



**M.V.P. SAMAJ's**

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



# **Best Practices**

**Academic Year: 2021-2022**

**1. Gender Sensitisation**

**2. Health Consciousness**

## 7.2 Best Practices in the college

### 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 programme, workshops 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 the neglected 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 girls. They are also given self-defence trainings. Institute has Internal Complaint committee. The girl students are provided opportunities to express themselves under Women Development Cell, *Vidyarthini Manch* and Girls Forum through these conducted activities like, Girls NCC, Beti Bachao, Self Defence and Yoga. Meditation Camps are also organized for students. The lectures of eminent personalities are held on various topics to the students to develop their personalities. *Manakarnika Award* which has been given to motivate Girl students who show excellent academic performance in adverse condition. Various gender sensitization programmes are organised by different committees in the Institute to bring out the overall development of all students to mould a better society with equality. The Institute has taken initiatives to make awareness among the society about the respect of Mother and motherhood through the yearly magazine '*Ekta*'. In the year 2021-22 published a special issue on the '*Aai Samajun Ghetana*', to sensitize minds of people about mother and motherhood.

**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 students in the 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 2021-2022 are given below

Title of the programme	Date		Beneficiary		
	from	to	Female	Male	Third Gender
Gender Audit of the College	15-06-2021	14-06-2022	1809	1380	-
Annual magazine on ‘ <i>Aai Samajun Ghetana</i> ’	15-06-2021	14-06-2022	1478	1137	-
Focus on the work of Albert Bandura	18-08-2021	18-08-2021	33	27	
International webinar on Application & Modern Trends in Psychology	05-05-2022	06-05-2022	21	12	
IQ Test	22-10-2021	22-10-2021	13	10	
Marriage Attitude Scale	22-10-2021	22-10-2021	17	18	
Introversion – Extraversion Scale	21-09-2021	21-09-2021	10	14	
Beautician course of special group of disadvantage community (Transgender) and Hair style competition	20-11-2021	20-11-2021	-	-	20
Collecting & Providing Sari Cloth for tailoring training at <i>Anurakshan Grih Nashik</i>	22-02-2022	22-02-2022	20	-	
Grooming session to develop your personality	30-11-2021	30-11-2021	-	74	
National Webinar on “ <i>Sociocultural Issues in Indian Fiction</i> ”	11-04-2022	11-04-2022	44	49	
Gender Sensitization	15-02-2022	15-02-2022	42	08	
COVID-19 vaccination survey	29-01-2022	29-01-2022	106	126	
<i>Nirbhay Kanya Abhiyan</i>	23-02-2022	23-02-2022	35	-	
<i>Mankarnika Sanman Sohala</i>	10-03-2022	10-03-2022	137	30	
Smart Use of Social Media	22-03-2022	22-03-2022	71	33	
<i>Nanhi kali Program</i> for girls	10-05-2022	20-05-2022	60	-	

Photo Gallery-



Participants with their certificates



Hair Style competition



Nanhi Kali Programme for Girls



Yoga for Pregnant Women Health

## 2 Health Consciousnesses

Health isn't everything, but without health everything is nothing. 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 health and mental health together will help in inculcating the spiritual values among the students. From beginning Yoga is the best practice for improving individual health which improves physical, mental social emotional fitness as well as to improve immunity power also. Institution had organized online Basic Yoga Certificate course and Advance Yoga Certificate course jointly ventured with Maharashtra Governments District Sports Office Raigad. In this Practical training of Yoga Asanas, Pranayams and Meditations were given. We had seen huge difference in the health of students due to these programs. Our institution had organised Yoga Protocol Program on the occasion of International Yoga Day. This gives best practices to students to practice yoga daily. This benefits their health. On the occasion of National Sports Day we had organised sports competitions and fitness camp for our students and players. This help them to enhance their sports skills.

### 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

### 3. The Context:

In India due to lack of education, poor functional literacy, low health care system, and lack of priority for health are observed so there is a need of health awareness. Majority of the



students resides in uneducated society, so it is essential to educate the students and make them aware of how to take care of health. Such awareness programme will increase the liking of students and their families.

**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 various programme on health. Students, People and teachers were 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 internal health the institute 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 them. From bigining Yoga is the best practice for improving individual health and improve physical, mental social emotional fitness as well as it helps 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 the 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 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 specially able Students.
- Yoga program for pregnant women
- Yoga program for Muslim 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 Workshop*** and created awareness about Health and Environment among the people, ***Mi Jababdar Nashikkar Mohim (Covid -19 Vaccination Program)*** motivated maximum number of people for Vaccination for effective COVID control. ***Road Safety Awareness Program*** raised awareness of Traffic rules among People.

The Microbiology Department of the college organises various activities for Health Consciousness like ***COVID-19 Vaccination survey*** was conducted at Girnare village. For protecting population from COVID 19 infection, vaccine is the safe and reliable way. Due to vaccine antibodies are formed in the body which is available to fight Corona virus. After vaccination person may experience mild illness. During pandemic vaccination was introduced with minimum clinical trials, hence many rumours were spreading regarding vaccine. There was need of awareness about vaccine especially in rural areas. Questionnaire was prepared for clearing doubts of villagers about vaccine regarding safety and efficacy.

