



### Criteria 7.2: BEST PRACTICE 1

**1. Title of the Practice:** Heartfulness Meditation Program

**2. Objectives of the Practice:**

- To help the students to reduce their stress and also to promote peace of mind from regular Heartfulness meditation.
- To increase the students' concentration of mind and focus with regular practice
- To awaken the heart towards love, kindness, and compassion in students.
- To reduce students' negative emotions and to increase their imagination and creativity through meditation
- To build emotional resilience and inner intuition in students

**3. The Context:**


The students are experiencing high levels of stress and many are leading dual life i.e., imaginary and real. This excess smartphone addiction has increased anxiety, stress, sleep disturbances etc. Meditation programs have already revealed many benefits. Teachers and students who learned mindfulness meditation have reported greater efficacy in doing their jobs and success in creating more emotionally supportive and organized classrooms. Studies also find that youth practicing mindfulness improve their cognitive abilities, social-emotional skills, and overall well-being. Such benefits may lead to more long-term advantages. For example, strong social skills at the graduation level predict improved education, employment, and mental health outcomes in later stages of life and also less likelihood of becoming involved in crime or substance abuse. Cognitive gains may include increased attentiveness, better focus, and higher grades. Socio-emotional gains may include increased empathy, compassion, emotional self-regulation, and perspective-taking. The institution is focused on the holistic development of student mental health of the student.

**4. The Practice:**

The institute encourages students and teaching staff to do the meditation every day before the commencement of the first classes of the day. Meditation is the process of continuous focus on one object for a prolonged period. It is a gentle, subtle method that does not require any force or pressure on the mind. The result gained out of the practice will increase concentration and focus. Just like developing any other skill, meditation requires regularity of practice. There are common misconceptions that meditation is something difficult, that requires years of practice to achieve any kind of result. This is simply untrue. People often report feeling the benefits of meditation immediately after their first session. With continuous practice, the students can gain many varied benefits. This institution aims to educate students in a holistic approach.

**5. Evidence of success:**

Practicing meditation helped students to gently ignore what is unnecessary in their life activities and focus more on what is important. About 80 to 85% of students find this meditation practice useful and has given the students greater clarity and more capability of doing constructive activities. Through regular practice of meditation, the students' focus has been improved. Meditation has increased in student attendance and it has also helped in the improvement of students' academic performance.

  
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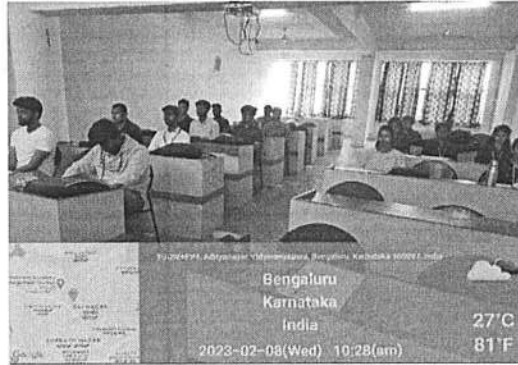
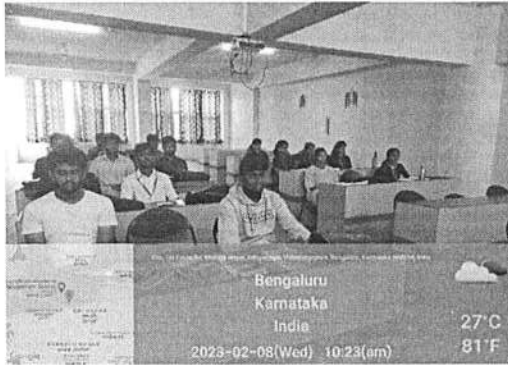


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**6. Problems Encountered and resources required**

Many students perceive meditation practice as ineffective due to a lack of awareness. This results in the students not taking the practice with adherence and showing a lack of interest. Some students, though starting the practice with diligence, lose patience as they fail to visualize the concept and its benefits.

