

Smt C.K. Goyal Arts & Commerce College

Dapodi, Pune-411012

BEST PRACTICES

There are many best practices of the college leading to quality sustenance and enhancement.

Some of them are enlisted as under;

1. Mentorship program
2. ICT enabled teaching learning
3. Celebration of important days in the college like International Women Day, Gandhi Jayanti, Shiv Jayanti etc.
4. Outreach programs conducted at individual, departmental and college level activities.

Out of these **two best practices** of the college highlighted are as under.

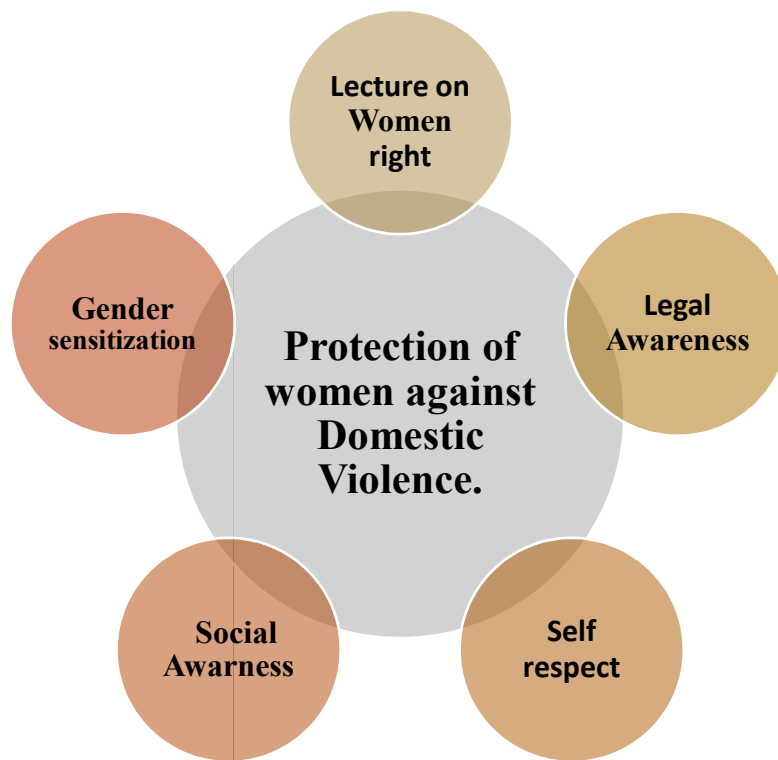
Best practice 1: Title of the practice: - Protection of women against Domestic Violence.

Objectives:

- To make the students aware about the domestic violence.
- To make students acquaint with the laws regarding domestic violence laws.
- To develop a spirit of gender sensitization.
- To create awareness among the girls about their civic rights.
- To enable the students develop a sense of culture, ethics, morality and social responsibilities.
- **The Context:** “There is no chance for welfare of the world, unless the condition of the women is improved”; believing in these words of Swami Vivekananda, the college focuses on the activities related to women empowerment. Lifelong Learning SPPU in association with the college committees, various organizations have organized activities like self-defense techniques; lecture on Protection of women against Domestic Violence, legal awareness; etc. All these activities have made the students believe that women are

the nurturers, custodians and bearers of social tradition. First session Chief guest Prof. Surekha Bharti informed student regarding Domestic violence in detail. She discussed the severity of Domestic Violence. She discussed the reasons behind the domestic violence. She discussed the Protection of Women Against of Domestic Violence law, 2005 in detail. In the end there was a very fruitful question answer session. Second session chief guest Prof. Shivaji Motegaonkar informed student regarding domestic violence and protection of women in detail. To lesson the domestic violence against women people have to respect women he stated. In the end of the programme there was a very fruitful question answer session.

- **The Practice:** The following diagram gives an overview of student welfare activities related to **Protection of women against Domestic Violence.**



Program Outcomes:

1. Students gained the information on Domestic Violence.
2. The Students understood the Protection of Women Against of Domestic Violence law, 2005.

Best practice 2: Title of the practice: - Yoga and fitness Activity.

Objectives of the Program:

- To make the students understand importance of Yoga.
- To make students understand how various aasanas contribute to good health and overall.

Our College Celebrated International Yoga Day on 21/06/2023. Prof. Dr. Rupesh Thopate was the chief guest for this programme. Principal Dr. Subhash Suryawanshi was the chairman for this programme. On this occasion Dr. Rupesh Thopate enlightened the students on yoga and meditation, various poses of yoga and pranayama with the help of practical. Prof. Dr. Mahesh Deshpande enlightened the students on 'Career Opportunities in the Field of Sports'. This programme is conducted to encourage the newcomer students of sports, to inspire students and to develop sports culture. This programme is celebrated to evaluate the careers of great sports personalities. On the occasion of the Birth Anniversary of Major Dhyanchand. Asst. Prof. Kishor Muthekar served as an anchor and Dr. Shobha Shinde who is Sports coordinator of the college proposed the vote of thanks.

The Practice: The following diagram gives an overview of Celebrated International Yoga Day related to Best Practice.




Acting Principal
Smt.C.K.Goyal
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Principal