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Best Practices 2022- 2023

Best practice: 01

**1. Title of the Practice: Mental And Physical Health Promotion with
Heartfulness Education trust A.P.**

2. Objectives:

Improve Mental and Physical Health, Helps students gain the determination to achieve their goals, going forward without succumbing to stress, provide students values, inner development, being good citizens.

3. The Context:

The overall development of the student is the aim of the education institute. The institute strives to keep the mental and physical health of the student excellent. So their future will be better.

Keeping this in mind, the institute provides various programs for the holistic development of the students through the heartfulness education Trust.

4. The Practice

For physical and mental health of students institute sign MOU with Heartfulness Education Trust(HET). HET through its Heartfulness initiatives offer a way for balanced living through various meditation techniques. The simple and effective techniques gradually imbibe feeling of discipline, empathy, brotherhood, leading to mental, physical, spiritual and psychological well-being. According to this students and staff members of the institute attend international workshop on Rising with kindness at Kanha Santi Vanam. Hyderabad. Students regularly attend online sessions of Heartfulness Education trust “Hardin dhyan – Hardin dhyan”

5. Evidence of Success:

Under the program Mental and Physical Health Promotion with Heartfulness Education Trust, UG level students of various faculties participated for this. Some of these students participated in the three days international conference of Rising with kindness at Kanha Shanti Vanam Hyderabad. Students who attended the camp had the pleasure of meeting youth from all over the world. Students planted trees at this place and experience of meditation in nature. Many students got to see a drastic change and they started regular meditation and participating in the program of regular meditation.

6: Problems Encountered and resources required:

Bringing youth to program like mediation is a little difficult because it is not a topic of interest of youth. They also felt this was time- consuming activity. So students had to do some convincing to participate in this activity.

Best practice: 02

1. Title of the practice: Learning by Intellectual Action (Science Association)

2. Objectives:

To nurture the scientific temperament among the students, to acquaint the student with the thrust areas of research and concern in the field of science.

Spread recent scientific development.

To Develop Scientifically Literate.

To Provide platform for scientific experimentation through Marathi vidnyan parishad.

To expose advance learners of science to scientist and educationist.

3. The Context:

Upgrading present system of learning.

Stimulating students to think from scientific point of view and innovate.

Motivation of students towards innovative research and scientific approach.

4. The Practice:

Science association with Marathi vidnyan parishad organize program for students related to science. In this Interaction of Dr.Sarang Tamhankar (Scientist of Indian Institute of Chemical technology Mumbai) was organized for students in order to create a scientific attitude among the students and to give them ideas about new research related to science. He motivated the students by answering the questions of students as well discussion. All the students of science faculty took advantage of this event.

A program was organized for the students by Prof. Shrikrishna Somwanshi who informed the students about the ancient Indian scientists and how the ancient science progressed in India.

5. Evidence of Success:

After discussion with Dr. Sarang Tamhankar and listening to his motivational speech, students got inclined towards scientific experiments. Also students explained many experiments through PPT and prepare different research projects.

Impressed by work of great ancient Indian scientists, the students organized a program to shed light on their lives and their scientific work to all the students, in which they gave detailed information about the scientific experiments of different Indian scientists.

6: Problems Encountered and resources required:

There was initial resistance from students. Initially they were feeling a little hesitant to discuss. They found it complicated to discuss but the staff and Dr. Sarang Tamhankar communicated with them in local language to some extent and made them talk and increase their active participation.