



M.V.P. SAMAJ's

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



Best Practices

Academic Year:

2020-2021

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, 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 the girl students develop their personalities. Manakarnika Award which has been given to motivate 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. The Institute has taken initiatives to make awareness among the society about the Tamasgir through the yearly magazine 'Ekta'. In the year 2020-21 published a special issue on the 'Tamasha', to focus on the Problems of Tamasgir; to sensitize minds of people; to accept Tamasgir as a part of our society.

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.

NSS Unit Volunteer Jyotsna Kadam participated in National Republic day (NRD) Parade at Rajpath, New Delhi 2020-21 and west zone NRD Camp at Hyderabad

Gender Audit

https://www.cidcollegenashik.ac.in/wp-content/uploads/2021/12/Gender-Audit-2020-2021_compressed.pdf

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. Gender Audit (2020-2021) Report

2. *Mankarnika* award and Celebration of International Women day
3. Mental Health Survey And Free Telephonic Counselling and beneficiaries were 868 (Male-372, Female-492, Third gender- 04) (15/06/2020 to 14/06/2021)
4. International and national online Mental Health survey and beneficiaries were 2887(Male-1127, Female-1760, Third gender- 04) (15/06/2020 to 14/06/2021)
5. Programme 'International Yoga Day' and beneficiaries were 674 (Male-366, Female-308) (21/06/2020)
6. Motivational Lecture & Positive Attitude Testing for Girls and beneficiaries were 219 (Male-00, Female-219, Third gender- 00) (02/07/2020)
7. Motivational Lecture & Positive Attitude Testing for Boys and beneficiaries were 171 (Male-171, Female-00, Third gender- 00) (03/07/2020)
8. Programme on 'Measuring Positive Attitude And Free Telephonic Counselling ' and beneficiaries were 2887(Male-171, Female-219, Third gender- 00) (03/07/2020 to 15/07/2020)
9. World Mental Health Day and beneficiaries were 219 (Male-50, Female-107, Third gender-00) (10/10/2020)
10. My Family my responsibility Campaign and beneficiaries were 54 (Male: 31 female: 23, Third gender- 00) (15/09/2020)
11. Swayam Siddha Course and beneficiaries were 219 (Male-00, Female-49, Third gender- 00) (16/12/2020 to 23/12/2020)
12. Basic Yoga Certificate Course for Minority Women and beneficiaries were 30 (Male-00, Female-30, Third gender- 00) (01/01/2021 to 30/01/2021)
13. State level Webinar On "Psycho-social Impact of World Pandemic On Society"and beneficiaries were 645 (Male-265, Female-380) (23/02/2021)
14. International Women Day - Cycle Ride Program and beneficiaries were 219 (Male-179, Female-144, Third gender- 00) (08/03/2021)
15. International Women Day -Surya Namsakara Program and beneficiaries were 219 (Male-102, Female-386, Third gender- 00) (08/03/2021)
16. Dr. M. R. Jaykar Employability Skills Programme and beneficiaries were 219 (Male-00, Female-49, Third gender- 00) (23/03/2021 to 31/03/2021)
17. Psychology IQ Testing and counselling and beneficiaries were 219 (Male-1670, Female-2471, Third gender- 08) (23/03/2021 to 31/03/2021)
18. Published special issue of the college annual Ekta Magazine '*Tamasha*' (2020-2021)



