

7.2 Best Practices in the college

1 Gender Sensitization:

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 access 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:

Our institute runs with coeducation system. It is strengthened through various gender equity initiatives. The institute established following committees and cells to look after equal opportunities to both the genders in all types of student centric activities.

- Anti-ragging committee, especially to look after the girls safety and security against ragging issues, if any.
- Anti-sexual Harassment Committee
- Discipline committee
- Students Grievance and Redressal committee
- Equal opportunity Cell
- Board of Student Development
- Women anti sexual Harassment Cell/ Vishakha
- Academic Gender Audit

The Institute prepares action plan at the commencement of the academic year for smooth and effecting functioning toward gender sensitization and awareness programs. Similarly, for the safety and security the institute performs various measures like;

- 1) The Institute provides **CCTV surveillance** throughout the campus for safety and security purpose.
- 2) Safety of girls is taken care throughout the campus. The Institute campus is gated and entry is regulated through verification of **Identity cards**.
- 3) The institute arranges **medical camps** for students every year
- 4) **NCC wing** is established **for girls**, which also develop awareness in its program.
- 5) **NSS unit** is functional and active. One of the program officers is women-teacher.
- 6) Awareness programs conducted by NSS regarding their safety and security.
- 7) Training Programs like **Nirbhay kanya** through Board of student Development and **Swayam Siddha** is conducted by Physical Education and Sport Department.
- 8) Consistent activity of **Girls Counselling**.

Evidence of Success –

- Positive feed back of girls students for their safety measures implemented by the institute
- Remarkable participation of girl students in the training and gender sensitization programs



CCTV in Girls common room



Girls counselling



Girls NCC Unit



Nirbhay Kanya Abhiyan

2 Health Consciousness

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 organized sports competitions and fitness camp for our students and players. This helps 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:

Besides yearly medical checkup camp for students and staff the institute conducted various awareness programs like seminars, health camp, essay writing, poster presentations related with health issues for students, staff and society.

Evidence of Success –

- Positive feedback of girls students for their safety measures implemented by the institute
- Remarkable participation of girl students in the training and gender sensitization programs



Poster presentation on health related issues on the occasion of World Mental health day



Haemoglobin and Blood group typing Camp



Seminar on Stress Management



Workshop on special needed children



Seminar on Non communicable disease management



Yoga camp



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