***Blood sugar estimation camp***-Diabetes mellitus is a disease related to control of blood sugar level. India has been termed as “diabetes capital” of the world owing to the very high prevalence of metabolic syndrome including diabetes. Many individuals with diabetes mellitus remain asymptomatic. Identification of asymptomatic individuals who are likely to have diabetes is important. Incidence of Type-II diabetes is very common in older individuals, hence screening of random blood sugar of villagers (age above 60 yrs) was done at Girnare.

***Lecture on health and hygiene***- Good hygiene is very important for prevention of infectious diseases like COVID-19 and helps to live healthy life. Through good hygiene practices one can avoid illness and ultimately less expenditure on health care. Maintaining good personal hygiene also prevents spreading of the disease to other individuals. During pandemic we have realized the importance of personal hygiene for controlling the spread of COVID-19.

***Lecture on Diet and & Physical fitness***- Good health is maintained by balanced diet. Due to healthy diet we can fight many diseases like, heart disease, diabetes and cancer. Due to healthy diet there is improvement in heart health, reduced risk of development of cancer, better mood and



good health, improvement in memory, control on weight, less chances of developing diabetes. Growing students need extra nutrients for supporting the bone growth organ and tissue development, hormonal changes. At this age they are more attracted towards processed junk food. Inculcations of healthy eating habits and exercise among the teenagers will lower the chances of development of diseases in their future life. ***Celebration of World - Polio, AIDS, Cancer and Tuberculosis day*** Quiz on awareness of **Polio and** Tuberculosis was organized. On 1<sup>st</sup> December World AIDS Day lecture regarding structure of HIV virus, spread, prevention and treatment of the disease was given.

***Ozone day*** is celebrated by the department of Geography to create awareness about ozone layer protection among the students. ***Mental Health Day*** raises awareness of mental health issues around the world and mobilizes efforts in support of mental health. Institute celebrated **International Yoga Day** on 21<sup>st</sup> June to inculcate the importance of Yoga among the youth. Institute arranged **AIDS awareness, 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'. Institute implemented *Swachha Bharat Abhiyan* on the occasion of *Mahatma Gandhi Birth Anniversary*.

## 5. Evidence of Success:

Due to awareness of health, it becomes possible to detect the disease at the early stage and immediate treatment can be taken. Through various activities like the COVID-19 Vaccination survey, Blood Sugar estimation camp, Lecture on Health and hygiene, Lecture on Diet and physical fitness, Celebration of - World Polio Day, AIDS Day, Cancer Day and Tuberculosis Day awareness is created among students and staff by the Department of Microbiology.

During COVID- 19 Vaccination Survey at Girnare it was observed that many villagers were not serious about vaccine. Only 3% of villagers were vaccinated. They have belief that due to vaccination person becomes COVID-19 positive (47.8%). Villagers believe that vaccine will not protect from mutated virus (6%).

In blood sugar estimation camp at Girnare many senior citizens were detected with hyperglycemia and hypertension.

Students understood the importance of physical and mental health as well as hygiene. Students understood the importance of diet and motivated for daily physical exercise. By participating in quiz on World Polio Day and World Tuberculosis Day students understood the mode of transmission of the Polio and use of vaccine as a prevention of Polio.

Students understood the mode of transmission of the AIDS and cure with proper medication. Students developed creative thinking along with awareness of cancer.

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.

### Problems encountered and resources required:

Yoga and Meditation required Meditation hall, required yoga mats, Special Music System and Good Natural Climatic infrastructure.

Due to the corona virus pandemic (COVID-19), for offline lectures very few students were allowed to participate by following all social distancing norms.

### Other information

- Our institution had specially arranged counselling sessions for females and Specially abled students.
- Yoga Classes for women
- Yoga for specially abled players
- Different *Shuddhi Kriya* Practices and *Pranayam*, *Yog Nidra* and *Meditation* sessions for students as well as citizens.
- Yoga Therapy for citizens facing health problems

### Various Activities conducted by institute under the Best Practice of Health Consciousness

The activities conducted under 'Health Consciousness' during 2021-2022 are given below-

Title of the programme	Period		Participants		
	from	to	Female	Male	Third Gender
International Yoga Day	15-06-2021	21-06-2021	287	154	
Yoga Training Programme run by Alumni Physical Education Department	15-06-2021	23-06-2021	236	100	
International Yoga Day	21-06-2021	21-06-2021	674		
Impact of COVID-19 on Population	11-07-2021	11-07-2021	16	17	
COVID- 19 Vaccination Awareness	27-07-2021	27-07-2021	112	114	
Basic Yoga Certificate Course	09 -04- 2022	23-04-2022	78	73	
Basic Yoga Certificate Course	02 -09- 2021	12-09-2021	86	89	
<i>Mi Jababdar Nashikkar Mohim</i> (Covid -19 Vaccination Program)	30-07-2021	30-07-2021	81	88	
IQ Test	18-08-2021	18-08-2021	10	13	
Online Basic Yoga Certificate Course	01-09-2021	10-09-2021	101	58	
Yoga for Pregnant Women	01-09-2021	30-09-2021	12	-	

