



M.V.P. SAMAJ's

**Karmaveer Shantarambapu Kondaji Wavare Arts,
Science and Commerce College, CIDCO, Nashik**



Best Practices

Academic Year:

2019-2020

1. Gender Sensitisation

2. Health Consciousness

7.2 Best Practices in the college

The College Best Practice: 1 Gender Sensitisation:

Gender Sensitization is a basic requirement to understand the sensitive needs of a particular gender. It helps us to examine our personal attitudes and beliefs and question the 'realities' that we think of we know Why gender equality is important to economic development? Sustainable development relies on ending discrimination toward women and providing equal opportunities for education and employment. Gender equality has been conclusively shown to stimulate economic growth, which is crucial for developing countries. Gender sensitization presides over gender sensitivity, the modification of behaviour by raising awareness of gender equality concerns. This can be achieved by conducting various sensitization campaigns, training centres, workshops, programs etc. In our college the Gender Audit tries to assess the impact of its current and proposed policies on gender equality and gender sensitization. Observing the gender equality, the girls are provided with various facilities and special attentions.

The objective is not only the equality and empowerment of male and female but transgender also. It also aims to provide a harmonious and fertile environment for all students to excel physically, mentally, intellectually and emotionally upholding ethics and values. It is necessary to change their perspective about gender and create safe and secure environment where all three genders coexist harmoniously.

Goal:

Gender mainstreaming wants to contribute towards a gender-sensitive society where agreement between individuals, united around common goal, opportunities and responsibilities are shared by women and men in equal measure.

Objectives:

- To establish good gender balance in decision-making processes in all areas of the college activities.
- To suggest measures for bridging the gender gap.
- To implement the human values regarding the third gender.
- To inculcate the awareness among the students about the equality of the gender

The Practice:

Facilities like Special study room, stair-case, two-wheeler parking, Separate Circulation Counters, Reading Rooms, Ladies Room, Washroom Facility, Sanitary Napkin Vending Machine are provided for the girls. They are also given self-defence trainings. Our college has Anti- Ragging and Discipline Committee, Vishakha Committee and Anti-sexual Harassment Cell. The girl students are provided opportunities to express themselves under Women Development Cell, Vidyarthini Manch and Girls Forum through these conduct the activities like Nirbhay Kanya, Girls NCC, Beti Bachav, Self Defence and Yoga. Meditation Camps are also organized for students. The lectures of eminent personalities are held on various topics to develop their personalities. Manakarnika Award which has been given to motivate the girl students of every department who show excellent academic performance. Various gender sensitization programmes are organised by different committees in the college to bring out the overall development of girls and boys and thereby to mould a better society with equality. It is observed that now a day's third gender issue is very sensitive. They are fighting for their identity as a person in society. Society has neglected this race and considered them as an abuse. Focusing on this issue our college has taken a step to aware our students about the third gender as well as the importance of the gender equality among the society. The Institute has taken initiatives to make awareness among the society about the Gender Equality, Gender Sensitization, Third Gender etc through the yearly magazine on "transgender". Also published a special issue on Gender Sensitization. In the year 2019-20, college has organised National level conference on Gender Sensitizationon: Special reference to Third Gender. Objectives of the conference were to focus on education for third gender; to create employment; to sensitize minds of people; to accept third gender as a part of our society and to become familiar with the National and International legal frame work for gender equality and Book exhibition on gender sensitization was organized by the library.

Evidence of Success:

Gender sensitizing programme brought the change in behaviour and instilling understanding the thoughts and the views that we hold about our own and the other genders." It helps people in examining their personal attitudes and beliefs and questioning the 'realities' they think of they know.

Various Activities conducted by institute under Best Practice: Gender Sensitization

The activities organized under '**Gender Sensitization**' best practice during 2019-2020 are given below

1. Organized National Seminar on “Gender Sensitization: Special Reference To Third Gender” sponsored by SPPU, Pune (17/01/2020 to 18/01/2020), and the total participants were 131.(Male-53, Female-50, Third gender- 28)
2. Gender Audit (2019-2020) Report
3. Organized *Mankarnika* award and Celebration of International Women day
4. Organized Workshop on *Nirbhay Kanya Abhiyan* funded by S.P.Pune University Pune and beneficiaries were 172 (21/01/2020 to 23/01/2020)
5. Book Exhibition on “Gender Sensitization” from 17/01/2020 to 18/01/2020 and beneficiaries were 225.
6. Organized ‘Beauty culture and Health Care’ course for the Third Gender in collaboration of Jan Shikshan Sansthan, Nashik
7. Induction meeting for Girl’s students
8. Organized Programme on ‘Let's Understand Her’ on 10/08/2019 and total beneficiaries were 72
9. Published special issue of the college annual Ekta Magazine ‘*Tamasha*’ (2019-2020)



National conference: Third Gender inaugural function



National conference: Third Gender Keynote speaker Shamibha Patil



National conference: Third Gender participants with delegates



National conference: Third Gender participants



Ratmalatai Rane (Corporater,NMC,Nashik) describing her life's experiences



Mankarnika Awardees.