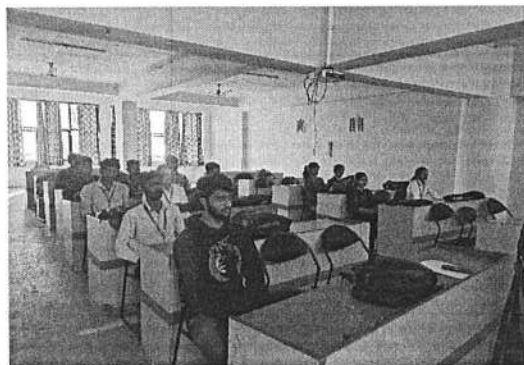
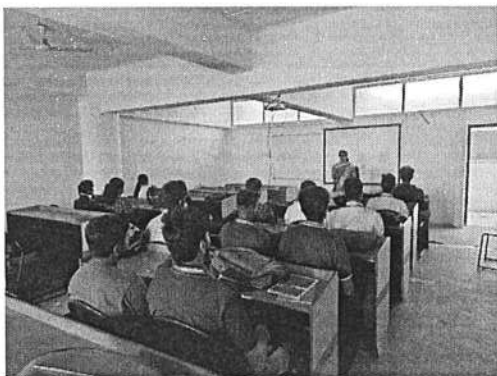
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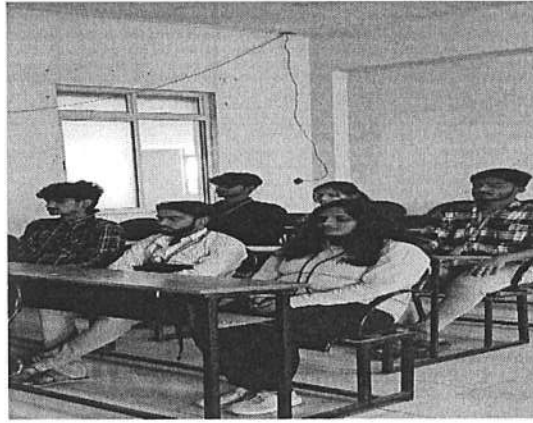
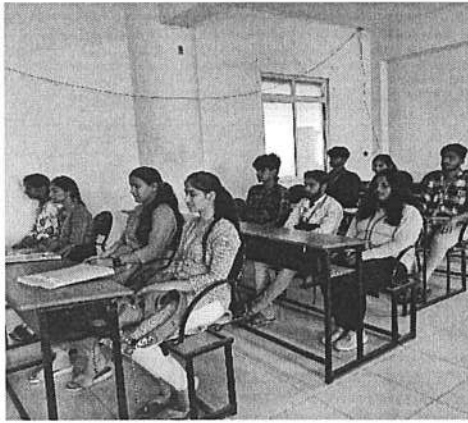
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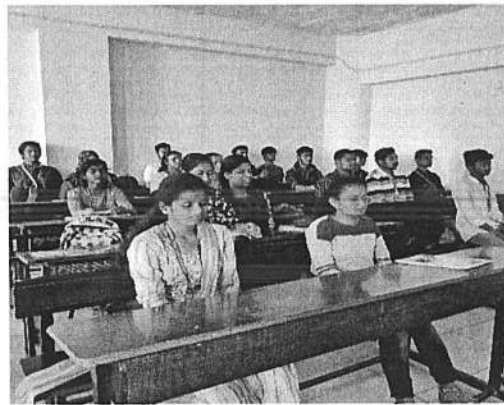
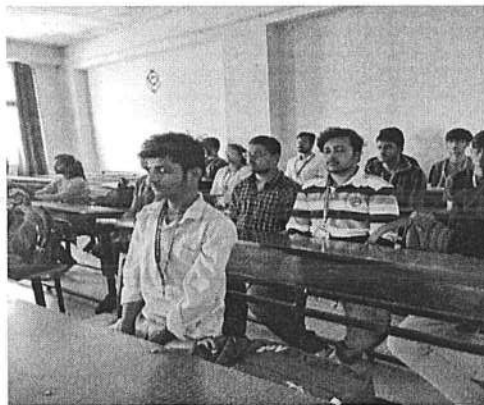
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III Semester IS 2021



