

Padmashali Shikshan Santha's
(Telugu Linguistic Minority Institution)
A.R. Burla Mahila Varishtha Mahavidyalaya, Solapur

BEST PRACTICE- 1
NURTURING ENVIRONMENTAL CONSCIOUSNESS

1] Title of the Practice: *Nurturing Environmental Consciousness*

2] Objectives:

- 1] To inform and aware the students about importance of environment,
- 2] To create ozonized space for pollution free campus,
- 3] To plant and preserve trees in the college campus,
- 4] Proper utilization of natural resources,
- 5] Improve mental health through nature.

3] Context:

Apart from providing a congenial academic environment to the students, the institution holds their attention to environmental consciousness. The textiles, mills, small scale industries and vehicles from Solapur city created large amount of water, air and noise pollution. The college started clean campus with fresh air to reduce pollution.

4] The Practice:

Planting and preservation of the trees, rain water harvesting, vermi-composting on a small scale are the major initiatives to create and nurture environmental consciousness. We have also developed an Ozone Park. NSS students from this institution keep the cleanliness in the campus. Students from our institution planted Tulsi (Holy Basil) and made it as Ozonized Park. The college started initiative in planting diverse oxygen generating trees such as Peepal (Banayan) tree, Bamboo trees to reduce pollution. Planting trees at college campus helps to beautify the community. With the broader view, we planted trees to enrich the earth and improve students' mental health. Practicing this helped us to gain a better and deeper understanding of the topic.

Our green campus declared plastic free campus which conducts the green audit every year. The campus follows very systematic waste collection and segregation process. The plastic waste has been collected is periodically and sent to Municipal Corporation. Students are encouraged to create minimum waste in the campus by bringing food and beverage in metal tiffin boxes. They are not allowed to bring plastic carry bags to fold the tiffin.

The institution started wonderful initiative Rain Water Harvesting to enrich the environment. Rain water is being collected in the inbuilt catchment area of the college campus so as to recharge the ground water. The college campus comprises ground water tank. The teachers, students and administrative staff utilize natural resource in best way.

5] Evidence of Success:

Oxygen generating trees provided shades. The Ozone Park protected us from the pollution which was earlier generated from mills and textiles. Green spaces gave students and faculty the setting to relax with nature. Involving the students in environmental projects focuses on the planning, planting and maintenance of trees on campus encourages their commitment to create more sustainable future for all. Plastic waste is totally banned from the campus. Utilization of rainwater harvesting is one more evidence of success.

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BEST PRACTICE- 2
YOGA AND MEDITATION FOR BETTER HEALTH

1] Title of the Practice: *Yoga and Meditation for Better Health*

2] Objectives:

- 1] To bring awareness of spiritual treasure which originates from India,
- 2] To increase academic performance through yoga and meditation,
- 3] To build confidence, attentiveness, steadfastness and concentration through meditation,
- 4] To create focused attitude by removing fear, distraction, anxiety and uncertainty,
- 5] To bring physical, mental and spiritual harmony in the society,
- 6] To bring peace and prosperity in the society.

3] Context:

Currently, human beings suffer more from physical strain and mental stress. The universe is facing traumatic experience. People encountered with mental problems like depression, anxiety, grief, uncertainty and violence. Stress has become a normal part of life. Even technology brought great harm to the universe which created noise and chaos. People are grappled with unclear expectations, uncertain situations and insecure life. The main cause that people are suffering is not only economic crisis, but physical pain, mental trauma, moral degeneration and spiritual sterility.

By incorporating mindfulness and meditation into daily routine, students can relieve stress, improve their memory, Yoga and meditation brings physical, mental and spiritual harmony. Yoga brings physical vitality and Meditation brings bliss which reduces stress, improves memory, enhance better sleep, heals many physical and mental pains and cures psychosomatic disorders.

4] The Practice:

The institution, in collaboration with Yoga Association, Solapur and Art of Living, Solapur Centre organized meditation program for the society in every Sunday. This was conducted the whole year round and we received very good response from people from Eastern Region of Solapur. More than thousand people healed from yoga and meditation.

On the occasion of International Yoga Day, the Yoga and Meditation program was organized in which 490 students and 35 teaching and non-teaching staff participated.

The institution also conducted workshop on *Stress Management through Meditation* for the students at the time of examination which healed the students from the burden of examination. 340 students benefitted by the workshop on meditation.

Our students participated in National Level Yoga competition. The institution also started *Certificate Course on Yoga*. 119 students successfully benefitted by the certificate course.

5] Evidence of Success:

Students were greatly benefited by the meditation programs, course, and workshop. Yoga and Meditation increased academic performance. Students who maintain this lifestyle have the benefit of increased energy and more self-assuredness to help them plow through assignments and task quickly. Meditation gave complete rest to the students that helped them to become more alert and attentive in the class. It leads them to whole chain of positive events like confidence building, self-assurance and feeling light and fresh. This practice improved good physical and mental health, self-care. It also increased feeling of self-worth for the students. Some students gave feedback that they went for better sleep after the meditation. The practice helped students to reduce negative emotions and their physical pains. Students also responded that they improved their concentration from bombarded distraction created from technology, social media and unnecessary imaginations. Mindfulness is a remedy for these distractions that promotes living in present.

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BEST PRACTICE- 3
SMALL SCALE INDUSTRY TRAINING PROGRAMS

1] Title of the Practice: *Small Scale Industry Training Programs*

2] Objectives:

- 1] To identify persons with entrepreneurial quality,
- 2] To motivate the students to train them through structured training course,
- 3] To enable the students to set up their tiny and small scale industrial ventures,
- 4] To improve the productivity/profitability of existing entrepreneurs,
- 5] To provide them an insight in the latest developments in the area of industrial development.

3] Context:

Solapur is well known for textiles, miles and small-scale industry. Eighty percentage of our students trace back their cultural origin in small scale industries. They are from working / labour class families. The students of our institution come from skilled labours in small scale industry. The institution generates latest skill, knowledge and successful strategy of small scale industry to the students who come from shantytowns.

4] The Practice:

We arrange small-scale industry training programs for our students. They are trained to make artefacts like soft toys, candles, soaps, lotions, perfumes and agarbattis. Many of our students set up their small scale business and earn a livelihood. In addition to this we also train them in beauty parlor course and fashion designing. Experts from industries, miles and textiles guide our students and improve their skill. The institution integrated formal training and learning with informal learning process in the workplace.

5] Evidence of Success:

The institution provided opportunity to gain skills, knowledge and experience of the small scale businesses. Students of our institution started working in small scale industries, in fact they started their own innovative initiatives with small profit at local level. The primary role of small scale business is to reduce the risk and cost of private capital industry. This practice is proved apparent and significant in job creation and productivity growth in low capital. It made our student more self-esteemed and economically independent.