



Sant Dnyaneshwar Shikshan Sanstha, Islampur's
**Hon. Shri. Annasaheb Dange Arts, Commerce and Science College,
Hatkanangale, Dist-Kolhapur (Ms)**

Best Practices

Best Practice-I

Title of the Practice

Organization (of) and Participation (in) Activities Addressing Health & Hygiene Related Issues

Objectives of the Practice: HSADACS College is very much conscious about institutional social responsibilities toward the local citizens and other stakeholders. As a part and plan of this institutional social responsibility, this year the institution has planned and organized various activities addressing the health and hygiene related issues with following objectives:

1. To promote health literacy in order to increase people's knowledge about various health issues, precautions and preventive measures, etc.
2. To encourage the people for early detection through promoting the culture of regular or periodic health check-ups.
3. To address specific health concerns is one more objective of organizing various activities addressing health and hygiene related issues.
4. To inculcate a sense of living healthy life in all stakeholders through imbibing the culture of regular exercise, using balanced nutrition and primary aids, etc.

The Context: Our College is situated in Hatkanangale Tehsil. Though, it is the Tehsil place, the citizens don't have easy access to all the medical facilities. Besides the place is surrounded by various small scale industries that unknowingly affects the health and hygiene of the citizens. Moreover, the world is still under the shadow of the fear of corona virus and COVID pandemic. Hence, the institution has planned to organize various programs like health awareness campaigns, Hygiene workshop, medical camps, vaccination camps, and sanitation drives to address the health and hygiene related issues.

The Practice: The institution through NSS unit and Sports department has organized about ten activities in the forms of medical check-up camps, orientation programs, sanitation drives and Yoga and fitness workouts throughout the year. Details are as follows:

- 1. Two Vaccination Camps:** Still due Covid Pandemic situation, the people need be vaccinated. Therefore, on 23rd October 2021, the institution in collaboration with the Primary Health Centre organized **COVID-19 Vaccination Camp** on the college campus. Total 57 stakeholders (including students and local citizens) were benefitted from this activity. The second **COVID-19 Vaccination Camp** was jointly organized by NSS and the Primary Health Centre, Hatkanangale on 10th March 2022. About fifty people (including students and local citizens) were benefitted from this activity. Thus, about 107 people were benefitted from these two activities.
- 2. Three Health Check-up Camps:** The NSS unit in collaboration with Jagdamb Wellness Centre, Ahmednagar organized **Full Body Check-up Camp** (Cholesterol, Body Fat, Hemoglobin, etc) on 15th December 2021. About seventy-one people were benefitted from this camp. During this camp, Dr. Bhagwan Vanve from JWC Ahmednagar delivered his speech on healthy diet and healthy life that creates awareness about healthy lifestyle among the students and other stakeholders. On 23rd March 2022, with the help of Jeevan Prakash Paramedical Jaysingpur, the NSS unit organized **HB and Blood Pressure Check-up Camp** to diagnose the hypertension and anemia in students and other stakeholders. Sixty one Students were diagnosed during this camp. The third health check camp i.e. **Eye Check-Up Camp** was jointly organized by NSS unit and Wanles Hospital Miraj on 23rd March 2022 for early detection of ailments and refractive errors as well to create awareness about eye-disorders. More than sixty students were benefitted from this camp.
- 3. Two Sanitation Campaigns and Cleanliness Drives:** Under Swachh Bharat Abhiyan, our institution organized a one day Sanitation Campaign on 18th December 2021 at Mangaon village in Hatkanangale Tehsil. About 71 students participated in this sanitation campaign and they cleansed the memorial site of Dr. Babasaheb Ambedkar, village roads and other public places. The second sanitation campaign was organized on 30th May 2022 at Railway Station, Hatkanangale. Forty

Students participated in this campaign and they cleansed the railway station and its surroundings. Besides, three cleanliness drives (15th Dec. 21, 5th Jan 22 and 8th Apr 22) on college campus and one major cleanliness drive (22-28 March 2022) in the village-Nej during the special camp were organized throughout the year. Besides, a pledge was taken regarding spitting Free College campus and surroundings on 25th June 22. These and such other programs created awareness about cleanliness, health and hygiene related issues among the students.

4. Yoga and Stress Management: In order to maintain good health, hygiene and psyche, the institution organized Yoga Training Program and a workshop on Stress Management. On 11th December 2021, a **workshop on Stress Management** was organized in which the resource person Mrs. Pramila Surve delivered her thoughts on the various types of stress, identifying stress triggers, techniques for coping with stress and other useful relaxation exercises such as breathing techniques, meditation and self talk techniques, etc. About 60 students participated in this workshop and after the completion of this workshop; they expressed their views that such activities would be useful for good mental hygiene. On 21st June 2022, the sports department while celebrating international yoga day organized **two hours training program on Yoga**. The Yoga trainer Shri. Tanaji Chopade delivered his thoughts on the importance of Yoga along with practical exercise. Overall 89 students including other stakeholders were benefitted from this Yoga training Program.

Evidence of Success: All these activities were successfully organized and for showcasing the success of such programs, the institution maintained the following considerable documents highlighting the concrete evidences of success.