II Semester CS 2020



III Semester CS 2019



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## Criteria 7.2: BEST PRACTICE 2

**1. Title of the Practice:** Cyber Crime Awareness program

**2. Objectives of the Practice:**

- Cyber security awareness is aimed at increasing the understanding of cyber threats and how they can protect themselves from cyber-attacks.
- To empower students to be safe and more secure online
- Students are made aware of phishing scams.
- Students will understand about the computer threats and awareness is necessary for student's safety

**3. The Context:**

In this era of digitalization, usage of the internet by students has increased tremendously and the internet has become their daily routine. The students use the internet for communication & social media, online gaming, online shopping, digital money transactions, education and training, etc. This has led to a new threat called "Cyber-Crime" where students, lacking knowledge about the threats of cyber-crime can easily become targets and it will create damage concerning financial, moral, emotional, or ethical grounds

Cyber cases are increasing at an alarming rate and to curb such rates cyber laws are implemented and these laws are amended regularly to help the public. Creating awareness about cyber laws is very essential, especially for students as they are very naïve about the consequences of these cyber-crimes.

The Awareness program aim educate students on the crimes like hacking ,cracking, harassment via emails, cyber-stalking, cyber bullying, defamation, dissemination of obscene material, email Spoofing, SMS spoofing, carding, cheating and fraud, assault by threat, denial of service attack, forgery, and phishing

**4. The practice:**

Sambhram Institute of Technology has developed certain practices which help the students to complete their studies comfortably and successfully as well as to continuously monitor, counsel, guide and motivate the students in all academic and non-academic matters. Creating awareness among the students is achieved by educating, enriching and equipping students with healthy lifestyle practices.

Workshops, Seminars, Conferences and other programs are arranged online as well as offline mode for students to create awareness about cyber-crime. A 5-day workshop was conducted in offline mode on Jan 2022 with a theme called "Cyber Crime and Ethical Hacking with Hands-on" in association with ISTE, IEEE Student Chapter. Students are educated with Cyber-crime concepts like Phishing, Cyber Extortion, Data breach, Identity theft and Harassment with real-world examples. The demonstration of different software vulnerabilities is also discussed in the workshop.

**5. Evidence of success:**

The main aim of the awareness program is to enrich students with the knowledge and to create awareness about the cyber-crime. The students found the cyber-crime awareness program very informative and educative. They willingly participated in all the programs and activities conducted by the college. They are willing to be the student

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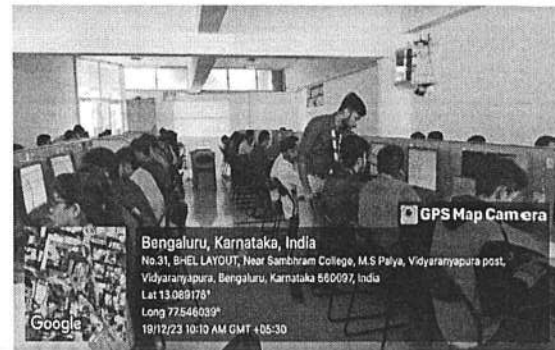
representatives to create awareness about cyber-crimes and cyber laws among their peers and other students in the college

### 6. Problems Encountered and resources required

Though the awareness program is aimed at protecting the best interests of the students, many were complacent about implementing the learned practices. The students focused more on easy and less complicated ways of securing their online accounts even though they knew these ways were more vulnerable and unsafe for them.

#### Photos:

#### Skill Development Training Program on Ethical Hacking and Cyber Security



#### Technical talk on "Real World Cybersecurity"



#### Seminar on Cyber Security Awareness

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Seminar on Cyber Security Awareness



Cyber Crime awareness programme by Mr Samarth Bhat



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