The College Best Practice : 2 Health Consciousness

Health isn't everything, but without health everything is nothing. 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 health of the students

Objective:

- Physical Fitness for all students
- Mental and Social balancing
- Overall Health management
- Organization of different fitness program related to Yogic Science.
- Special trainings for specially abled players.
- To build positive attitude and pure thoughts in human beings
- Improve physical, mental and social health
- To develop the concentration level of students
- To improve students' academic performance by raising their level of energy, focus and concentration

The Practice:

Government of Maharashtra District Sports Office Nashik and Maratha Vidya Prasarak Samaj's K.S.K.W Arts, Science & Commerce College CIDCO Nashik Jointly Organized State level Conference on Yogic Sciences. For making students aware about their physical problems the college has developed a well-equipped gymnasium. There are separate schedules for the faculty, Boys and girl students. The physical fitness camps were organised by the college to make students aware of their endurance power, agility, body strength and other issues related to their physical fitness. Taking into consideration the inner part of the body the college also uses the practice of *Shuddhikriya* to

keep the students healthy and fresh. The college also has a lezim and rhythmic yoga troops to make students aware of the flexibility of their body. One of the outstanding activities included in this practice is that the college organizes self defence programme for girl students. It helps to boost the confidence level of the students. Now a days Yoga is the best practice for improving individual health and improve physical, mental social emotional fitness as well as to improve immunity power also. Our institution had organized Basic Yoga Certificate course and Advance Yoga Certificate course jointly ventured with Maharashtra Governments District Sports Office Nashik. In this Practical training of Yoga Asanas, Pranayams and Meditations were given. Gymkhana Department weekly publish Health awareness Yoga Article in Sakal Newspaper. Improvement seen in the health of Students due to these programs. Organized State Level Conference on 'Healthy and Fit India through Yogic Science conference' with Savitribai Phule Pune University and District Sports Office Nashik. Due to lockdown period instead of physical trainings organized online programs.

Every year the institute organizes Yoga training programs, personality development programs for the students of various faculties. Every year World Yoga Day is celebrated under Health Consciousness Practice in which faculty members as well as students participate in a large number. For developing the leadership qualities among the students and make them courageous the college organizes '*Giryarohan Shibir*' (Trekking Camp).

Also International yoga day program (Health Awareness), fit india movement program (fitness awareness in society), world Suryanamaskara Day (fitness awareness in society), Yogathon (Health Awareness Program), State conference Healthy & Fit India through Yogic Science, Lokmat Mahamarathon(fitness awareness in the society) were organized.

On the occasion of National Sports Day our institute arranged Blood Donation Camp at Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Adgaon Nashik and Achieved 1st prize. Department of physical education & sports jointly organized Blood Donation Camp for the benefits of the society three times in the year.

The NSS unit of the college organises various activities for Health Consciousness like blood donation camp, Haemoglobin check-up camp, and Medical check-up as well as participate in various health related rallies.

For the Multi-diagnostic Health Check-up Camp, team of Orthopedic surgeon, Dermatologist, Ophthalmologist, Enterologist, Chest Physician, Cardiologist, ENT Specialist, Gynecologist, Pediatrician, Dentist, Pathologist and Pharmacist were present. During health check-up random blood sugar, Electrocardiogram (ECG) of suspected patients was done.

During Lockdown Period Microbiology, IQAC & MVP Samaj's Dr. Vasantrao Pawar Medical College in collaboration with Public Health Department conducted State level webinar on Health Awareness was taken to provide first aid training for saving life of road accidents victims, provided emergency care for Trauma and cardiac arrest patients and made aware of emergency measures after Animal bites and burns.