Title of the programme	Period		Participants		
	from	to	Female	Male	Third Gender
Ozone day	16-09-2021	16-09-2021	13	22	
Tracking for Child	18-09-2021	18-09-2021	21	15	
Environmental Awareness Program (NSS)	19-09-2021	19-09-2021	07	20	
Yoga for Mental Health	21-09-2021	21-09-2021	150	48	
World Alzheimer's Day	21-09-2021	21-09-2021	238	136	
Yoga Program for Senior citizen	01-10-2021		01	08	
<i>Swachh Bharat Abhiyan (Nandini River)</i>	02-10-2021	02-10-2021	65	18	
<i>Swachha Bharat Abhiyan</i>	03-10-2021	03-10-2021	16	05	
World Mental Health Day	22/10/2021	22/10/2021	48	42	
Introversion- Extraversion Scale	22-10-2021	22-10-2021	14	10	
Alzheimer's Awareness Quiz	22-10-2021	22-10-2021	216	125	
World Mental Health Day	22-10-2021	22-10-2021	48	42	
Yoga for Mental Health	29-10-2021	29-10-2021	184	62	
Need of Yoga Nidra for stress relaxation	29-10-2021	29-10-2021	184	62	
Benefits of regular aura energy cleansing	29-10-2021	29-10-2021	184	62	
Psychological perspective behind the online Teaching	29-10-2021	29-10-2021	29	17	
AIDS Awareness	01-12-2021	01-12-2021	24	10	
AIDS Awareness	07-12-2021	07-12-2021	26	28	
Advance Yoga Course	05-01-2022	14-01-2022	173	163	
Road Safety Awareness (Safe Rider)	06-01-2022	06-01-2022	139	90	
Civil Defence Demonstration and Training basic course	18-01-2022	24-01-2022	21	22	
Use of Fire Extinguisher & fire Safety Training for non teaching staff	22-01-2022	22-01-2022	11	33	
Blood Sugar Estimation Camp	29-01-2022	29-01-2022	19	31	
COVID-19 vaccination survey	29-01-2022	29-01-2022	106	126	
Cancer Day	04-02-2022	04-02-2022	71		
<i>World Suryanamaskar Day</i>	07-02-2022	07-02-2022	42	23	
<i>World Surya Namaskar Day</i>	07-02-2022	07-02-2022	65	-	
Yoga for Special able Person	07-02-2022	13-02-2022	09	20	
Yoga Programme for Women Health	23-02-2022	23-02-2022	41		
Civil Defence for Health & Security	04-03-2022	10-03-2022	24	47	
Bakery Workshop	14-03-2022	24-03-2022	14	16	
Yoga Training Program	17-03-2022	26-03-2022	38	23	
'Word Tuberculosis Day' (Quiz)	24-03-2022	24-03-2022	46	07	
Confectionery Workshop	24-03-2022	29-03-2022	14	16	
<i>Sampurn Sharir Shudhikriya shibir</i>	27-03-2022	03-04-2022	88	35	

Title of the programme	Period		Participants		
	from	to	Female	Male	Third Gender
Summer Camp for School Students	01-04-2022	15-04-2022	24	30	
Basic Yoga Certificate Course(CMCS College)	07-04-2022	22-04-2022	178	165	
Valuable information of Medicinal Plants	13-04-2022	13-04-2022	38	19	
Civil Defence for Health & Security	19-04-2022	23-04-2022	53	28	
Workshop Super Food Spirulina	20-04-2022	20-04-2022	63	20	
Marriage Attitude Scale	05-05-2022	06-05-2022	18	17	
International Webinar on Application & Modern Trends in Psychology	05-05-2022	06-05-2022	21	12	
Lecture on Health and Hygiene.	14-05-2022	14-05-2022	30	18	
Eat right India walkathon and yogathon	14-05-2022	14-05-2022	1400	900	
Lecture on Diet and Physical Fitness	19-05-2022	19-05-2022	28	14	

## Photo Gallery



Yoga Training Programme run by Alumni



Yoga for specially able student



Civil Défense Demonstration and Training



Health Awareness on the occasion of Cancer Day



International Yoga Day



Yoga, Summer Camp for children



Nirbhay Kanya Abhiyan



Trecking camp for for child





World Surya Namaskar Day



World Surya Namaskar Day



Eat Right India Walkathon & Yoga thon



Sampurna Sharir Shuddhikriya Shibir

*Dr. M. S. Patil*

Dr. M. S. Patil  
Coordinator

*Dr. D. N. Pawar*

Dr. D. N. Pawar  
IQAC Coordinator

*Dr. J. D. Sonkhaskar*

Dr. J. D. Sonkhaskar  
Principal



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