

KRT College of Arts and Commerce

Vani, Tal. -Dindori, Dist. -Nashik.

Best Practice -1

1. Title of the Practice:

Inculcation of Sports and Yoga Culture among Tribal Students for Their Holistic Development

2. Objectives:

- To motivate tribal students to create and sustain interest in sports and yoga.
- To encourage students to participate in inter-collegiate, Zonal and national level sports and yoga competitions.
- To train student to excel students in the competitions to achieve outstanding awards.
- To inculcate sports and yoga culture among tribal students.
- To prepare the students for their holistic development.
- To make their physically fit and mentally sound by way of sports and yoga.
- To promote for the harmonious development of body, mind and spirit.
- To equip the students with high level of capability to face multiple challenges in this modern era.
- To contribute as a coach for teams at national level.

3. Context:

In the wake of deadly effects of COVID-19 pandemic, the Department of Physical Education and Sports rightly notices the urgent need to inculcate sports and yoga culture among tribal learners for their holistic development. It was notices that not only the physical fitness but also the mental soundness is equally important for acquiring their higher education. In the present scenario, it is observed that the world is running behind materialistic modern hectic life culture. A rat race is created in various competitive exams aspirants struggle. The current education system is market oriented. These often produce students who are technically sound but otherwise dull. They often do not learn the social values necessary for the development of the country. A mechanistic view is going on. For the child, yoga trains students to be confident and responsive to challenges. In all likelihood, it makes them calm, composed, and stable in dire physical and mental situations. It helps them to release the tension in their mind and makes them brave enough to face the world. Hence, the students are promoted for their harmonious development of body, mind and spirit. In view of this, the Department of Physical Education took sincere efforts to motivate tribal students to create interest and participate in various competitions and to prove their excelling by achieving awards.

4. The Practice:

- At the very outset, the students are motivated to create interest of sports and yoga for their holistic development.
- Sincere efforts have been taken for the training of students in various sports and yoga activities.
- Students were undergone rigorous sports and yoga training.
- Students are encouraged for their participation in the competitions at different levels.
- Two students participated in Wrestling Inter-Collegiate/District level sports completion.
- Seventeen students participated in Athletics Inter-Collegiate/District level sports completion.

- One student participated in Yoga Inter-Collegiate/District level sports completion.
- Nine students participated in Kabaddi Inter-Collegiate/District level sports completion.
- Two students participated in Weight Lifting Inter-Collegiate/District level sports completion.
- Four students participated in Cross-Country Inter-Collegiate/District level sports completion.
- Eight students participated in Chess Inter-Collegiate/District level sports completion.
- One student participated in Yoga All India Inter University level sports completion.
- One student participated in Second Khelo- India National University Yoga Competition.

5. Evidence of Success:

The constant and consistent efforts taken by both the Department of Physical Education and the tribal students, the students created interest and practices rigorously. As an outcome of these devotion and dedication on the part of the students, our Post Graduate student Kumari Pragati Deshmukh took opportunity to participate at All India Inter University level and Second Khelo India National University Yoga Competition. Her wonderful performance in this competition made her recipient of Khelo India Second National University Yoga Competition as a team member of Savitribai Phule Pune University. It is for the first in the history of this institute that this student won Gold Medal. Certainly it is highly laudable and a matter of great pride to acquire such a bright success. Furthermore, Savitribai Phule Pune University awarded of scholarship of Rs. 10,000 (Rupees Ten Thousand) to the recipient of Gold Medal Kumari Pragati Deshmukh.

6. Problems and resources needed:

- Lack of funds to facilitate the students participating sports and yoga competitions.
- The cost of training is mainly borne by the college funds which are meagre as compared to the actual requirement.
- Genuine need of full-fledged Play Ground, Yoga Hall and Indoor Hall.



Cabinet Minister of Union Government Hon'ble Mahendranath Pande is awarding gold medal to the team of Savitribai Phule Pune University



Health Minister Dr. Bharati Pawar Felicitated the team of Savitribai Phule Pune University.



