

"Sarva Shreshtha Dan Vidya Dan"

Samaj Shikshan Mandal Vinzar's

AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE, VINZAR

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[ID No. PU/PN/AC 121/(1997)]

NAAC Reaccredited - B

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Ref. : A.A.C.S.C./ /2024

3291

Date : 28/04/24

Best Practice I : Health Consciousnesses

Healthy mind in healthy body is the universal truth especially for the students. Health isn't everything, but without health everything is nothing. The saying itself reveals that health consciousness is an integral part of Human lives. Keeping this in mind; the institution has decided to follow one of the best practices that concentrates on developing the deep awareness and positive attitude about health among the students as well as faculties.

Objectives:

- 1.To improve deep awareness of Physical Fitness for all students.
2. To improve physical, mental and spiritual health of the students and faculties
- 3.To build positive attitude and pure thoughts amongst students and faculties
- 4.To improve students' academic performance by raising their level of focus, concentration and energy

The Practice:

Amruteshwar Art's Commerce And Science College, Vinzar and IQAC of the college has jointly organized National level Webinar on "**Scientific Tools to Boost Immunity and Mental Health**" for making students, People and teachers aware about their physical and mental health problems. The college has developed a well-equipped sports activity instrument. There are separate schedules for the Boys and girls students for the use of college gym. Yoga is the best practice for improving individual health and physical, mental, social, emotional fitness. It also improves immunity. Therefore, institution arrange Yoga Sessions for the students.

World Yoga Day is celebrated every year under Fit India Movement in which college students and faculty members participates. World SuryaNamaskar Day was also celebrated in our college.



The National Service Scheme (NSS), Student Development Office (SDO) of the college organises various activities for Health Consciousness like:

1. Fit India movement program for the health awareness among staff, students and Society
2. World Yoga Day celebration and World SuryaNamaskar Day celebration
3. Expert lecture by Mr. Manoj Tapare as guest lecturer to increase awareness amongst the students about balanced diet and exercise.
4. Tree Plantation, Swachha and Swasth Bharat Abhiyan Pandharwada.

Evidence of Success

The evidence of the success of health consciousness drive has long term impact and effects on the students. It was found that this has shown great results at the time of Covid – 19 pandemics.

The students who practice regular YOGA at their home after learning it in the college have shown remarkable progress in their overall performance.

As many students are from the illiterate or marginally literate families; our students are now taking the benefits back to their families in the village and around. Some students started morning yoga practice in their village for the elderly people.

Problems encountered:

Because of Pandemic Situation Conduction of Physical Yoga practices was not possible.



BEST PRACTICE II

Gender Sensitisation:

The institution follows the Gender Audit for Gender Sensitisation. The Gender Audit is an attempt to study whether the college has good gender balance. It tries to see whether college follows government rules, policies and actions formulated for up-gradation of women in society. The Gender Audit tries to assess the impact of its current and proposed policies on gender equality. Gender audits establish a baseline against which progress can be measured over time, identifying critical gender gaps and challenges,

and making recommendations of how they can be addressed through improvements and innovations

Objectives:

- 1.To establish good gender balance in decision-making processes in all areas of the college activities
- 2.To find out the areas of gender imbalance and the factors behind the gender imbalance.
3. To cultivate gender equality in all aspects of college community.



The Practice:

Anti Ragging and Discipline Committee: Ragging is a criminal offence and UGC has notified Regulations on curbing the menace of ragging in highly educational institutions in order to prohibit, prevent and eliminate the scourge of ragging.

2.Vishakha Committee and Anti Sexual Harassment Cell:The college has established an Anti Sexual Harassment Cell as per the guidelines of the Act. No issue has been reported till date. In this academic year we have designed and approved Student Grievance Redressal policy in college development committee.

3.Board of Students' Development: College has established Board of Students' Development. The vision of the Savitribai Phule Pune University, Pune is student centric. The Board of Students' Development (BSD) truly represents this vision that is multidimensional as well as multi-faceted. This vision sees the youth as a source of strength, where their energy is harnessed to nation building and socially relevant activities to build an egalitarian society. BSD tries to nurture students' mental, physical and cultural growth with various activities to improve their overall personality development and to make them civilized Indian citizens to compete in the globalised world. Gender sensitisation is one of the major activity carried out by the SDO. While distribution of work under the 'Karmaveer Bhaurao Patil Earn and Learn Scheme' care is taken that the work distribution takes care of equal opportunities to all the students irrespective of their gender.

Evidence of Success

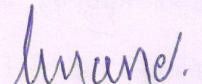
Gender sensitisation programmes shown success in terms of overall improvement of the status of the girls students who were socially underprivileged. Because of Anti-ragging and discipline Committee and Vishakha Committee; girls students are fearless and confident. Board of Student Development is contributing in to the further development of the students as a result girls students are participating more in the various activities of the college.

Now parents are inclined towards completing the higher education of the girl students; rather than going for early marriages. Girl students are coming out with flying colours in all the walks of life. The average age of marriage for the girls students are extended.

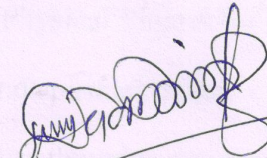


Problems encountered:


Because of Pandemic Situation Physical activities were not possible.


Mr. S.T. Mane

Criterion Co-ordinator


Dr. M.D. Dongare

IQAC Co-Ordinator


Dr. S.S. Late

Principal

I.Q.A.C.
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