

7.2.1_SIDTM_Best Practices_(1)_2017-2018

Index

1	Fitness Program for First-year Student by SSSS, SIU
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1.1 **Best Practice #1** -Title: Fitness Program for the First-year student by SSSS.

- 1) Objectives: along with SSSS implemented a fitness program for first-year students where every student took part in various fitness activities twice a week (Tuesday & Thursday). This program was conducted between November 2017 to February 2018.
- 2) The context that required the initiation of the practice: The need for this initiative was felt when it was observed that many students were facing health-related issues. The initiative was conducted to make SITM students physically and mentally fit during their stay here as well as for the future.
- 3) Objectives of the practice: Holistic learning by students
- 4) The practice: Twice a week ground activity, and yoga. Impact of the practice: Better group dynamics and improved class participation by students
- 5) Obstacles faced if any and strategies adopted to overcome them: Initial resistance of students was overcome by sensitization by Director and Dy Director
- 6) Resources required: Faculty members and fitness equipment from SSSS.

Best Practice 1: (Proof)

November 2017 (last week)

Week 1 (Physical activity tracking)

Day& Date	Time	Group	Activity	Module
Tuesday	4:00 – 4:30 pm	1	Beep test	Pre-Test
	4:00 - 5:00 pm	2	Yoga	
	4:30 - 5:00 pm	3	Beep test	
Friday	4:00 – 5:00 pm	1	Yoga	Suryanamaskar
		2	Beep test	
		3	Yoga	Asanas

December 2017

Week 2

Day& Date	Time	Group	Activity	Module
Tuesday	4:00 – 5:00 pm	1	Fitness	Aerobics
		2	Yoga	Suryanamaskar
		3	Fitness	Bodyweight exercises
Friday	4:00 – 5:00 pm	1	Yoga	Asanas
		2	Fitness	Bodyweight exercises
		3	Yoga	Suryanamaskar

December 2017

Week 3

Day& Date	Time	Group	Activity	Module
Tuesday	4:00 – 5:00 pm	1	Fitness	Bodyweight exercises
		2	Yoga	Asanas
		3	Fitness	Aerobics
Friday	4:00 – 5:00 pm	1	Yoga	Stress management
		2	Fitness	Zumba
		3	Yoga	Suryanamaskar

December 2017

Week 4

Day& Date	Time	Group	Activity	Modu
Tuesday	4:00 – 5:00 pm	1	Fitness	Zumba
		2	Yoga	Stress management
		3	Fitness	Gym
Friday	4:00 – 5:00 pm	1	Yoga	Suryanamaskar
		2	Fitness	Gym
		3	Yoga	Stress management

December 2017

Week 5

Day& Date	Time	Group	Activity	Module
Tuesday	4:00 – 5:00 pm	1	Fitness	Circuit
		2	Yoga	Asanas
		3	Fitness	Zumba
Friday	4:00 – 5:00 pm	1	Yoga	Asanas
		2	Fitness	Circuit
		3	Yoga	Suryanamaskar

January 2018

Week 6				
Day& Date	Time	Group	Activity	Module
Tuesday	4:00 – 5:00 pm	1	Fitness	Obstacle Course
		2	Yoga	Suryanamaskar
		3	Fitness	Circuit
Friday	4:00 – 5:00 pm	1	Yoga	Suryanamaskar
		2	Fitness	Obstacle Course
		3	Yoga	Stress management

January 2018				
Week 7				
Day& Date	Time	Group	Activity	Module
Tuesday	4:00 – 5:00 pm	1	Fitness	Bootcamp
		2	Yoga	Stress management
		3	Fitness	Obstacle course
Friday	4:00 – 5:00 pm	1	Yoga	Stress management
		2	Fitness	Bootcamp
		3	Yoga	Suryanamaskar

January 2018				
Week 8				
Day& Date	Time	Group	Activity	Module
Tuesday	4:00 – 5:00 pm	1	Fitness	Self-defense
		2	Yoga	Asana
		3	Fitness	Bootcamp
Friday	4:00 – 5:00 pm	1	Yoga	Asana
		2	Fitness	Self-defense
		3	Yoga	Suryanamaskar

January 2018				
Week 9				
Day& Date	Time	Group	Activity	Module
Tuesday	4:00 – 5:00 pm	1	Fitness	Cardio
		2	Yoga	Stress management
		3	Fitness	Self-defense
Friday	4:00 – 5:00 pm	1	Yoga	Stress management
		2	Fitness	Cardio
		3	Yoga	Asana

February (physical activity tracking) group 1				
Week 10				
Day& Date	Time	Group	Activity	Module
Tuesday	4:00 – 5:00 pm	1	Fitness	Modified game
		2	Yoga	Suryanamaskar
		3	Fitness	Cardio
Friday	4:00 – 5:00 pm	1	Yoga	Suryanamaskar
		2	Fitness	Modified Game
		3	Yoga	Stress management

