

7.2 Best Practices:

I. Title of the Best Practice- Cleaning of Statutes in Kolhapur City:

Goal:

To create awareness among the students as well as the citizens about the values of our great leaders and social reformers.

Context:

Along with the classroom teaching, it is the need of hour that students must be acquainted with the great people who created history and taught us the moral values. The practice of Cleaning of Statutes in Kolhapur City is also initiated in view to spread the importance of cleanliness among the students. Further, the common people are generally unaware about the contribution of our historical heroes. Therefore, creating awareness among them is one of the important reasons behind this activity. The institute is perhaps the only institute performing such activity.

Practice:

In Kolhapur City there are number of statues of the great leaders and social reformers (Mahatma Gandhi, Chh. Shivaji Maharaj, Dr. Babasaheb Ambedkar, Rajarshi Shahu Maharaj, Maharani Tararani etc). Every year on 1st January, the volunteers of National Service Scheme (NSS) along with other students undertake Cleaning of Statutes in Kolhapur City. The Kolhapur Municipal Corporation (KMC) helps us by providing water tanks. The Commissioner of KMC, some of the officers and employees accompany the students.

Evidence of Success:

It is observed that a good number of students took active part voluntarily in this noble activity. A total of 74 students, NSS programme officer and a few teachers participated in Cleaning of Statutes in Kolhapur City.

Problems Encountered & Resources Required:

There is no problem in performing this activity.

II. Title of the Best Practice- Yoga Course for Students:

Goal:

To create awareness among the students about yoga and to train them in performing various *asanas* for healthy life.

Context:

In today's mechanical world, for healthy life yoga has become necessary for everyone. It builds strength, muscles, improves immunity, flexibility & balance and relieves from different types of pains. The Department of Physical Education and Sports of the institute has started thirty days Yoga Course for Students from the academic year 2019-20. The external trainer Mrs. Manisha Kishan Trimukhe-Shinde M.A. (yoga) was appointed for this purpose.

Practice:

Yoga is accepted worldwide and 21st June is celebrated as International Yoga Day. The college has started the Yoga Course for Students of B.Com. I. This year the training was given in the second term. There were 6 batches consisting of 50 students each.

Evidence of Success:

Yoga training was provided in batches of fifty students each in the Multipurpose Hall of the college. The time of the yoga training was 6.30 am to 7.30 am and 11.30 am to 12.30 pm. A total of Three Hundred students voluntarily participated in the Yoga Course. Dr. Sharad Bansode, Director, in Physical Education and Sports coordinated the course.

Problems Encountered & Resources Required:

As the scheduled time of the course was 6.30 am, it was not convenient for some of the students especially living outside Kolhapur city. Non-availability of the yoga mats with the students was the problem encountered in this course.