

7.2 Best Practices|: 2019-2020

Practice 1. Title: Social Activities of NSS

I) Goal

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

II) The context

Our college NSS unit functions according to the 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 framed adhering to the requirements of the adopted village and fulfilling the theme of NSS. For example, NSS unit has created awareness of cleanliness during fairs by organizing rally and distribution of pamphlets on 'Pretty village, Progressive village' Plastic free village.

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 also created its name at the university level. This practice has continued uninterrupted within all these years. NSS has organized rallies, lectures, surveys, health check up camp, Blood Donation Camp, Financial and essential voluntary contribution to flood affected people, tree plantation, distribution of masks sanitizer, pamphlets and videos of Covid-19.

IV) Evidence of Success

Our college NSS unit with unending efforts of Programme Officers and Volunteers has achieved desired results.

1. Got an opportunity to connect & conduct various activities in association with social organizations, Government organizations and NGO's
2. NSS volunteers and farmers of adopted village were benefited from workshop on Organic farming.
3. Through various activities of NSS, able to spread social awareness regarding diseases, government schemes, addiction and opening of Zero Balance Account.
4. Received appreciation from flood affected people for voluntary work by Teaching, Non-Teaching and NSS Volunteers.
5. Most of our Staff members were invited as Guest Lectures in different NSS camps of Shivaji University.
6. With consistent effort & drive for social service one of our staff member D.G. Chighalikar is selected as NSS District Coordinator, Advisory committee members of NSS Disaster Management Cell, Swatch Bharat Campaign, Member of Addiction Free Campaign in the Shivaji University, Kolhapur

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 mindset of parents to participate in NSS camp is a difficulty.

Title 2. 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 activities.
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 students growth and development of personality. It also helps to maintain good mental health and physical fitness. Through participation in sports and games, students acquire various skills, experiences, confidence, teamwork and competitive spirit that are helpful for developing the 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 are 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 students achievements and honoring them which has helped to create a positive approach towards sports and provided 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 'Best Physique Competition' this year Inter-Collegiate students of 3 Talukas: Ajara, Gadhinglaj and Chandgad took part in it. Besides this a new way to create health consciousness in the society was initiated by Gymkhana by hosting 'Open Marathon Competition' All these activities has definitely provided an opportunity to sports persons, body builders and stirred to create a positive outlook towards sports and health in the society at large. Our Sports Director is a Yoga Trainee and utilizes his knowledge and skill to promote interest in Yoga among the students and teachers. He has also guided and trained learners on various social platforms by his expertise in Yoga. It is interesting to note that Yoga Day is celebrated and all students teaching and non-teaching members are benefitted with 'Pranayam' and 'Yoganindra' 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

- *Smt. Rohini L. Patil* won second place in 400 m And 800 m Running in District level competition organized by Kolhapur District Federation, selected to state level (800 m).
- *Smt. R. L. Patil* selected to participate in National level competition (800 m Running) at Vijayawada (Andhra Pradesh)
- *Shri. Vaibhav Patil* won second place in Zonal competition (10,000 m running) held at Kolhapur and selected to participate in Inter-Zonal competition.
- *Shri. Vivek More* won second place in 1500 m running competition in State Athletic competition.
- *Shri. Vivek More* selected in Maharashtra team to participate at National Level competition (1500 m) held at Vijayawada (Andhra Pradesh)
- *Shri. Santosh Duggi* won third place in Long Jump Zonal level and selected to participate in Inter-Zonal level Competition.

2. Cross-country

- Our college team won third place in Shivaji University Inter-Zonal competition held at Pachagani (Satara District)
- *Shri. Vaibhav Patil* won fifth place (individual) in Shivaji University Inter-Zonal. He got selected in Shivaji University team to represent in Inter-University level held at *Moodbidri* (Karnataka)

3. Boxing

- *Shri. Pankaj Andhare* won Gold Medal (60 Kg to 65 Kg) in Shivaji University Zonal Boxing Competition and selected for Inter-Zonal.

4. Cricket

- *Smt. Aarati S. Jadhav* got selected in Shivaji University Cricket team and performed her best at Inter-University Western Zone women's Cricket competition held at Bhopal (Madhya Pradesh)

II. Participation

- Our college students participated in the following events.
 1. Zonal and Inter-Zonal Athletics
 2. Inter-Zonal Cross-country
 3. Zonal and Inter – Zonal Boxing competition.
 4. Inter-Zonal Women Cricket.

III. Organization

- Hosted Shivaji University, Kolhapur Men's Baseball Competition.
- Conducted Health Check up of Students in association with Sub District Government Hospital.
- Organized PIT India rally to create health awareness.
- 'Open Marathon Competition' was organized for participants of Kolhapur Dist.
- Our college was given an opportunity to host Pre-zonal and Inter-Zonal practice camp in cross-country and Athletics.
- Organized Inter-Collegiate 'Best Physique Competition' Participants of three *Talukas* Ajara, Gadhinglaj and Chandgad took part in it.

IV. Placement – Many Sportspersons have obtained jobs in Armed Forces and state police department.

V. Problems Encountered and Resources required

1. Lack of financial resources.
2. Barriers to form team event due to lack of interest in students and single faculty college.