

J.D.M.V.P.S. A.S.C. “NUTAN MARATHA” COLLEGE JALGAON

Best Practices 2018-19

The college has auspiciously executed numerous best practices with causative perspective aimed at improving the quality of institute. The centre of attention of each practice is standard and constant development of higher education. The best practice have come up with gaining the institutional goals and objectives and put up the quality enhancement of the fundamental pursuits of the college. Even if these activities are not requisitioned by any authority, they are inwardly emerged and brought into practice during recent years leading the way to constructive effect on the structured functioning of the institute. Two amongst them are brought up here.

BEST PRACTICE: 01

Title: Yoga for Health.

The mental and physical fitness plays a vital role in students’ life. This acts as a booster in overall development of the students. Looking forward to the importance of Yoga in students’ life this best practice was brought up.

Objectives:

- To create awareness of Yoga and good health.
- To provide scientific training of Yoga.
- To include the daily practice of Yoga.
- To arrange various health promoting programs.
- To relieve the stress of students.
- To create awareness about good eating habits.

The Context:

The lifestyle of people now-a-days is complicated and results in ignoring the physical and mental health of one. For the betterment of students, the best practice- Yoga for Health is brought up by the institute. With the help of this best practice we make the students aware about the benefits of Yoga. Yoga acts as health promoter and we have chosen Yoga as a best practice accordingly. Under the aegis of Yoga we are trying to achieve the connection of mind and body.

The practice:

- The students are given practical training in Yoga and health.
- The events such as celebration of international Yoga day, essay competition, slogans on importance of Yoga are organized.
- Institute organized workshops, interactive talks of eminent speakers.
- The activity is for all the students addressing diverse issues of age group, gender, health problems and diseases in particular.
- The health issues of female students are trying to be solved.

Evidences:

- The evidence of best practice that the practice of yoga was beneficial to all.
- The evidence of Yoga for Health is beneficial to all as there is no negative effect.
- The beneficiaries include various groups of students.
- The students suffering from various psychosomatic illness and chronic diseases are also the beneficiary.

- The students were made aware about the indispensable role of the ancient Science of Yoga in promoting and maintaining mental and physical health which is the need of the time.

Problems Encountered and Resources Required:

The institute had to strain to change the mindset of students about the importance of Yoga for Health and to make Yoga as part of their day to day life.

Institute faced difficulty to clear the misunderstanding about Yoga; but proper counseling and promotion made it successful.

BEST PRACTICE: 02

Title: Swayam Siddha Abhiyan

The goal of this activity is to empower the girl students by arranging the women empowerment programs.

Objectives:

- To empower girls.
- To make them aware about sensible attacks and teach them how to apply presence of mind and prevent the impending danger.
- To make them able to defend against physical attacks.
- To make them able to safeguard themselves against assaults using the daily things which they use in their day to day life eg. backpacks, purse, dupattas, etc.
- To spread the message to the assailant that girls are ready for a counter attack.
- To encourage the girls to participate in extracurricular activities.

- To boost the personality development of girls
- To install self confidence in girls.

The Context:

Now-a-days, we know about many cases of physical assaults on girls, tortures on girls and about the mental and physical harassment of girls. Looking forward to these cases the institute came up with the idea to bring up the best practice-Swayam Siddha Abhiyan. With the help of this best practice, we made the girl students aware about the importance of Swayam Siddha, self confidence also about the self defense techniques for their safety. By Swayam Siddha Abhiyan the girl students can meet the challenges in their life, face them with confidence and overcome the challenges.

The Practice:

- Periodical gathering of girl students is organized in which eminent personalities are invited to interact with female students.
- A training workshop on self defense is organized.
- A program on making the girl students self reliant is organized.
- The problems of girl students are tried to solve by lady instructor.
- A program is organized to make the girl students aware about the laws which are brought into practice for them.

Evidences:

- The female students after taking part in Swayam Siddha Abhiyan become more confident and self-reliant in all walks of life.
- Swayam Siddha Abhiyan empowered the girl students.
- They started expressing their thoughts and ideas in free and frank manner.

- Swayam Siddha Abhiyan enhanced the participation of girl students in co-curricular, extra-curricular and cultural activities with great enthusiasm.
- With the help of training provided in Swayam Siddha Abhiyan, the girl students learnt self defense techniques and were also able to demonstrate them in a proper way.
- It was admitted by the girl students that, Swayam Siddha Abhiyan helped in enhancement of their self-confidence.

Problems Encountered and Resources Required:

Most of the girl students getting admitted in the institute are from rural areas. The girl students coming from rural areas are reluctant to take part in Swayam Siddha Abhiyan due to their shyness and cultural norms.