

7.2.1.

Practice - 1

Title – Empowerment of women

Objectives – It is an attempt to create empowerment among women students realizing their social, mental, Physical Strength.

The context – Shankarro patil mahavidyalya is Affiliated to Dr. Babasaheb Ambedkar Marathwada University, Aurangabad. Bhoom is a rural or semi-urban area with a deep rooted superstitions. In this area there is lack of enough source of education, Technology and basic things. The people especially women are lack of basic things like education, health. As a rural area Bhoom faces the frequency of means of transportation. As a matter of fact, girl students can't reach to college in time. So that they can't attend their classes. Lack of education is the barrier of the progress of society and nation. Having the hostel accommodation the college offers a change to girl students to reside in the hostel and to take their education properly. College arranges Rangoli Competition to express potentials of girl through the medium of art. College arrange a guest lecture in menstrual cycle for the girl student to make awareness for health & hygiene And to wash out the superstitions behind this natural thing.

Evidence of Success

Due to Mahavidyalya's Initiative there are lots of changes in the mindset of parents and in the students. The strength of girl student increased in the classes Students actively participate in the extra curricular activities in the college. With the help of education students are socially, mentally and financially become literate. The Mahavidyalya has Anti-Sexual harassment committee. By taking initiatives the Mahavidyalaya Organize various Programme for the women to create awareness about their rights.

Problem Encounter and Resources Required

The Mahavidyalya tackle with many problems the main problem is grave rooted patriarchal attitude, rules and regulations by masculine society to suppress women. The Mahavidyalya worked with intention to empower women for that purpose Mahavidyalya conduct various Programmes and participate in every gender related government activity to meet the aim of this movement.

7.2.1.

Practice – 2

Title – Participate in `Akhil Bhartiya Sahitya Sammelan`

Objectives of the Practice

To create awareness among students about literature which is the reflection of life. To have a chance to meet the authors personally.

The context –

Mahavidyalaya offers a chance to students to participate in `Akhil Bhartiya Sahitya Sammelan` so that students can expand their boundaries of their knowledge by visiting the books and listening the speeches of literary personalities. Students must know the literature reflects the life. To incorporate the habit of reading, as reading expands the horizons of knowledge. Is another motive behind this practice.

Evidence of Success –

The evidence of success behind this practice is the number of students who spend time in the library is increased. Students demands books on different topics, as a matter of facts the number of books is increased. Visiting to sahitya sammelan arouses curiosity among students and they are encouraged to read, to imagine, to think which boosts their intellectual level.

Problem Encountered and Resources Required –

College Teachers Participated and Contribute financially to this Sammelan along with the students and increased the knowledge. College library increased the number of books, reference books, novels, short-stories, biography and autobiography as per the demand of students.

Practice – 3

Title – Health Awareness

“Health is a state of complete harmony of the body, mind, and spirit”. 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 of the students.

- **Objective:**

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

The practice:

The college organizes a number of activities for Health consciousness to promote institute-neighborhood community to sensitize the students towards community needs. The students of our college actively participate in best practice activities leading to their overall development. The college runs effectively National Service Scheme Unit (NSS Unit). Through these unit. The college undertakes various best practices in the neighborhood community.

The government of Maharashtra rural hospital, Bhoom and Vidya Vikas Mandal's Shankarrao Patil Mahavidyalaya, Bhoom and Bhagwant blood bank jointly organized blood donation camp and health check-up camp for human wellbeing and for making students, people and teachers aware about their health and physical problems. The health and fitness check-up camp were organized by the college to make students aware their endurance power, agility, body strength and other issues related to their physical fitness. The college also arranged Yoga day to make

students aware of the flexibility of their body. activity include in this camp is that the awareness of self defence for girls students. It helps to boost the confidence level of the students on celebration of ayoga day is the best practice for improving individual health and improve physical, mental, social emotional fitness as well as improve immunity power also. On this camp our institution has given certification to blood donation with jointly with Maharashtra government rural hospital and Bhagwant blood bank.

The NSS unit of the college organizes various activities for health consciousness like...

- 1) Cleanliness programs
- 2) Tree's plantation
- 3) Blood Donation program
- 4) Environmental awareness
- 5) International yoga day
- 6) Ozone day
- 7) Value of spiritual awareness
- 8) swachha Bharat abhiyan.

- **Evidence of Success-**

Knowledge of the interconnection between the body, the breath, the mind and the emotions is the context of maintaining resilience and well-being health checkup program might have several beneficial effects for educators, Including increase in calmness, mind fullness, wellbeing and positive mood. Improvement in classroom management, emotional reactivity, it develops mind and body awareness improve self-regulation, cultivate physical fitness enhances women, students behavior, mental state, health and performance.

Various activities by institute under best practice - Health consciousness

The activities conducted under health consciousness are given below

- 1) International yoga day celebration event organized by the Institute.
- 2) Blood Donation camp organized by Institution with Bhagwant blood bank.
- 3) Health Checkup program organized by the institute with Maharashtra government rural hospital, Bhoom.
- 4) Cleanliness drive under swachha Bharat abhiyan and
- 5) World AIDS day awareness and Rally and total participants were
- 6) Tree plantation program organized by the institute.
- 7) The institute celebrated Mahatma Gandhi birthday anniversary on 2nd October 2020, on this occasion all the participants took Oath of to keep away from the addiction.