



मुधागड एज्युकेशन सोसायटीचे
शिक्षणमहर्षि दादासाहेब लिमये
कला, वाणिज्य व विज्ञान महाविद्यालय

नॅक मानांकन 'ब' दर्जा
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श्री. के. मो. लिमये
संस्थापक अध्यक्ष

श्री. व. न. भोसवाल
अध्यक्ष

श्री. रविंद्र लिमये
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प्राचार्य

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जावक क्र.:

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7.2 Best Practices (2020-21)

1) Health Consciousness's

Health isn't everything, but without health everything is nothing. The saying itself tells us that health consciousness is an integral part of Human lives. Keeping this in mind the college has decided to run one of the best practices that will concentrate on developing the positive attitude about health consciousness among the faculty as well as students. The Best Practice, Health Consciousness, Blending of physical and mental together will also help in inculcating the spiritual values among the students.

Goals: Health Consciousness, includes not only the physical health but also the mental health of the students

Objective:

- To provide basic knowledge of disease
- To promote effective implementation of infection control measures in order to RTTs to continue to perform their duties safely
- To protect student from COVID – 19 threat while treated
- To ensure early identification of cases among students and staff in order to conduct contact tracing and initiate prevention and control measures, thereby reducing further transmission.
- To identify infection in students and staff at high risk of developing severe disease due to underlying conditions.
- To support investigations and studies concerning the role of children in the transmission of COVID – 19.
- To Provide special trainings for especially abled players.
- To build positive attitude and pure thoughts in human beings
- To develop the concentration level of students
- To improve students' academic performance by raising their level of energy, focus and concentration

The Practice:

Our institution has conducted COVID-19 awareness and Health Consciousness's among the students and staff and locality of Kalamboli area. For that purpose, on 26 January 2021 the college organized COVID-19 awareness among the students and locality of people in Kalamboli area.

Organized International Level Workshop on Role & Impact of Yogic Science for Human Wellbeing and state level Webinar on the occasion of National Sports Day. For making students, People and teachers aware about their physical problems. The college also has a lezim and rhythmic yoga troops to make students aware of the flexibility of their body. One of the outstanding activities included in this practice is that the college organizes self-defense programme for girl students. It helps to boost the confidence level of the students is the best practice for improving individual health and improve physical, mental social emotional fitness as well as to improve immunity power also. Our institution had organized Basic Yoga Certificate course and Advance Yoga Certificate course. In this Practical training of Yoga Asana, Pranayama and Meditations were given. Improvement seen in the health of Students due to these programs. Every year the institute organizes Yoga training programs, personality development programs for the students of various faculties. World Yoga Day is celebrated every year under Health Consciousness Practice in which faculty members as well as students participate in a large number. Also International yoga day program (Health Awareness), Fit India movement program (fitness awareness in society), world Suryanamaskara Day (fitness awareness in society), Yogathon (Health Awareness Program)

Evidence of Success

Knowledge of the interconnections between the body, the breath, the mind, and the emotions in the context of maintaining resilience and well-being this health awareness yoga program might have several beneficial effects for educators. Including increases in Calmness, mind fullness, well-being and positive mood improvements in classroom management, emotional reactivity; It develops mind-body Awareness Improves Self-Regulation cultivate Physical Fitness Enhances Women, Students Behavior, Mental State, Health & performance.

□ Due to Lecture on „Improvement in immunity against COVID-19 by Ayurveda“, participants got clear idea about use of Ayurveda medicines which are easily available at home for improving immunity to fight Corona virus infection. Students became aware of balanced diet and exercise.

Problems encountered and resources required:

□ Because of Pandemic Situation Conduction of Physical Yoga practices was not possible. Tried to give Online Practices through different online applications but there was also network issues at tribal & rural areas A Vast different experienced in actual physical practice & Virtual Practice. Physical practices are more effective than virtual practices regarding Yoga Teachings.