Evidence of Success

- Knowledge of the interconnections between the body, the breath, the mind, and the emotions in the context of maintaining resilience and well-being
- For the Multi-diagnostic Health Check-up Camp response of the villagers was very good. Total 331 villagers registered for the health check-up camp. In the above health check-up camp those villagers who found to have some common diseases, free medicines were given. While patients who need some advanced treatment were advised to consult in the M.V.P. Samaj's Dr. Vasantrao Pawar Medical college, Hospital and Research centre, Nashik free of cost. Because of this camp 224 women and 107 men were benefited.
- In this program participants acquired skills useful in saving life in animal bites, road accidents, epidemic of communicable disease Trauma and cardiac arrest, fire and help in overall health awareness. Due to this webinar series 864 teachers, students and citizens were benefited

Problems encountered and resources required:

- Public in rural area are not easily willing for health check-up without any symptom / discomfort of the illness.
- for Yoga needed Meditation hall, yoga mats, Special Music System, Good Natural Climatic infrastructure
- Due to the corona virus pandemic during lockdown period majority of doctors were busy in treating COVID-19 patients at the hospitals. Doctors were working continuously. In spite of their busy schedule they spared time for sharing their knowledge of awareness of general Health and COVID-19. Considering emergencies of doctors, majority of lectures were recorded and up loaded on YouTube.

Various Activities conducted by institute under Best Practice : Health Consciousness

The activities conducted under '**Health Consciousness**' during 2019-2020 are given below

1. International Yoga Day Training Program by Gymkhana and total participants were 50 (19/05/2019)
2. International Yoga Day Celebration off-campus event organized by the Gymkhana and District Sport Office Nashik. Total participants were 3000 (21/06/2019)
3. Celebration of International Yoga Day and total participants were 75 (21/06/2019)
4. Tobacco-free India Programme by NSS and total participants were 69 (11/07/2019)
5. Olympic Day Run and total participants were 30 (23/07/2019)
6. Menstrual Hygiene Management counselling by the Department of Psychology and total beneficiaries were 72 (10/08/2019)
7. Youth Mental Health and total beneficiaries were 72 (10/08/2019)
8. Seminar on Food Preservation organized by B.Voc. (FTP) and total participants were 33 (14/08/2019)
9. Swachha and Swasth Bharat Campaign by NSS and total participants were 109 (01/08/19 to 15/08/2019)
10. Celebration of National Sports Day, Blood Donation Camp, and total participants were 72. (29/08/2019)
11. Organized Fit India Movement Programme and total participants were 300 (05/09/2019)
12. Organized in Cleanliness Drive Under Swachha Bharat Abhiyan and total participants were 109 (02/10/2019)
13. Celebrate World Mental Health Day (10th October) by the Department of Psychology and total participants were 89 (10/10/2019)
14. World AIDS Day Awareness and Rally and total participants were 24 (02/12/2019)
15. Organized a Road Safety and Avoid Plastic Use Awareness programme and total beneficiaries were 126 (10/12/2019)
16. Organized 'Industrial, Laboratory Safety and General Awareness' by the Department of Chemistry and total participants were 24 (14/10/2019 & 2/03/2020)
17. Celebration of World Surya Namsakara Day and total participants were 93 (16/01/2020)
18. No Vehicles day & Road Safety Campaign and total participants were 44 (17/01/2020)
19. Organized Sports Week Programme by the Gymkhana and total participants were 165 (12 to 19/01/2020)

20. 'Conducting Group Testing for High School Student's by the Department of Psychology and total participants were 52. (21/01/2020)
 21. Organized 'Multi-diagnostic Health Check-up Camp at Village Girnare in Collaboration of M.V.P. Vasantrao Pawar Medical College, Nashik, and total beneficiaries were 331 (22/01/2020)
 22. Organized State Level Conference on "Healthy and Fit India through Yogic Science" sponsored by SPPU, Pune (23/01/2020 to 24/01/2020), and total participants registered were 182.
 23. Organized District Level workshop by the NSS Unit of the college on "De-addiction Tobacco-free India" (23/01/2020 to 24/01/2020) and the total participant was 182.
 24. Mental Health Survey and Free Telephonic Counseling by the department of Psychology 868 (Lockdown Period)
 25. An international and national online survey in the lockdown period by the Department of Psychology and total participants were 3482 (Lockdown Period)
 26. Organized 'Electrical Safety & Use of Fire Extinguisher' by the department of Physics and total participants were 90 (12/02/2020)
 27. Organized a One-day Online workshop on Swachhata Action Plan(SAP) by the NSS department on 05/06/2020 and a total of 97 participants attended the webinar.
- Organized Six Days State Level Online Webinar Series On "Health Awareness" (01/06/2020 to 06/06/2020) and the total participants were 1238.



Banner of Multi-Diagnostic Health Check Up



Registration of patients at Village Girnare, Dist. Nashik



Prin. J. D. Sonkhaskar received 1st prize for blood donation



Ms. M. S. Patil
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