in admission process for reserved categories and women.
- Faculties are involved in the overall development of students by enabling them to develop their analytical skills.
- The curriculum design is governed by the UGC handbook for the courses and national level examinations which students undertake after studies

6.3.2 Teaching and Learning

- digital board and multimedia projectors
- Lectures are supplemented by assignments, class seminars and practical
- We are having qualified research staff involved in the ongoing major research project of UGC .
- Training programs and workshops in the area of personality development, career advancements are regularly conducted.
- Students' are given feedback on their performance and answer sheets are shown to them
- Computerized result processing
- Innovative evaluation practices are used by considering the classroom presentations, therapht lectures etc
- annual cultural fest and sports fest are the regular conduct.

#### 6.3.3 Examination and Evaluation

- Academic Calendar well in advance. Department plan hosted in website.
- Schedule of internal and end semester exams are notified well in advance.
- Evaluation schedule is given to the teachers to complete their evaluation work well in time through central valuation method.

#### 6.3.4 Research and Development

6.3.5 Library, ICT and physical infrastructure / instrumentation

Class rooms are maintained regularly by the department and students are availing facilities

6.3.6 Human Resource Management

6.3.7 Faculty and Staff recruitment

07 Visiting faculties appointed.

6.3.8 Industry Interaction / Collaboration

- Students regularly going to participate in national level yoga competition organized by different universities.
- The classroom teaching and activity teaching exposure is being given to the students in the department and other schools of city.

6.3.9 Admission of Students

- Students for the all the courses are admitted on merit in the entrance Admission Test conducted each academic year.
- State government's norms are followed in admission process for reserved categories and women.

#### 6.4 Welfare schemes for

Teaching	Provided by University
Non teaching	Provided by University
Students	Scholarship from Government

Yes

6.5 Total corpus fund generated

6.6 Whether annual financial audit has been done

6.7 Whether Academic and Administrative Audit (AAA) has been done?

Audit Type	External		Internal	
	Yes/No	Agency	Yes/No	Authority
Academic				Department
Administrative		university		Department

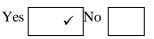
6.8 Does the University/ Autonomous College declares results within 30 days?

For UG Programmes

Yes	~	No	
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No

For PG Programmes



6.9 What efforts are made by the University/ Autonomous College for Examination Reforms?

Department has developed mechanism for well conduction of all examination and evaluation processes. Department is timely manage all internal and end semester examination, their schedule, time-table and evaluation process. The department is following Central Valuation system for evaluation. The evaluation work starts from the first day of commencement of the examination and results declared within 15 days after the examination. Result preparation is done computerized

6.10 What efforts are made by the University to promote autonomy in the affiliated/constituent colleges?

6.11 Activities and support from the Alumni Association

6.12 Activities and support from the Parent - Teacher Association

The Parent Teacher meetings organised regularly

6.13 Development programmes for support staff

6.14 Initiatives taken by the institution to make the campus eco-friendly

School of yoga had planted many plants around department

### **Criterion – VII**

### 7. <u>Innovations and Best Practices</u>

- 7.1 Innovations introduced during this academic year which have created a positive impact on the functioning of the institution. Give details.
  - The entire department has been made tobacco free through initiatives of both the teachers and administrative faculty and this has definitely created a positive impact in the department.
- 7.2 Provide the Action Taken Report (ATR) based on the plan of action decided upon at the beginning of the year

7.3 Give two Best Practices of the institution (please see the format in the NAAC Self-study Manuals)

- yoga center has organize yoga awareness camps in hostel of boys and girls they learn yoga and relief tension during examination time .Enviroment consciousness has also changed to deal with new issues such as health related problem, overpopulation etc. many youth of today's society have become more aware of the state of the plant and deeming themselves environmentalist
- ✓ yoga center has organize yoga awareness camps in hostel of boys and girls they learn yoga and relief tension during examination time

#### \*Provide the details in annexure (annexure need to be numbered as i, ii,iii)

Yes

7.4 Contribution to environmental awareness / protection

The center had planted many plant around the department and also planted around 50 different plants around the academic block

7.5 Whether environmental audit was conducted?

No	✓
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7.6 Any other relevant information the institution wishes to add. (for example SWOT Analysis)

- Strengths -
- It provide legal certification course.
- Computers with Internet facility and projectors for students.
- Good infrastructure
- Weaknesses -
- Adequate teachers are required according to student teacher ratio.
- Lack of awareness of course.
- Lack of fund for R&D
- Opportunities -
- It make society healthy.
- It provide opportunity to become a member of International
  - Yoga Federation.
- It provide facility to organize national and international
  - conference .
- Threats
- Permanent administrative staff is required
- Increasing large number of fitness centers
- Lack of fund

#### 8. Plans of institution for next year

- Planning to start M.Phil .
- General yoga classes for everyone .

Name Dr.Anurag Kumar Sharma

Name Dr.S.S.Sharma

Signature of the Coordinator, IQAC

Signature of the Chairperson, IQAC

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