Jyotsna Kadam Participation Certificate

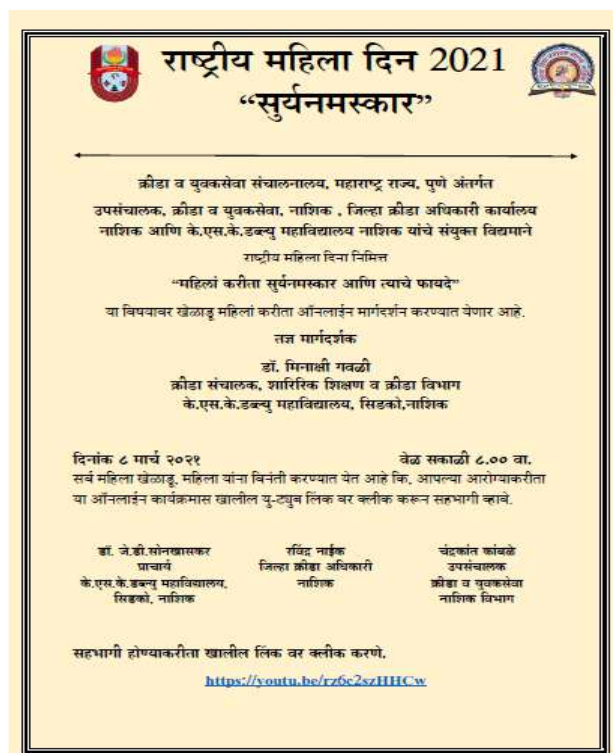
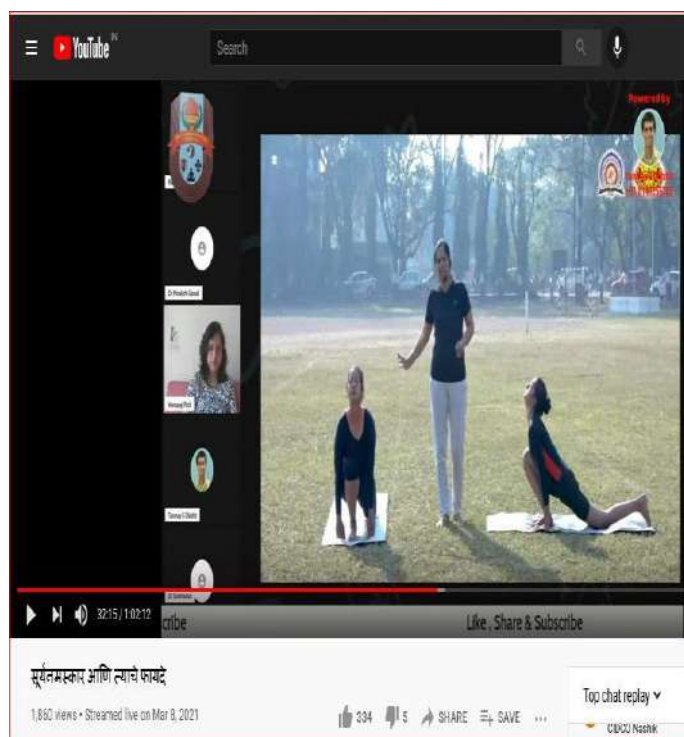




Volunteers are participated in My Family My Responsibility



International Women's Day Cycle Riding Programm



International Women's Day Suryanamaskar Programm



Basic Yoga Certificate Course for Minority Women

The College Best Practice: 2 Health Consciousnesses

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
- Improve physical, mental and social health
- 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
- 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 International level Workshop on Role & Impact of Yogic Science for Human Wellbeing and state level Webinar on the occasion of National Sports Day. For making students, People and teachers 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. Improvement seen in the health of Students due to these programs.

Every year the institute organizes Yoga training programs, personality development programs for the students of various faculties. World Yoga Day is celebrated every year under Health Consciousness Practice in which faculty members as well as students participate in a large number.

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)

- Yoga program for Minority women
- Yoga for human well being.
- Health awareness through Yogic Science.
- Rhythmic Yoga for Students

Yoga Education is an essential Component in the educative process of an educator as it provides a multi level understanding of the human nature it is must in the modern stress filled world as educators face an immense amount of stress in both their professionals as well as private life lives.

The NSS unit of the college organises various activities for Health Consciousness like

- ✓ ***Cleanliness*** campaign
- ✓ ***Tree plantation, Swachha and Swasth Bharat Abhiyan Pandharwada,***
- ✓ ***Blood Donation Programme***
- ✓ ***Environmental Awareness One day Work Shop*** and created awareness about Health and Environment among the people,
- ✓ ***My Family my responsibility Campaign*** motivated maximum number of people to adopt a new lifestyle for effective COVID control.

