

7.2 Best Practices: 2018-2019

Practice 1. Title : Social Activities of National Services Scheme

I) Goal

1. To create awareness among students towards social responsibilities.
2. To expose students to rural life and problems.
3. To imbibe the values of patriotism, integrity, employability, cultural hegemony and environmental protection.
4. To acquaint rural people with socio-economic changes.

II) The context

Our college NSS unit functions according to guidelines of Shivaji University, Kolhapur. As per their guidelines a village is to be adopted for National Service Scheme. *Basarge* was adopted as the village for our unit. So all NSS activities were planned keeping in mind the requirements of the adopted village and fulfilling the theme of NSS. For example, NSS unit has created awareness of water conservation, prepared rough road of 5 km that connected to another village, karate training for women and removal of mud and clay from stream to increase water capacity.

III) The Practice

NSS unit has been active from the inception of the college. The first NSS camp was conducted in 1998. Since then it has made unending efforts to achieve its goals and created its name at the university level. This practice has continued unending within all these years. NSS has organized rallies, street plays, lectures, surveys, health check up, special training to women, study tour for residents of Basarge to Rahuri University, Ralegandsidhi and Hivare Bazar etc.

IV) Evidence of Success

Our college NSS unit with unending efforts of Programme Officers and Volunteers to achieve their desired goals has won awards such as.

1. District Level Best NSS College Award
2. Best NSS Programme Officer Award for Kolhapur District
3. *Basarge* is adopted village that is selected under *Unnat Bharat Abhiyan*.

V) Problems encountered and Resources required.

1. Lack of financial resources.
2. Motivating the students to participate in NSS activities is a challenge
3. Motivating girl students and their rural mindset of parents to participate in NSS camp is a difficulty.

Practice 2. Title : Achievements in Sports

I. Goal

1. To promote physical fitness among students.
2. To encourage students to participate in various sports.
3. To motivate students to achieve excellence in their interested sports event.
4. To strive for higher achievement in various sports.
5. To spread awareness of yoga with a motto 'A Healthy Mind in a Healthy Body'

II. The context

Sports play an important role in student growth and development. They help in the development of mental health and physical fitness of the body. Through participation in sports and games, students acquire various skills, experiences and confidence those are helpful for developing their personality. Our College Gymkhana is active and continuously strives to achieve result oriented goals. It is driven with the motto 'A Healthy Mind in a Healthy Body', with this view in mind students were encouraged to participate in different sports. Individual guidance is given to promote students interest. It tries to expose rural students with national and international games.

III. The Practice

Sports culture is promoted among students by celebrating Sports Day, Yoga Day Wallpapers, regular display of student. achievements and honoring them which has helped to create a positive approach towards sports and provide a source of inspiration to achieve higher goals. At the same time it created interest in other students too. Organization of Zonal and Inter-Zonal events has helped rural participants to expose them with other games and their rules. Another noteworthy activity of our college is that it hosts every year 'Body Building Competition' and 'Surya Namaskar' competitions that has provided platform for Body builders and show their strengths and created health awareness among students. Our Sports Director is a yoga trainee and utilizes his knowledge and skill to promote interest in yoga among the students and Teachers. Students were benefited by his proper guidance and brought many winning medals to our college. It is interesting to note that 'yoga din' is celebrated and all teaching, non-teaching members and students are benefited with 'Pranayam' and 'Yoga Nindra'. Throughout the year students are encouraged to different activities, timely guidance, support, encouragement and proper practice have brought laurels to our college.

IV. Evidence of success

I. Awards

1. Athletics
 - Miss. Rohini L. Patil won Gold Medal in 400 mts., 800 mts., 1500 mts. Running in Taluka Level Competition Selected for District Level Competition.
 - Miss. R.L. Patil won Gold Medal in 800 mts. 1500 mts. in District Level Selected for State Level.

- *Miss. R.L. Patil* won Gold Medal in 800 mts. at zonal level held in *Sangli*
- *Miss. R.L. Patil* won Gold medal in 800 mts. Running at State Level held in *Satara* and selected for National Level.

2. Athletics Federation Competition

- *Kolhapur* District – 800 mts. Running Gold medal (Selected for State Level)
- *Nagpur* State level – 800 mts. Running – Silver medal (Selected for National Level)

3. Boxing

- *Mr. Pankaj Andhare* won Bronze Medal 65 kilo in Shivaji University, Kolhapur Region – Selected for Inter-Zonal competition.
- *Mr. Janaba Pandhare* won Gold Medal in Boxing Championship Competition organized by Kolhapur Boxing Association – selected for State Level, represented in Kolhapur District Boxing.

4. Yogasan

- *Mr. Sidhivinayak M. Amanagi* won Bronze Medal in Distric Level Yogasana Competition (21 to 25 yrs group) at *Ichalkaranji* – selected for State Level.
- *Mr. S.M. Amanagi* Won Bronze Medal in State Level held at *Kopargoan, Ahmednagar* Dist (21 to 25 yrs age group) selected in Maharashtra Team to participate at National Level.
- *Mr. S.M. Amanagi* won Gold Medal and *Mr. Sankalp Patil* won Bronze Medal in Shivaji University Inter-Zonal Competition held at *Murgud* selected in Shivaji University Team to participate in All India Inter University Yogasan Competition.

II. Participation

- *Miss. Rohini Patil* participated at National Level Running Competition (800 mts) held in Gujarat
- Participation at National Level Running Competition (800 mts) held at Ranchi organized by Athletics Federation Competition.
- *Mr. S.M. Amanagi* Participated in National Yogasan Competition held at Patiala, Pujnab
- Our college students participated in the following Group Games.
 - a) Zonal and Inter-Zonal Athletics Competition.
 - b) Zonal Football Competition
 - c) Inter-Zonal Cross Country Competition (Men and Women)
 - d) Zonal and Inter-Zonal Boxing Competition.

III. Organization

- Hosted Shivaji University, Kolhapur women's *Kabaddi* Competition.
- Our College was given an opportunity to host Pre-Competition training camp in Yoga of Shivaji University, Kolhapur.
- Hosted Pre-competition practice camp to student participants in zonal and Inter-Zonal Competition in Cross Country, Football (Men) and Athletics.

IV Placement – Many sports person have obtained jobs in Armed Forces and Police Department.

V Problems Encountered and Resources required

1. Lack of Financial resources and Gymkhana fund is meager.
2. Barriers to form team event due to lack of interest in students.