The recipient of Gold Medal Kumari Pragati Deshmukh with the team coach and Director of Physical Education Prof. Ravindra Chavan



Team manager Dr. Namdev Phatangare and Team Coach Prof. Ravidra Chavan and the Wining Team of Gold Medal



Dr. Nitin Karmalkar, Vice chancellor of SPPU Pune, Dr. Dipak Mane, and all the Directors of Physical Education at Jain University, Banglore on the auspicious occasion of Khelo India Competition



Director of Physical Education Prof. Ravindra Chavan and Dr. Sunil Jagtap on occasion of giving rigorous training to the tribal students



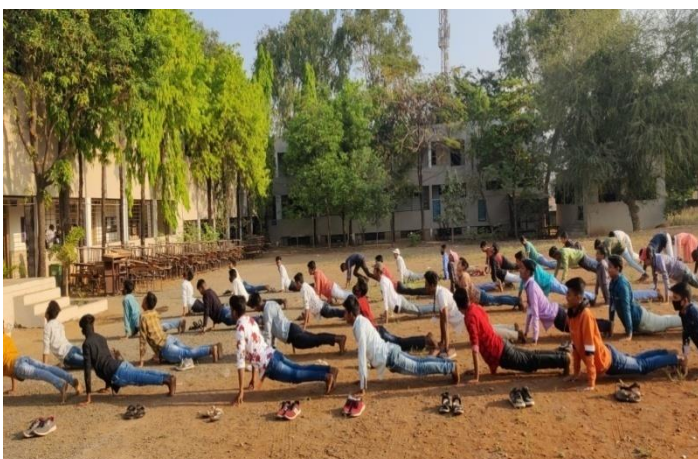
Principal Dr. R. D. Darekar performing Yoga in the programme of Azadi Ka Amrut Mahotsav.





Principal Dr. R. D. Darekar and other Professors felicitated Prof. Sunil Jagtap in the programme of Azadi Ka Amrut Mahotsav.





Dr. S. V. Prasad felicitated Prof. Aniruddha Birajdar



Hon'ble Smt. Nilimatai Pawar, Sarchitnis of parent institute felicitated the gold medal winner in Khelo India National Competition, Pragati Deshmukh. At the same time other members of the institute Shri. Vishram Nikam, Bhausahab Khatale, Sachin Pingale, Dr. Prashant Deore, Dr. D. D. Kajale, Dr. S. K. Shinde Dr. R. D. Darekar and Professors.

International Yoga Days 2021-22



Best Practices - 2

TITLE: A Social Awareness Campaign by N.S.S. Unit through villagers

Fostering Social Responsibility through Social Activities with an Ethical Frameworks

1. Objective of the practice :

In order to foster social responsibility through social activities with ethical frameworks, the institute implemented activities in view of the community services in tribal and hilly area. In view of this the following objectives have pinpointed:

- To inculcate values among the tribal students to take social responsibilities.
- To promote the students to work voluntarily for community engagement.
- To encourage students to interact with neighbourhood communities.
- To motivate students for their active participation in extension activities.
- To initiate students for problems analyzing and solving skills regarding the tribal area.
- To work for the welfare and wellbeing of the tribal communities through ethical framework.

2. The Context:

In contemporary society, the students are highly ignorant about the varied problems of the society where they live. Therefore, it is realized that the student must be sensitized about the society and extension activities promoting for social responsibilities are made essential for them.

3. The Practice:

•The activities regarding social responsibilities are carried in collaboration with National Service Scheme, Student Welfare Board, Red Ribbon Club, Vani Grampanchayat, Vani Police Station, Government Health Centre, and Blood Banks governed by NGOs. The activities conducted at various level in collaborations can be highlighted as follows:

- Cleaning of Campus and significant public places in the villages.
- Conducting fieldwork in view of the welfare and wellbeing of tribal communities.
- Organizing free check up camps like AIDS awareness, Cancer awareness, Dengue fever awareness, Addiction of tobacco and alcohol, etc.
- COVID-19 Vaccinations camp for the stakeholders.
- Road Safety week in collaboration with Police Station for awareness among the villagers.
- Independence Day for inculcate the values regarding freedom of India and National integrity.
- National Girl Child Day to promote the significance of girl child.
- Constitution day to create awareness for the good citizenship.
- National Voter Day for the awareness of duties of citizen to give vote.
- World Yoga Day for harmonious and healthy life.
- Tree Plantation for protection and sustainability of the ecology and environment.
- World Tribal Day to know the rich heritage of the tribals for preservation of nature and natural environment.

