



Venutai Chavan Pratishthan's **ARTS & COMMERCE MAHILA MAHAVIDYALYA**

Ambajogai Dist. Beed Maharashtra

(Affiliated to : Dr. Babasaheb Ambedkar Marathwada University, Aurangabad)

NAAC Reaccredited B++ (CGPA 2.82)

<https://vcpmahilacollege.edu.in/>



Best Practices

7.2 - Best Practices

7.2.1 - Describe at least two institutional best practices

Best Practices - 1:: Title: - Yog Vighyn Camp for Senior Citizens, Teachers and Students

Goal: To develop Physical and Mental Health To increase fitness
Context: Now a days, in this dynamic age to be healthy has been the need of time. There is the danger of global warming, water and air pollution, climate change, anxiety and stress to the life of the people which is being affected due to all these things happening around us. So, all must be very careful and attentive about the health. As there is saying, Health is Wealth, which is very important in our life. Through this Yog Vighyn Camp, Yog asanas, Pranayama, Meditation, Yoganidra, Bandha, Mudra etc practices, a number of people are benefited. Expert Yoga teachers for this camp were invited. Various yoga types were taught in this camp. **Practice:** This camp was organised from time to time on the occasion of Swami Vivakanand and Jijamata birth anniversary. This practice begins from 5.30 a.m. to 6.45 a.m. in the morning every day. In this activity we teach Yogasana, Pranayama, Meditation, Yogmudra, Bandha, Mudra etc. A lot of people enjoyed this activity. **Evidence of Success:** This practice increased in the physical, mental and social development of the individual. It also increased the confidence as well as immunity power of the individuals. It created inner peace. It also created fitness in the individuals at all levels of society.

Best Practice- II Title: - Keeping campus Plastic Free

Goal: - I) To be healthy. II) To make the campus beautiful. 3) Context: - Plastic free campus helps us to make a difference for the environment social justice and our own health. It has become a real issue in our day-to-day life. Plastics are made from oil and gas and their production harms our environment from added greenhouse gasses. Plastics are now found everywhere. The college wants to make its awareness among the students of not making its use in college campus. 4) Practice: - The college enables the students to make a meaningful environmental impact of not making the use of plastics. The students are informed to adopt sustainable values in their life. The college makes plastic free campus by following ways: I) keeping the dustbin at the corners. II) Suggestions to the students about the ill effects of plastics. III) Encourage students to have less plastics in packed lunches. 5) Evidence of Success: - This activity is conducted every day in the college. The importance of International Plastic Free Day is told to the students. 6) Problems Encountered and Resources Required: - As plastic does not break down naturally so we have to collect it together in a dustbin. Every day we to be very punctual regarding collecting it.


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