

**\*\* BEST PRACTICE I\*\***

**Title :-**Yog Vigyan Shibir

**GOAL:-**

- 1) Creating healthy people for nation building.
- 2) Convincing the physical and mental development of human beings. Tell the importance of yoga for maintaining good health.
- 3) Developing self-confidence.
- 4) Enhancing the immune system of the person.
- 5) Enhancing knowledge.
- 6) Creating inner peace in the person.
- 7) Convincing the importance of yoga to get rid of stress in your busy life in a stressful life.
- 8) Creating fitness at all levels in every section of the society.

**CONTEXT:-**

- 1)Various facilities were provided to the staff of the college, students as well as to the people around the campus to convince them of the importance of yoga.
- 2)The magnificent grounds were made available for this appropriate Yog Vigyan Shibir.
- 3)Expert yoga teachers were invited.
- 4)Various yoga types were taught through the institute.

**PRACTICE:-**

- 1) Pamphlets are distributed to inform the community about the organization of Yog Vigyan Shibir. Information is disseminated through newspapers as well as local channels. The banner of Yog Vigyan Shibir is put up at the crossroads.
- 2) The eight-day camp is held in January from 5.00a.m. to 7a.m. in the morning.
- 3) Mats are provided to all the beneficiaries.
- 4) Every day in the Yog Vigyan Shibir, expert doctors are invited to teach various ailments, their causes, dietary treatment and the type of yoga related to those ailments.
- 5) The feedback form is filled out.

**EVIDENCE OF SUCCESS:-**

- 1) Increase in the physical, mental and social development of the individual.
- 2) The importance of yoga for the health of the elderly.
- 3) Increased confidence.
- 4) Increased immunity of individuals. Success in creating inner peace.
- 5) Creating fitness in individuals at all levels of society.
- 6) Organizing science camps every year brings back the forgotten types of yoga.

**\*\*BEST PRACTICE II\*\***

**\*TITLE-**National Nutrition Week.

**\*GOAL:-**

- 1) Celebrating National Nutrition Week from 1st to 7th September.
- 2) Raising awareness about nutrition to every section of the society.
- 3) To provide health and dietary guidance to lactating mothers and pregnant mothers.
- 4) To provide guidance to the people in rural areas about nutrition.
- 5) To provide information about breastfeeding.
- 6) To conduct a health check up.
- 7) To inform children of a favorable diet.
- 8) Implementing various nutrition programs for college teenagers to create awareness among them about nutrition and diet.

**\*CONTEXT :-**

2019-20 on 24th August 2019 at Kholeshwar College, Ambajogai, Prof. Amrita Misal gave guidance on the importance of dietary vitamins on the occasion of National Nutrition Week. Also a poster exhibition on vitamins was held. On 27th August 2019, a poster exhibition on vitamins was organized by the college at Kholeshwar Madhyamik Vidyalaya. Guidance on childhood diet was also given at Sahyadri Ganesh Mandal.

**\*PRACTICE:-**

National Nutrition Week is celebrated every year from 1st to 7th September jointly by the Department of Home Science and MLT dept. Expansion activities are celebrated every year by organizing posters, lectures and visits in line with the theme of the government. It includes girls' blood tests, Hb, BMI. Research is done to improve the health of the students. For this, information is collected using the questionnaire method. Conclusions are drawn by statistical analysis of the collected information. As a solution based on the findings, their counseling guidance is given along with dietary counseling with female parents to improve the health of the students.

**\*\*BEST PRACTICE III\*\***

**\*TITLE:-** Late Nana Palkar Smriti Inter College Elocution Competition.

**\*GOAL:-**

- 1) To develop the skill of convincing one's thoughts through oratory style.
- 2) To produce good speakers.
- 3) To develop in students the art of expressing one's opinion through in-depth study of the past, present and future of reading and writing on various subjects.
- 4) To develop the art of being able to express one's thoughts effectively by thinking clearly.
- 5) To inculcate thought in the students following the four principles of patriotism, environment, society, and education.
- 6) To develop the personality of the students and to create a receptive generation.

**CONTEXT:-**

- 1) The Nana Palkar Elocution Competition started in 1988.
- 2) After completing 49 years of this competition, the late Palkar Inter-College Competition will make its debut in the Golden Jubilee year in 2020-21.
- 3) Students from various colleges across the state participate in this competition.

**\*\*PRACTICE:-**

- 1) B.S.P.Sanstha Kholeshwar Mahavidyalaya has been creating a receptive generation through education since 1972.
- 2) The Sangh Pracharak has made a great contribution in this establishment.
- 3) There is an organizing committee.
- 4) The subjects are selected by this committee according to the four principles of patriotism, environment, and social education.
- 5) The brochure is created one month in advance for this competition and circulated.
- 6) 3 individual prizes and 1 team prize are given to competitors.
- 7) The terms and conditions of the competition are well laid out on the brochure.
- 8) The competition is registered directly and by email.
- 9) Pre-news of the competition is given through current letter, email as well as face to face visits.
- 10) The names of 3 examiners are decided by the Organizing Committee.
- 11) Tea, breakfast are provided to the contestants by the Organizing Committee.
- 12) The competition is conducted in a transparent manner.

**\*EVIDENCE OF SUCCESS:-**

- 1) The students developed the skill of conveying their thoughts through rhetoric.
- 2) Good speakers were created through this competition.
- 3) The students became aware of the art of reading and writing.
- 4) Students can express their views through in-depth study.
- 5) Students can come up with precise ideas by deep thinking.
- 6) Good thoughts about patriotism, society, environment, and education were inculcated in the students.