- ✓ **Road Safety Awareness Program** raised awareness of Traffic rules among People.
- ✓ **Tuberculosis Quiz** was organized by department of Microbiology on 'World Tuberculosis (TB) Day' every year to raise awareness about tuberculosis in the world.
- ✓ **RT-PCR Centre** for the people to detect Covid-19 (Corona) virus in collaboration with Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Adgaon Nashik.
- ✓ **Improvement in immunity against COVID-19** Dr. Aparna Raut (Professor, Dept. of Surgery, Shri Saptashringi Ayurved mahavidyalaya, Panchavati, Nashik) delivered lecture on use of ayurvedic medicines which are easily available at home for improving immunity to fight Corona virus infection.
- ✓ **Diet & Health** Prof. (Dr) M.S.Girase delivered Lecture to aware Students about balanced diet and exercise.
- ✓ **Psychology IQ testing and counseling** is conducted by Psychology department to help the students to know himself/herself for better his/her interest, abilities, aptitudes, opportunities and develop special abilities and right attitudes.
- ✓ **Ozone day** is celebrated by the department of Geography to create awareness about ozone layer protection among the students.
- ✓ **Mental Health Day** raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.
- ✓ **Survey and free telephonic counseling** Psychology Department conducted online survey and free telephonic counseling.
- ✓ **International Yoga day** on 21st June to inculcate importance of Yoga among the youth.
- ✓ **AIDS awareness Programme**
- ✓ **Fit India movement** program for the health awareness among staff, students & society,
- ✓ **Values and spiritual education** for staff and students in collaboration with 'Prajapita Bramhakumari'.
- ✓ **Swachha Bharat Abhiyan** on the occasion of Mahatma Gandhi Birth Anniversary.
- ✓ **Psycho-social Impact of World Pandemic On Society** Psychology, Sociology, History & IQAC Organised Online State level Webinar for the mental health of people during Pandemic situation.

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 this health awareness yoga program might have several beneficial effects for educators. Including increases in Calmness, mind fullness, well-being and positive mood improvements in classroom management, emotional reactivity; It develops mind-body Awareness Improves Self Regulation cultivate Physical fitness Enhances Women, Students Behaviour, Mental State, Health & performance.

- Due to Lecture on 'Improvement in immunity against COVID-19 by Ayurveda', participants got clear idea about use of ayurvedic medicines which are easily available at home for improving immunity to fight Corona virus infection. Students became aware of balanced diet and exercise. Quiz on awareness of Tuberculosis gave information about tuberculosis.

Problems encountered and resources required:

- Because of Pandemic Situation Conduction of Physical Yoga practices was not possible. Tried to give Online Practices through different online applications but there was also network issues at tribal & rural areas A Vast different experienced in actual physical practice & Virtual Practice. Physical practices are more effective than virtual practices regarding Yoga Teachings.
- 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.
- Due to the corona virus pandemic (COVID-19) this lectures were organized by following all social distancing norms and online

Various Activities conducted by institute under Best Practice: Health Consciousness

The activities conducted under '**Health Consciousness**' during 2020-2021 are given below

1. International Yoga Day Celebration online event organized by the Gymkhana and District Sport Office Nashik. Total participants were 374 (21/06/2020)
2. Youth Mental Health and total beneficiaries were 2891 (Lock-down period)
3. Quiz on Food Safety Awareness organized by B.Voc. (FTP) and total participants were 708 (16/08/2020)
4. Swachha and Swasth Bharat Campaign by NSS and total participants were 109 (01/08/20 to 15/10/2021)

