



!! JAY GURUDEV !!

Shri Dattakrupa Shaikshnik & Krushi Gramvikas Pratishthan's

# COLLEGE OF EDUCATION (B.Ed & M.Ed.)

Ghargoan, Tal. Shrigonda, Dist. Ahmednagar 413728

(Approved by NCTE Bhopal, Govt. of Maharashtra & Affiliated with Savitribai Phule Pune University)

Office : (02487) 272526 Fax : 272526 Email : coe.ghargaon@gmail.com / sdskgvp@gmail.com Website : www.dattakrupaedu.in

College Code -1014 NCTE ORDER No. B.,Ed. 123245/149567 Id No. PU/AN/BED/89 /2006 NCTE ORDER No. M.Ed./125110/154854

**Principal**  
**Dr. Shivprasad Ghalme**  
(M.A., M.Ed, SET, Ph.D.)  
9422020092

**President**  
**Shri Dattatray B. Pansare**  
(M.A.M.Ed, J.C.P.R.)  
9921475555

Outward No.

Date : 6/10/2023

## BEST PRACTICES

### 7.2.1 – Describe at least two institutional best practices.

#### Best Practice No.1 : Yoga Education

##### The Context :

In the present context of the conflicts arising among nations, races communities, political parties and various other segments, every human being is loaded with excessive stress in the process of his/her efforts to overcome the physical and psychological challenges. As a result, there is absence of harmony between mind and body in most of the individuals. Yoga is serving as a panacea for all the ills afflicting us. When yoga is practiced well, it is sure to bring about peace, calmness, tranquility and also serenity in us. It gives us the strength to see world and the people in the right perspective with a sense of equanimity.

##### Objectives :

- 1) To make yoga a part of our daily routine .
- 2) To improve respiration, energy and vitality.
- 3) To prevent and relieve stress.
- 4) To increase the strength of body.
- 5) To increase flexibility in all aspects.
- 6) To enhance self discipline and self control, self awareness, concentration and higher level of consciousness.
- 7) To enhance the function of the entire body system.



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- 8) To develop the personality of the students interims of intellectual, physical & mental wellbeing.

## The Practice :

Almost 90 percent of the students of college of Education come from average & poor family. Hence the have great challenges before them to achieve their goals. Most of the students of the college basically are from the different backgrounds and rural areas. as the students have practical works, lessons so they do not get adequate time to practice yoga in their house. For this reason they are provided with a lot of opportunities in the college for their work out. Lot of stress and other health issues are seen in the life of these students as they face various challenges. Therefore the college gave a serious thought about yoga sessions and its practice.

Yoga is given a lot of importance in the colleges its has almost become an inevitable element in the curriculum. Yoga is regularly practiced by the students in the college since last few years. The students do practice yoga in the morning at every week with a qualified yoga master. The participant students were given an insight into the yoga culture by leading them through a practice session of various yoga postures (Asanas), breathing exercises (Pranayama) and mindfulness.

## Evidence Of Success :

As a part of Fit India Movement college of Education organized regular yoga practice. It has indeed fostered and boosted the mental, physical and psychological abilities of the students and undoubtedly brought forth improvement and positivity. The college was able to identify the physically and psychologically weak students and could offer them with distinct yoga training to explore their