February (physical activity tracking) group 2				
Week 11				

<i>Day& Date</i>	<i>Time</i>	<i>Group</i>	<i>Activity</i>	<i>Module</i>
<i>Tuesday</i>	<i>4:00 – 5:00 pm</i>	<i>1</i>	<i>Yoga</i>	<i>Post-Test</i>
		<i>2</i>		
		<i>3</i>		
<i>Friday</i>	<i>4:00 – 5:00 pm</i>	<i>1</i>	<i>Yoga</i>	<i>Post-Test</i>
		<i>2</i>		
		<i>3</i>		

<i>February (physical activity tracking) group 3</i>				
<i>Week 12</i>				
<i>Day& Date</i>	<i>Time</i>	<i>Group</i>	<i>Activity</i>	<i>Module</i>
<i>Tuesday</i>	<i>4:00 – 5:00 pm</i>	<i>1</i>	<i>Beep Test</i>	<i>Post-Test</i>
		<i>2</i>		
		<i>3</i>		
<i>Friday</i>	<i>4:00 – 5:00 pm</i>	<i>1</i>	<i>Beep Test</i>	<i>Post- Test</i>
		<i>2</i>		
		<i>3</i>		

7.2.1_SIDTM_Best Practices_(2)_2017-2018

Index

2	Evaluation by Comprehensive Viva
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1.2 Best Practice #2 - Title - Comprehensive Viva

- 1) Objectives of the practice: To ensure Holistic learning across multiple courses amongst students. One of the internal components for all the courses in the semester was in the form of a viva-voce examination conducted simultaneously for all the courses.
- 2) The context that required the initiation of the practice: Holistic development and learning across multiple courses was required to be built up among students to prepare them better for their job profiles.
- 3) The practice: One component of the Internal evaluation for the Second semester (Nov 17 to Mar 18) was conducted in the form of viva-voce for core and specialization courses for three days.
- 4) Evidence: Found the level is much better seen for the preparation by students before the term-end examination, better understanding of the linkages among various courses by students
- 5) Obstacles faced if any and strategies adopted to overcome them: Coordination with Visiting faculties members was challenging. So academic coordinators, Dy. Director and Director worked together to solve the problem.
- 6) Resources required: Classroom infrastructure, visiting as well as SITM faculty members, and academic coordinators.

Best Practice #1: (Proof)

17/11/2019 SIDTM Mail - Schedule - Comprehensive Viva - Batch 2018-20 Sem 1.

SIDTM Giri Hallur (Dy Director, SIDTM) <dydirector@sidtm.edu.in>

Schedule - Comprehensive Viva - Batch 2018-20 Sem 1. Thu, Sep 20, 2018 at 11:45 AM

Renuka Sanake <rsanake@sidtm.ac.in>
 To: "FACULTY (SITM)" <faculty@sidtm.ac.in>, Nitin Pai <pai.nit@gmail.com>, UDAY KULKARNI <kuday11@gmail.com>
 Cc: Aratee Gokhale <agokhale@sidtm.ac.in>, "Shrinivas Adak (Coordinator- Ex- MBA)" <shrinivas@sidtm.ac.in>, "Vidula Kulkarni (PA)" <vkulkarni@sidtm.ac.in>, "LAB (SITM)" <lab@sidtm.ac.in>

Dear all,

Please check the following schedule for the Comprehensive Viva for Batch 2018-20 Sem 1. The detail time table is attached.

Faculties are requested to confirm their availability for the same.

Day	Date	Faculty	Timings	Div.
Monday	24th Sep. 18	Dr. Giri Hallur	8 am to 3 pm	A
		Prof. Avinash Aslekar		
		Prof. Yatin Jog		
Tuesday	25th Sep. 18	Dr. Giri Hallur	9 am to 5 pm	B
		Prof. Avinash Aslekar		
		Prof. Yatin Jog		
Wednesday	26th Sep. 18	Dr. Sandeep Prabhu	9 am to 5 pm	A
		Dr. Pankaj Pathak		
		Prof. Samaya Pillai		
Thursday	27th Sep. 18	Dr. Sandeep Prabhu	9 am to 5 pm	B
		Dr. Pankaj Pathak		
		Prof. Samaya Pillai		
Friday	28th Sep. 18	Prof. Abhijit Chirputkar	9 am to 5 pm	A & B
		Prof. Prasanna Kulkarni		
		Prof. Uday Kulkarni		
		Prof. Nitin Pai		
Saturday	29th Sep. 18	Dr. Sujata Joshi	9 am to 5 pm	A
		Prof. Madhavi Damle		
Monday	1st Oct. 18	Dr. Sujata Joshi	9 am to 5 pm	B
		Prof. Madhavi Damle		

Thanks and regards,
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