5. Blood Donation Camp organized by NSS, and total participants were 27. (12/10/2020)
6. Cleanliness Drive Under Swachha Bharat Abhiyan and total participants were 134 (01/08/2020)
7. Celebrate World Mental Health Day (10th October) by the Department of Psychology and total participants were 157 (10/10/2020)
8. World AIDS Day Awareness and Rally and total participants were 54 (02/12/2020)
9. Road Safety and Avoid Plastic Use Awareness programme and total beneficiaries were 74 (15/09/2020)
10. International Science Webinar on “Science for Human Welfare and Development” by the faculty of Science and total participants were 354 (09/03/2021 & 10/03/2021)
11. Celebration of World Surya Namsakara Day and total participants were 488 (16/01/2021)
12. Sports Week Programme by the Gymkhana and total participants were 78 (12 to 19/01/2021)
13. Yoga Diploma course under B.Voc 24 Students
14. Yoga & Naturopathy Degree course under B.Voc 34 Students
15. Motivational Lecture & Positive Attitude Testing for Boys by the Department of Psychology and total participants were 219. (02/07/2020)
16. Motivational Lecture & Positive Attitude Testing for Boys by the Department of Psychology and total participants were 171. (03/07/2020)
17. International Level Webinar on “Science for Human Welfare and Development” (09/03/2021 to 10/03/2021), and total participants registered were 354.
18. Mental Health Survey and Free Telephonic Counseling by the department of Psychology 868 (Lockdown Period)
19. An international and national online survey in the lockdown period by the Department of Psychology and total participants were 4141 (Lockdown Period)
20. State level Webinar On “Psycho-social Impact of World Pandemic On Society” by the Department of Psychology and total participants were 647 (23/02/2021)

Photo Gallery



कलवण महाविद्यालयात योगा प्रमाणपत्र कोर्सचा समारोप



कलवण : योगा प्रमाणपत्र कोर्सचा समारोपसंगी पानवध.

सकाळ वृत्तसेवा

कलवण, ता. १६ : जिल्हा क्रीडाधिकारी कार्यालय व नाशिकचे केएसकेडब्ल्यू महाविद्यालय आणि कलवण एज्युकेशन सोसायटी संघटित कला, वाणिज्य आणि विज्ञान महाविद्यालयातर्फे १५ दिवसीय बेसिक योगा प्रमाणपत्र अभ्यासक्रमाचा समारोप झाला. जिल्हा क्रीडाधिकारी रवींद्र नाईक, सिडको महाविद्यालयाच्या प्राचार्य डॉ. ज्योत्सना सोनखारकर, संस्थेचे अध्यक्ष अॅड. शशिकान्त पवार प्रमुख पाहुणे होते.

कार्यक्रमासाठी संस्थेचे उपाध्यक्ष डॉ. रावसाहेब शिंदे, योग कोर्सचे

समन्वयक डॉ. मीनाक्षी गवळी व योगा फाउंडेशनच्या अध्यक्षा सोमवती नाईक, तसेच महाविद्यालयाचे प्राचार्य डॉ. बी. एस. पगार उपस्थित होते.

कोर्सचा आद्यवा व पाहुण्यांचा परिचय क्रीडा संचालक प्रा. हेमा मांडे यांनी केला. जोबनात सुखी राहायचे असेल तर मन शांत, एकाग्र असेल पाहिजे. त्यासाठी योगा अत्यंत महत्वाचा आहे, असे जिल्हा क्रीडाधिकारी रवींद्र नाईक म्हणाले. योगा हे शास्त्र असून, ते प्रत्येकाने समजून घेणे गरजेचे आहे. आपल्या आरोग्याची जबाबदारी स्वतः घेऊन आरोग्याबाबत दख राहणे गरजेचे आहे, असे प्राचार्य डॉ.

ज्योत्सना सोनखारकर यांनी सांगितले.

अॅड. शशिकान्त पवार म्हणाले, की निरामित योगा केल्याने मनावर व कार्यक्षमतेवर त्याचा चांगला परिणाम होतो. या वेळी प्रमाणपत्र वाटप करण्यात आले.

कोर्सच्या समन्वयक डॉ. मीनाक्षी गवळी यांनी मनोगत दिले सुरुसंचालन केले. प्रा. एस. एम. पगार यांनी आपार मानले. कार्यक्रमासाठी संस्थेचे विस्वरत राजेंद्र पामरे, स्पेश पगार, उपप्राचार्य प्रा. राजेंद्र कपडे, योगाशिक्षक सुनील आहिर, क्रीडाशिक्षक पवार, शेबाळे, पगार आदी उपस्थित होते.