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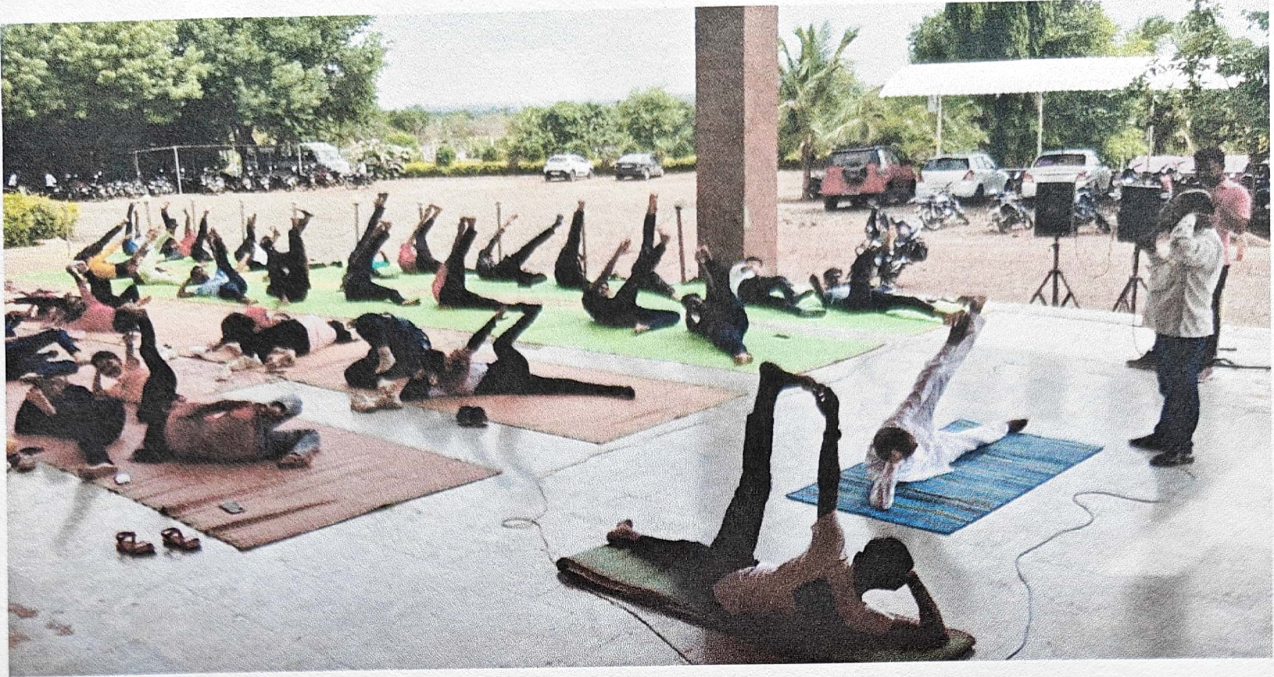
## Yoga Activities




  
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## Yoga Activities



  
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## Best Practice No. 2- Tree Plantation

### The Context :

Trees play significant role in maintaining equilibrium of the environment. Many ecological processes like rainfall pattern, monsoon cycle, soil cover, balancing the level of greenhouse gases and oxygen production are governed by trees. Vegetation protects wild life and provides habitat. Besides, trees have social, spiritual, commercial, medicinal significance.

### Objectives :

- 1) To increase green consciousness among students.
- 2) To conduct activities to support environment
- 3) To inculcate practical and humanitarian bend of mind among the students that can prove as long lasting impact on their future personal and professional life.
- 4) To create awareness about importance of balanced environment among students.
- 5) To ensure the protection of environment through tree plantation.

### The Practice :

The institution have selected new place for tree plantation in every year.i.e.Grampanchayat Premises,Open are in front of the temples and trees have been planted on the road leading to the college. - First the students clean the selected area then they dug more than 50 pits for tree plantation at certain distance of suitable size. We brought humus soil and manure from outside.The pits dug by students were filled by this humus soil and manure.For plantation we brought sapling of trees of neem,pipal,Banyan,Gulmohor etc.During the last five years



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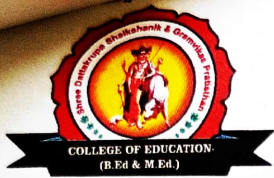
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college has planted different varieties of plant species. All staff members create environmental awareness among the students.

## Evidence of Success :

All the sapling trees were grown and survived successfully. The entire land of this area is covered by herbs, shrubs and bushes. Increased biodiversity was observed. Tree plantation activity run by the institution are focused on students sensibility towards environment and nature. They are found actively participated in tree plantation. The collective efforts to maintain the selected tree plantation places have become green.

## Problems encouraged and resources required :

Some selected areas for tree plantation was rocky and impervious. That causes difficulty in digging the pits. Therefore we dug some pits by using jcb machine. In summer session we have to face a lot of water scarcity. Hence in order to meet requirement we need to Gram Panchayat supply of water. Before planting trees, it is necessary to check the availability of water in that area.




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## Tree Plantation



  
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# Tree plantation



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# Tree Plantation

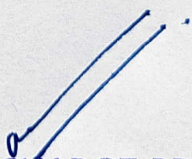


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