

Best Practices Of the Institution

Best Practice 1

1. Title of Practice – Health care of students.
2. Objectives of the practice
 1. To increase awareness towards immunity in the pandemic situation of COVID-19
 2. To generate awareness by empowering the students towards their health
 3. To create physical and mental fitness among students
3. The context:-

(Issues that needed to be addressed in designing and implementing this practice)

 - State of anxiety, fear and concern towards health during pandemic time
 - Low priority towards self-healthcare by girl students.
 - Rising cases of health issues among today's youth.
 - Negligence of girls towards their future responsibility of motherhood.
4. Evidence of Success:-
 - Growing number of students taking part and bagging prizes in sports.
 - Increased participation in yoga activities in the institution.
 - Good response towards healthcare programs in the institution.
5. Problems encountered and resources required:-
 1. Lockdown in COVID-19
 2. Lack of knowledge to face COVID-19
 3. Technical issues like internet connectivity, non-availability of devices to attend online programs.
 4. Weak economic position of students due to loss of earnings, jobs of family members.
 6. Migration of families to their native places.
6. Practices –
 1. On 4th June 2020 a national webinar on the topic of ‘ Mental Health issues and its solution in lockdown and post lockdown period’ by Dr. Amit Tak (Consultant Neuro - psychiatrist, Civil Hospital Aurangabad) was conducted by the Department of Psychology of the institution where 291 participants participated from all over the state
 2. To support individuals in staying physically and mentally active, an online quiz was conducted on the occasions of World Yoga

Day 21st June 2020 by the Department of Physical Education and Sports, to make the students aware about the importance of yoga in our daily life.

3. During the crucial time of the pandemic, the Department of Home Science of the Institution took the initiative to organize a national level webinar on reframing nutrition during COVID-19 with special reference to immunity boosting foods on 24/06/2020.

4. To create awareness about nutritional requirement of lactating women online quiz was conducted on 7 -08 -20 on the occasion of world breastfeeding week.

5. To provide platform for the students to foster their creativity and to acquire skill in planning and preparation of food items especially during Covid-19 an online cooking competition on Immunity Boosting food was organized on 07-09-20.

6. To acquaint students with benefits of good health an online guest lecture on nutrition for health promotion was organized on 08-09-20.

7. On the occasion of Lokshahi Pandharwada, online Rangoli competition was organized on 29.01.21.

8. Virtual Intra-Mural Sports Competitions: To promote sports and physical fitness in the institution, inter-class sports competitions were conducted in the month of January 2021. The department conducted virtual sports events like Suryanamaskar, plank hold and rope skipping for 1 minute each for students of Junior, Senior College, UG and PG section.

9. Online one week National Level workshop: Online one week workshop which was organized by Marathwada Legal & General Education Society's, Dr. Sow. I.B.P. Mahila Kala Mahavidyalaya, Aurangabad & Manikchand Pahade Law College, Aurangabad (MS), Department of Physical Education and Sports Jointly Organized Online One Week National Level Workshop On 'Making Sports Persons Aware of The Status of Sports in India And Its Roadmap for Aspiring Athletes' from 14/12/2020 to 21/12/2020. E- Certificates were given to all the participants.

10. Online International Workshop: Department of Physical Education organized an international workshop on 'Sports Injuries and Prevention' on 28th August 2020 to celebrate the birth anniversary of hockey legend Major Dhyanchand. It was organized in association with Manikchand Pahade Law College Aurangabad, SBES College of Arts and Commerce Aurangabad, SBES College of Science

Aurangabad, Rajarshi Shahu College, Waluj Aurangabad and Indraraj College of Arts, Commerce and Science college, Sillod Dist., Aurangabad. E-certificates were given to all participants.

11. One month online certificate course: Department of Physical Education organized a one month online Yoga certificate course on 'General awareness of Yoga for health and wellbeing' from 20th July 2020 to 20th Aug 2020. It was organized in association with Marathwada Sanskrutik Mandal's College of Physical Education, Aurangabad.

12. Online national webinar: Department of Physical Education and Sports organized an online national level webinar on 'Achievements in Adventure Sports' on 2nd June 2020. A total of 203 participants from all over India participated in this online quiz and e-certificates were given to all the participants.

13. Online Quiz: The Department of Sports organized an online Yoga awareness quiz on '6th International Yoga Day' on 21st June 2020. A total of 332 participants from all over India participated in this online quiz and e-certificates were given to all participants.

14. Online Quiz: The Department of Sports organized an online quiz on Indian Women in Olympic Games on 10th May 2020. A total of 543 participants from all over India participated in this online quiz and e-certificates were given to all participants.

15. Online International Yoga Day Celebration: The Department of Sports organized an online quiz on International Yoga Day on 21st June 2021.

16. Online Quiz on International Olympic Day: The Department of Sports organized an online quiz on International Olympics Day on 23rd June 2021. A total of 338 participants from all over India participated in this online quiz and e-certificates were given to participants.

17. On 24th June 2021, online lecture was organized by Health Center of the institution on the topic of 'Post CORONA period precautions and remedies.' Well known physician from Pune Dr. Aniket Joshi, who was in-charge of 11 CORONA care centers in Pune and treated about 2500 CORONA affected patients, spoke on this topic.

Best Practice 2

1. Title of Practice – Financial aid to needy students.

2. Objectives of the practice

- To help girl students overcome financial hardships due to COVID-19.
- To provide financial assistance to needy students.
- To empower girls economically.

3. The context:-

(Issues that needed to be addressed in designing and implementing this practice)

- Financial hardships faced due to loss of jobs in the family
- Economic instability of the region..
- Financial downfall of the family in pandemic period
- Secondary position of girls and their higher education being last priority of the family.

4. Evidence of Success:-

- Majority of girl students who were forced to get married in pandemic period, got a chance for higher education.

1. Problems encountered and resources required:-

- Non – accessibility to the students who migrated to their natives
- Non- availability of resources for online admissions, payment of fees etc.
- Scarcity of funds for providing other educational facilities like purchase of notebooks, examination fees, uniform of the institution.