जिल्हा क्रीडा अधिकारी कार्यालय नाशिक व
मविप्रचे के. एस. के. डब्लू महाविद्यालय सिडको
आणि कलवण एज्युकेशन सोसायटीचे
कला, वाणिज्य आणि विज्ञान महाविद्यालय कलवण (मानूर)
यांचे संयुक्त विद्यमाने आयोजित

बेसिक योग प्रमाणपत्र कोर्स

प्रा. हेमा मांडे क्रीडा संचालक	डॉ. मीनाक्षी गवळी समन्वयक बेसिक योग प्रमाणपत्र कोर्स	डॉ. ज्योत्सना सोनखारकर प्राचार्य (सिडको महाविद्यालय)	डॉ. बी. एस. पगार उपाध्यक्ष	श्री. रवींद्र नाईक जिल्हा क्रीडा अधिकारी
-----------------------------------	--	--	-------------------------------	---

Basic Yoga Certificate Course at Kalvan College



District

Level Youth Day – Youth Week 2020-21



Government of Maharashtra
District Administration, Nashik
Directorate of Sports & Youth Services, Maharashtra State Pune
District Sports Officer Nashik &
MVP's K.S.K.W.College, Cidco, Nashik
Jointly Organise
INTERNATIONAL YOGA DAY 2020
21st June 2020
Online Common Yoga Protocol
All are requested to join the session with their family members.

Join sharp at 6.45 am with given Zoom Id & Password

Dr. Minakshi Gawali
 Coordinator & Physical Director

Ravindra Naik
 District Sports Officer, Nashik

Dr. J. D. Sonkhaskar
 Principal, K.S.K.W.College, Nashik

Chandrakant Kamble
 Deputy Director
 Sports & Youth Services, Nashik Division

Zoom Id : 86499287861 Password : 893151



Page 17



Guidance by Mr. Omprakash Bakoria



Guidance by Dr. Deepak Mane



Guidance by Mr. Chandrakant Kamble



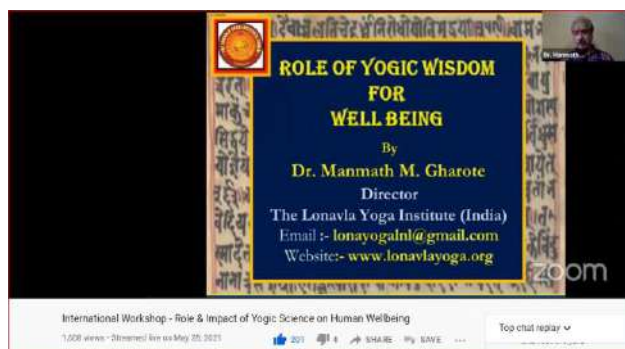
Guidance by Mr. Ravindra Naik



Guidance by Prin. Dr. J.D. Sonkhaskar



Guidance by Dr. Minakshi Gawali



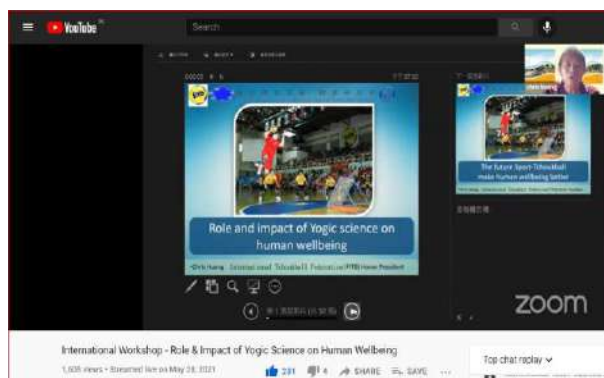
Guidance by Dr.Marimath Ghirole (India)



Guidance by Prof. Natalla Solvey





Guidance by Prof. Jadranko Miklec



Guidance by Huang Chin Cheng (Honor President)


Dr. M. S. Patil
Coordinator


Dr. D. N. Pawar
IQAC Coordinator


Dr. J. D. Sonkhaskar
Principal