

**1. Title : BP No. 1- “Holistic Growth Education”**  
**[Meditation and Life Skill Teachings]**

**Objectives of the Practice**

The goal of holistic education is to cultivate a student’s physical, emotional, moral, psychological, and spiritual attributes. Holistic education is a comprehensive approach to teaching where educators seek to address the emotional, social, ethical, and academic needs of students.

- i. To enhance academic excellence among the students thereby providing them adequate exposure.
- ii. To develop empathy and team work among students and to arouse spirit of common interest to participate collectively for social causes.
- iii. To motivate students to make a difference in the Society.
- iv. To culminate the entrepreneurial expertise among students and help them in their future endeavors.

**3. The Context**

Any institution can attain excellence only if and when it works at an all-round development of students. Ashoka Business Schools believes in working relentlessly to achieve its excellence not in terms of academics only, but also through its involvement in making its students educated empathetic entrepreneurs of the future.

The students come from various sections of society with different cultural and social backgrounds. They have differential capabilities and talents.

With the idea to ascertain a holistic experience focused on understanding values, nurturing skills, and moving towards knowledge, the college strives its best to infuse these values with practices and skills with knowledge. Holistic educational practices help to improve the academic achievements of students’. It is said that the brain capacities are increased when the students feel physically and emotionally safe and connected to others. In a supportive environment, where social and emotional learning is emphasized along with academics, students have a better chance of emerging with self-awareness, confidence, and a sense of social responsibility.

**4. The Practice**

To ensure an overall development of students, the institution took up three bases for student’s development:

- 1. Academic Development/ Curricular activities for development of students**

The day begins with a 20 min meditation session. A calm mind works wonders and it is vital for students to have a peaceful mind before beginning their classes in the mornings. Meditation calms the mind and relaxes the body. It refreshes the minds and gears up the students to face the day. A laughing therapy session is also taken. Guest/expert lectures that ensure an excellent academic understanding and proper exposure to the students are organized by the Institute. Group discussions and mock interview sessions help enhance the employability skills of the students. Remedial classes are taken up to back up low merit students and students are also prepared for the competitive world by guiding them about the with competitive exams. Students with high merit are given expert guidance under the Super 19 initiative. Grooming sessions like mock interviews and group discussions are taken on a regular basis. English speaking sessions are taken to improve the English communication of the students. CEO talks are organized for the benefit of the students. The equity club run by the students for the students adds to their knowledge when they actually work in it.

## **2. Social Development:**

To have a sound and conscious future generation, Ashoka Business School focuses not only on learning, but also towards social responsibility. Various social activities aim towards making students socially responsible citizens.

Each year there is a tree plantation drive to ensure a green campus and cleanliness drives ensures cleanliness in the campus and surrounding locality. The plastic free campaign was also taken up as an environmental initiative. Besides such environmental initiatives, visits to BalSadan, a home for orphans and celebrating Holi with the inmates of DILASA-Care Centre for the aged brings out the compassion and sensitizes the students to the harsh realities. Every year on 1<sup>st</sup> May, the students under the Institute Social responsibility (ISR) cell go to villages to dig trenches and understand the importance of conserving water, which is an initiative of the PAANI foundation.

ABS also works with the Robinhood Army, which works for serving the hungry citizens and caring for their basic needs. Various festivals and important days are celebrated in the college by the students. Every Saturday is devoted to enjoy differently themed activities which provide pure entertainment for the students.

## **3. Innovation and Entrepreneurial Development:** ABS has taken up the motto to go beyond the traditional teaching- learning process to pave way towards making its students entrepreneurs. To attain that, the college took up several innovation practices that encourage in future entrepreneurial endeavors among its students. The college established the AISC and has regular sessions by experts to imbibe the startup culture. Interested students make presentations by presenting their ideas before a panel of experts and few are also given monetary aid as an initial push. Student research is also

encouraged wherein the students take up some socially relevant issues and work on finding solutions to it.

**Limitation/Constraints:** Time proves to be a constraint when it comes to carry on all the aforesaid mentioned activities.

#### **4. Evidence of Success**

All the students are exposed to different social values through these activities.

A very effective Team work amongst the students was seen which lead to quick work and congenial atmosphere within the premises.

It sets a good example of participative management.

The team spirit was high and group dynamics strong.

Students realized that all the activities are for their benefit only and thus stay motivated.

#### **6. Problems Encountered and Resources Required**

Even though this practice proved to be very effective, it had its own teething problems which had to be faced by all in the beginning. To get the students to sit for meditation was not easy. For social activities the time and busy schedule of all involved had to be taken into consideration.

#### **7. Notes (Optional)**

**Please add any other information that may be relevant for adopting/ implementing the Best Practice in other Institutions.**

Education without social commitment is incomplete. This practice aims to foster the spirit of social service in our students so that they learn to recognize it as a larger framework of their education. While educating the students, the Colleges should try to cover as many aspects as are possible of the social service in order to contribute for the welfare of the community in which it is located. Encouraging students for starting their own startups also helps in lending a helping hand to the government in its Make in India campaign. All the practices are very healthy and helps in changing the overall personalities of the students thus evolving them into better individuals.