□ Due to the corona virus pandemic during lockdown period majority of doctors were busy in treating COVID-19 patients at the hospitals. Doctors were working continuously. In spite of their busy schedule they spared time for sharing their knowledge of awareness of

general Health and COVID-19. Considering emergencies of doctors, majority of lectures were recorded and up loaded on

1. Most of the people are poor family, so they find difficult for regular body check-up.
2. Some people are not afforded for sanitizer, COVID treatment, and non-availability of ICU hospitals
3. Peoples in Kalamboli area were from lower income group so there is lots of job opportunity.
 - Due to the corona virus pandemic (COVID-19) this lectures were organized by following all social distancing norms and online

2) Yoga classes for students.

Shikshan Maharashi Dadasaheb Limaye College is a premier institution in our district which takes a holistic view of the education of poor students in this region. The institution believes in physical and mental development of the students in all respects. As it is rightly said, "A healthy mind in a healthy body", the efforts are made to strengthen the latent force inherent in them by conducting regular Yoga classes. It not only relieves them from their mental burden but also make them physically active and supportive. It also makes the harmonious development of body, mind and the soul. It is hoped that the students would be able to cope up with the challenges of the modern world once they are properly trained to control their body and mind.

1. Objectives of the Practice

- Physical Fitness for all students
- Improve physical, mental and social health
- Organization of different fitness program related to Yogic Science.
- Special trainings for especially abled players.
- To build positive attitude and pure thoughts in human beings
- To develop the concentration level of students
- To improve students' academic performance by raising their level of energy, focus and concentration

2. The Context

Modern world is running after consumerist culture. The course syllabus, in general, is also oriented towards marketability of knowledge. The rat race in various competitive examinations makes the aspirants suffocated. The current system of education is very much geared towards the market. This very often produces students who are technically sound but dull otherwise. They very often do not learn the social values which are essential for

the development of the country. A mechanistic view on education is neither helpful for the child nor is it for the society. Moreover, the job related stress in the private/public sector also makes people withdrawn from the main currents of family, friends and others. Yoga is imparted to the students to make them feel self-confident and responsive to challenges against all odds. It makes them calm, composed and steadfast in the event of terrible physical and mental turmoil. It increases the power of concentration so essential information of their knowledge at an earlier stage. It helps them reliving tension from their minds and make them capable of facing the world with fortitude.

3. The Practice

The yoga classes are conducted in the early morning inside the college campus. Students are educated on the healthy practice of Yoga its importance in daily life and are advised to attend the class regularly. An attendance register is maintained to keep track of their presence. The training is imparted to them by a trainer initially. After grasping the essentials of yoga techniques, master trainers are chosen from the students. All teaching and non-teaching staff also participate under the supervision of the Yoga classes. One period of 45 to one hour is allotted for the class.

4. Evidence of Success

Yoga classes prove to be beneficial for the students. The mass participation by them reveals their

interest in this exercise. The response is very encouraging. This is reflected in the change of their

behavior in every situation they face in the campus. It has made them more disciplined and dedicated to the goals that they form in their lives. Many students experience an internal calmness in their mind and feel that they are now more confident in taking up the challenges for the future. Besides that, the morning exercise also makes them physically fit and active throughout the day. This is also appreciated by the guardians who send their girls to the college.


5. Problems Encountered and Resources Required

Though a noble initiative, we are in shortage of adequate funds to expand the scale of operation. Besides the remuneration of a trained teacher also requires resources which is very difficult to be met sometimes. So the practice is to select the master trainers to train others with little incentives. Due to the tremendous will power and dedication of all the stakeholders, the classes are running successfully despite resource constraints

6. Notes (Optional)

The Institution proposes to start value education as a part of the best practice for the spiritual

development of the students we have plan to hold regular lecturers, conduct seminars and symposiums on value education and to organized student activities which would stress on the importance of ethics in students life.


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