- Yuva Saptaha to given opportunities to the youths to show their instinctive qualities in art and culture.
- Republic day for patriotism and integration under the background of diversity of religions.
- Organizing Blood Donation Camps to save the most valuable lives of needy society.
- NSS Day & Awareness program for volunteers to create values of social responsibility in ethical frameworks.
- Women's day for the overall women empowerment and gender sensitization.

4. Evidence of success:

• Our institution has got a good numbers of blood donors from various stakeholders. The institute received overwhelming response in collecting a good number of units of Blood of different blood groups. The blood banks run by NGOs and institutions oriented the donors regarding misconception of effect on health after donating blood.

*The stakeholders are made importance of Covid-19 vaccine to prevent from this epidemic disease. Great numbers of stakeholders were vaccinated by the colleges.





*Students realized the various challenges faced by neighbourhood tribal during their field visit.

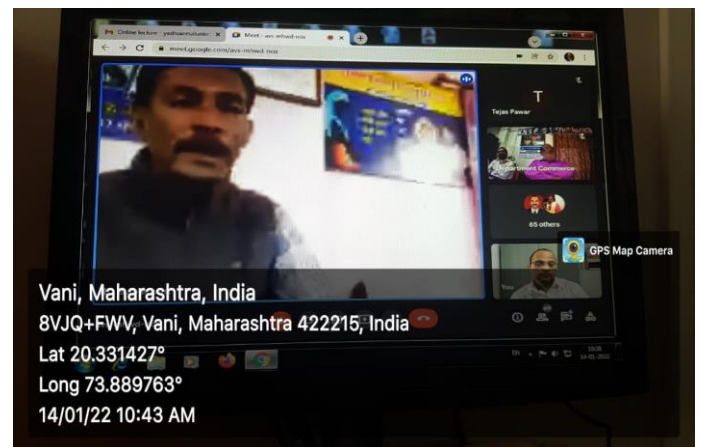








* The students develop the quality of integrity through the extension activity by conducting various awareness programme.







* Students' participation in various social-cultural activities has been greatly increased













* NSS Camp Programme Details

Sr. No.	Title of the activities	Organising unit/ agency/ collaborating agency	Number of teachers coordinated in such activities	Number of students participated in such activities
1	World Yoga Day	NSS officers and & Gymkhana	04	72
2	Tree Plantation	NSS officers & Grampanchayat Vani	04	50
3	World Tribal Day	NSS officers & NSS	04	45
4	COVID-19 Vaccinations camp	NSS officers & Govt Health Centre Vani & Pndana	04	120
5	Organizing Blood Donation Camps	NSS officers & MVP Blood bank & Nashik Blood Bank ,	04	78
6	National Girl Child Day	NSS officers	04	79
7	Organizing camps like AIDS awareness	NSS officers Govt Health Centre Vani	04	105
8	Constitution Day	NSS officers & SPPU	04	78
9	National Voter Day	NSS officers & Tashil office Dindori	04	56
10	Yuva Saptaha	NSS officers & SPPU	04	245
11	Campus and village Cleaning and Fieldwork	NSS officers & Grampanchayat Vani	04	72
12	Road Safety week	NSS officers & Polices station Vni	04	286
13	NSS Day & Awareness program for volunteers	NSS officers & SPPU	04	138
14	Women's day	Women's Cell, Physical Education, NSS	04	125
15	Independence Day	NSS officers &	04	150

		SPPU,students		
16	Republic day	NSS officers & SPPU,students	04	100

5. Problems Encountered:

- 1 Time constraint is a major limitation to conduct various programmes in neighbourhood villages.
- 2 Insufficient funding to conduct the social activities.
- 3 Creating awareness among tribal people was a great challenge.