

Best Practices

Best Practice -1

1. Title of the Practice Faculty involvement in Research activities

2. Goals

- To encourage overall research work
- To encourage and motivate teachers and students for research activities
- To develop the institution as research center
- To promote research culture among the students
- To develop, integrate and create a network of various professional agencies
- To promote and propagate education, culture, science, communication, health and healing and human rights among the masses
- To provide facilities for healthy interaction with the industry and with other universities and institutions
- To conduct workshops, discussion, seminars, conferences etc.
- To promote the exchange of information and ideas

3. The Context The college encourages the faculties to attend seminars, conferences, workshops, interdisciplinary events and symposia in order to keep the research-temper alive in the campus. The faculties present their research papers on various topics. The faculties are encouraged to participate in research activities to enhance their research capabilities. The college has (14) recognized research guides in Marathi, Hindi, English, Sociology, History, Economics, Public Administration, Political Science, Geography, Education and Physical Education. These research guides are the members of the recognized research centers and they are actively engaged in their research work. The faculty members of the college are constantly in touch with the Parent University. They keep themselves abreast of the latest trends and innovations in the field of their research study. The college motivates the faculty members to apply for Major, Minor Research Projects and Post Doctoral Research. Thus most of the faculties are engaged in research activities.

4. The Practice Research is the core value of Higher education. Research oriented education is the need of present situation. In order to meet this need, college has established 'Research Committee' which comprises research supervisors in the college. This committee encourages and motivates colleague teachers and students for research. The students especially of final year are asked to prepare research projects on cross cutting issues and they are guided by the faculties to complete the task. The Research Committee monitors all research issues effectively. It makes available research facilities in the college. Regular meetings of this committee are arranged to discuss important issues and communicated it to the head of the institution in order to fulfill the requirements. The faculties are encouraged to participate in seminars, workshops, symposium and conferences at state, national and inter- national levels. The faculties attend these events with their research papers. They present their papers in these events and some of the faculties attend these events as resource persons as well. The faculties are constantly publishing their research papers in State, National and Inter-national level peer reviewed journals in their respective subjects. Some of the faculties also publish their research papers in interdisciplinary peer reviewed journals as well. 11 faculties are having Ph.D., 01 has completed M. Phil and still engaged in the research activities. 11 faculties are recognized Ph. D. and M. Phil research guides. Two Minor Research Projects have been completed and two Minor Research Projects are

ongoing. One of the faculties has been sanctioned study leave for Post Doctoral Research. The same faculty has also applied for Major Research Project which has been recommended to UGC but yet to be sanctioned. College runs UG programme. Since college does not have research center, our research work has limitations. It is difficult to provide advanced research facilities to the researchers due to limited resources. Library provides optimum research material.

5. Evidence of Success • Research Supervision Eight (12) faculties are research supervisors. Eleven (12) Ph.D. holders One M.Phil. holder. One is pursuing Post Doctoral Research. Presentation of research papers in Conferences/Seminars Publication of Research Papers in Various International Journals.

Best Practice- 2

- Title of the Practice Yoga for health
- Goal
- To strengthen students physically, mentally and spiritually

The Context: It is obvious that yoga is a boon for the 'modern' man of twenty first century which has become a victim of everyday stress. In this modern world our environment is struggling for endurance and survival. We human beings suffer from more and more physical and psychological stress and strains. We cannot always control them, but can find out the ways to face them and to end this Yoga is a good creation. The aim of yoga is achievement of physical, mental and spiritual harmony. Yoga is an internal expedition that creates awareness and understanding of own self and leads the doer to self transformation. In other words, it is an art of controlling one's mind, body, breathe and unlocking the hidden potential energies. Many human beings are so busy with their personal lives that they have even forgotten the correct way to breathe. Yoga is the only technique through which the body of any human being can be healthy without any trainer, equipment and medicine. • The Practice Breathing plays an important role in Yoga. Most importantly, breathing in and out through the nose into the belly. 'Dirga Pranayama' is called the three part breathe. The breathe is continuous, inhaled and exhaled through the nose. The inhalation starts in the first position, the low belly then moves to the second position, the low chest then to the third position, the low throat. Breathing in asana is our natural tendency which is to hold the breath or use stress induced breathing while holding a posture, especially in a challenging pose. There are several ways to breathe in asana. Dirga pranayama, Ujjiaj pranayama and Kapalabhati Pranayama are popular ways of Yoga practice. It is suggested to end the yoga practice with Shavasana, resting on one's back and consciously relaxing one's body for 5-15 minutes. Yoga books, Yoga DVDs, Yoga CDs, Yoga mat, Yoga props, Yoga music CDs and Yoga clothing make the practice smooth and easy. There are three ways to increase the intensity of one's practice: 1. Hold postures for longer and longer periods of time 2. Slowly build your practice up to more advanced and challenging postures 3. Move quickly between postures. Practicing more frequently with shorter practice times will yield greater results that practicing less frequently with longer practice times. Yoga is not a destination. It's a journey. Mastery of the asanas is not the goal of the practice it is the result of it. We must approach our practice with zeal—the tapas the Sutras teach us to sustain a practice over a lifetime. • Evidence of Success The students, staff members and citizens attending class have become health conscious. They have been benefited by the class regarding improvement in physical flexibility, strength, posture and breathing and lung capacity. • Problems Encountered and Resources Required • Problems Encountered: Some of the problems encountered as follows: ☐ As ours is the women's college initially, a few students turned towards the yoga class. But later on the strength is increased. ☐ Students often come to yoga class with

enthusiasm but the strength is slightly reduced after some days. ☐ If the students are increased, it becomes costly to hire yoga trainers. ☐ It is difficult to find enough time to practice yoga due to hectic schedule ☐ Due to strength the trainer cannot give personal attention some time. ☐ It is difficult to make an arrangement of tools for all the students with limited resources. ☐ Outdoor yoga classes which are conducted in summer season have certain limitations in rainy season. • Resources required The following resources are required for yoga classes: ☐ Comfortable workout clothes such as leotard and tights, shorts and a T-shirt, or a sweat shirt and sweat pants. ☐ A supportive sports bra for women. ☐ Sticky Mat ☐ Foam Block ☐ Yoga Belt ☐ Towel • Note

Yoga is a multidimensional aspect and its scope has increased in the modern life. Yoga is a boon for the 'modern' man which has become a victim of everyday stress. Today, yoga is a worldwide phenomenon. It is necessary that yoga must be made an integral part of our educational as well as health care systems. If our masses practice yoga, they will be physically, mentally and spiritually healthy. Hence, there is an urgent need to promote yoga among the human beings. Keeping this in mind our college runs yoga class for students, staff and stake holders. Yoga class is conducted in two sessions. In the morning session men and women residing nearby college attend yoga class regularly. It starts at 5.00am in the morning and lasts up to 6.40 am every day. Those who are regular to the class feel relax and comfortable. Teaching and non-teaching staff and some students also attend it. Many health conscious citizens are attracted towards this practice. It has been practiced for the last five years. In Memory of Late Vilasraoji Deshmukh, Founder Chairman of the institution, Ex Chief Minister of Maharashtra, 'Yoga Camp' for Five days is organized. Yoga experts are invited for the event.