1. Students and other stakeholder's participation chart highlight number of attendees
2. Activity Reports with Geo-Tagged Photographs visualizing the organized activities
3. Feedback Reports from the participated stakeholders (students and local citizens)
4. Letter of thanks or Letter of Appreciations from the collaborative agencies/bodies
5. Media Coverage-College Facebook page where all the programs are live streamed

Problems Encountered and Resources Required: Creating financial resources, transportation facilities during sanitation campaigns and getting wholehearted involvement of local citizens etc were some of the problems that the institution encountered. The human resources (staff, volunteers), and required equipments were used during all the activities.

Best Practice-II

Title of the Practice

Vibrant organization of Career Guidance and Counselling Programs

Objectives of the Practice: Incorporating with the following objectives, the institution through Competitive Examination Guidance Cell, Career Counseling Cell and Discipline Specific Departments offers career guidance and skill oriented programs.

1. The prime aim of organizing various career guidance and career counseling programs is to empower students with necessary and required skills so that they can generate their own source of revenue.
2. One more objective is to make students aware with different career paths. The institution intends to create new type of student-generation who keeps multiple career options instead of one option. The vibrant organization of career guidance and counseling programs serves to this purpose as it orients students about different career choices.
3. To make students aware about various career/job oriented examinations as well as the structure and patterns of such examinations and necessary skills to qualify these examinations.
4. To create self-reliant students with good life skills and professional skills. To provide support to students for their personal development through enhancing their self-confidence and communication skills.

The Context: In today's world, every sector particularly industrial sector and corporate world requires skillful and knowledgeable human resources. Therefore, it is necessary to equip all the students with these required skills and knowledge. Further, it is also noted that the civil service and state service examinations are the best career options to the students. It is in this context, the institution organizes various career counseling and guidance programs in the forms of webinars on career opportunities, entrepreneurship, seminars on start-ups in India, Summer Camps for preparing civil and state service examinations and guest lectures, etc.

The Practice: Throughout the year, the institution organized more than fifteen programs (webinars, seminars, workshops, summer camp, guest lectures, skill development programs, etc) that disseminate information about career options and various examinations providing jobs to the qualifiers. Details are as follows:

- 1. Five Webinars and three Seminars on Career Opportunities:** Department of English, Hindi, Marathi, Geography and Economics organized webinars and seminars informing students about the career opportunities in the concerned discipline. On 16th July 2021, Department of Commerce and Skill Development and Entrepreneurship Department, Sanjay Ghodawat University jointly organized a **webinar on Entrepreneurship-Highway to Prosperity**. In this webinar the resource person talked about starting small business, scalable start-ups and skills required for running business, etc. About 100 students were benefitted from this activity. On 20 September 2021, Department of Hindi had organized a national **webinar on Career Opportunities in Hindi Language** in which the resource person Dr. Sanjay Dhote, Head- Dept of Hindi Yashwant Mahavidyalay Wardha addressed the students informing them that the students who are studying Hindi language have good career opportunities in various fields including media, advertisement, translation and competitive examination, etc. About 45 students were benefitted from this webinar. On 11th January 2022, Department of Geography organized an online workshop on **Employment Opportunities in Tourism and Geography** in which Dr. Dinesh Bhandari from Vijaysinh College Peth-Vadgaon assured that the students who are studying geography and tourism will have good career opportunities in cartography, climatology, demography, GIS fields and tourism market, etc. About 75 students were benefitted. Besides these activities, a webinar on Women Entrepreneurship, a national seminar on start-ups in India, training program on heritage preservation, webinars on career opportunities after completing UG and PG in the subjects like Zoology, Chemistry, English, History and Maths, etc were organized throughout the year.
- 2. Ten Day Summer Camp (Guidance for Competitive Exams):** The Competitive Examination Guidance Cell of this college organized ten day summer camp from 18th to 28th May 2022 in order to make students aware about various competitive examinations including UPSC, MPSC, PSI, STI, ASST, LIC and Banking, etc. The resource persons from different fields were invited to deliver their talk on nature &

structure of the above mentioned examinations. Mr. Ashok Adsul, Police Inspector, Ms. Seema Bade- Police Sub-Inspector, and other experts namely Mr. Pramod Kadam, Ashok Kamate, Sandip Rane delivered their lectures addressing the idea of personality development, importance of physical practice, structure of UPSC and MPSC examinations, preparation for PSI/STI/ASSTT examinations, etc. Finally a practice examination was conducted. About 250 students were benefitted from this program.

3. ***Skill Development Courses:*** In order to develop various skills in students, the institution introduced skill oriented courses such as certificate course in Banking and Digital World, Tally Prime, Tally with GST Accounting, Short Term Course in Introduction of Land Survey, Course in Basics in English, Certificate Course in Web Technology, and Certificate Course in Android Operating System, etc throughout the year. More than five hundred students were benefitted from these courses.

Evidences of Success: The institution maintains following documentary evidences that show the success of these above mentioned activities and programs. Details are given below:

1. Students and other stakeholder's participation chart highlight number of attendees
2. Activity Reports with Geo-Tagged Photographs visualizing the organized activities
3. Feedback Reports from the participated stakeholders (students and local citizens)
4. Letter of thanks or Letter of Appreciations from the collaborative agencies/bodies
5. Media Coverage-College Facebook page where all the programs are live streamed
6. Sample Copies of Certificates of showing the completion of various Certificate Courses

Problems Encountered and Resources Required: Creating financial resources is one regular major problem. Since the institution doesn't have guest house facility, the outstation students couldn't get lodging facilities. The human resources (staff, volunteers), and required equipments were used during all the activities.

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