

Best Practices of the Institution

Best Practice 1

1. Title of Practice – Health care of students.

2. Objectives of the practice

- To make the students physically fit and mentally strong.
- To create awareness and to empower the students in their own health care.

3. The context –

(Issues that needed to be addressed in designing and implementing this practice)

- Lack of health awareness amongst girl students.
- Growing health hazards in the Youth.
- Carelessness of girls towards their womanhood.

4. Evidence of Success-

- More and more students actively participating in sports and Yoga activities.
- Growing response to health care activities in the institution.

5. Problems encountered and Resources required-

- Lack of health awareness and urge for good health amongst girl students.
- Lack of affordability for health care.
- Funds required for health care.

6. Practices

1] Nutrition Week.

The mission of the Institution is the development of the students in all endeavours. The basic development starts from the maintenance of good health and to create awareness about health and nutrition. The department of Home Science has taken initiative by celebration of nutrition week every year as one of the best practices of the institution.

Under this programme a comprehensive study of girl students is undertaken during the week, to make them realize the importance of nutrition in their daily food. Various activities are organized on this occasion.

- BMI check-up of students and staff.
- Counselling on Nutrition and its importance.

Such activities not only create self-awareness and know good health, tips also benefit to educate the whole family to resolve nutrition issues.

2. On the occasion of international Yoga Day i.e. 21st June 2018 guidance and demonstration on Yoga was given by Yoga expert Prof. Seema Auti.
3. Breast feeding day is celebrated worldwide from 1st to 7th August 18, to create awareness about importance of breast feeding. As mother's milk is necessary for the baby, in the same way nutrition of mother during lactation period is very important. The girl becomes the future mother and so this drive is conducted with this intention by the Home Science department every year. This year a recipe of cooking competition on topic of diet during lactation period was organized.
4. On the occasion of Teacher's Day i.e.; on 5th September, guidance was given by Prof. Bhawar of Department of Home Science, of the Institution on BMI check-up and on the topic of balanced diet and health.
5. AIDS Rally was conducted on 1st December 2018. NSS volunteers and NSS programme officer participated in the rally.
6. A guest lecture was organized on 21st December 2018 on 'Women Health and Motherhood'. Dr.Mita Bilgi, a well- known gynecologist provided guidance on importance of diet and regular exercises for fitness in our daily routine. She also focused and gave health tips on problems during Menstruation through power point presentation.
7. On 3rd January 2019 under state wide women empowerment awareness campaign, NSS open unit of 'Andha Shradha Nirmulan Samiti', Aurangabad conducted one day youth (girls) council on the subject of 'Menstruation'.

Following programmes were conducted by this council :-

1. In the first session film 'Kosh' was shown to the students and a discussion was held on that.
 2. A group discussion on 'Menstruation' was conducted.
 3. Dr.Rashmi Borikar also delivered a lecture guiding the students.
8. Inter-collegiate competition on de-addiction was held by History department of the College in collaboration with students council and Students Welfare Department, Dr.Babasaheb Ambedkar Marathwada University on 2nd

February 2019. Total 46 students from 16 colleges participated in this competition.

Best Practice 2

1) Title of Practice – Financial Aid to the students.

2) Objectives of the practice –

- To promote education amongst socially and economically deprived girl students.
- To provide financial assistance in paying fees of deprived girl students.
- To empower girls economically

3) The context –

- Social backwardness of the region
- Deprivation of girls from education.
- Students of the institution belonging to economically weaker section of the society.

4) Evidence of Success-

- First hundred students are getting free education.
- One student is benefitted with free hostel accommodation.
- Since the institution is promoting education for backward students, majority of them are benefitted with EBC scholarships.

5) Problems encountered and Resources required.

- Limitation of funds in providing Free ship
- Difficulty in raising funds for other educational resources like purchase of notebooks, examination fees , uniform of the institution.

6) Practice

Financial Aid – Free-ship to students

The city of Aurangabad is situated in Marathwada which is socially and economically backward region. It has from decades experienced the worst conditions of drought and unfertile land so the majority of people residing here belong to lower income group. Therefore education for girls is always secondary in priority.

There is policy of free education for girls only till higher secondary level and the under graduate level education is not free. Because of this reason and weak financial position of the family, girls get deprived of higher education.

One of the missions of the Institution is to promote the education for girls who are socially and economically deprived and otherwise who will never have a chance to continue their education. So to provide financial assistance in paying fees for the higher education, a fund is created by teachers of the institution wherein each teacher contributes pre-decided fixed amount. This fund is used to provide free ship to support the education of such deprived girls. Not only the teachers help financially in supporting students but one of the members of management also helps in this financial endeavor. Present president of the society of our Institution i.e., Marathwada Legal and General Education Society, Hon'ble Advocate J.K. Wasadikar adopts one bright and needy student by paying for her fees. The Institution has girls hostel attached to it. One of the students of the Institution belongs to rural area and could not afford to pay hostel fees. So the Institution has provided her hostel accommodation free of charge.

The Institution takes pride in providing financial assistance to economically backward students.