



Shri Shivaji Education Society Amravati's

Mahatma Fule Arts, Commerce & Sitaramji Chaudhari Science Mahavidyalaya, Warud, Dist - Amravati 444906 (M.S.)



NAAC Reaccredited with 'B' Grade CGPA (2.43)

Website: <https://mfulecollegewarud.org/> Ph. No. 07229-232022

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Best Practice: 1

1. Title of the Practice:

Guidance of Mathematics to school students.

2. Objectives of the Practice:

Basic school education is very much essential to all children's, especially in rural region. Primary school education can create skill and knowledge of reading and writing English, Maths, Science etc. The importance of basic education improves students' skill, intelligence, knowledge, awareness etc. somewhat broader perspective of rural development in future. Awareness of Mathematics can be seen in comparisons between the rates of primary education in countries that have high future growth. 'School Chale Hum' is one of the national slogans of government policy. So to train students in Mathematics is our basic objective.

3. The Context:

Each boy or girl in the country should be literate is a government policy. That's why they started school in urban as well as rural regions. But warud region is a region which is far interior from district place and closer to forest as well as border of Madhya Pradesh state. Teachers are not interested to join the services in interior places. Therefore every day lacunas of teachers occurred in the schools. The ratio of teacher and students are much large. So School and teaching faculties are not in sufficient ratio to give special attention to each student. Mathematics is a subject which having rumor of difficult in students. It is difficult to inculcate the idea of Mathematical concept in the students of Z.P. schools. That's why Mathematics Department select this issue to train the students from rural region especially from Zila Parishad School.

4 The practice:

The burning issue of students' education in rural region is selected by Mathematics department. Teachers from Mathematics department selected the college students who pursue Mathematics subject in graduation level. They visited schools explain the intention of visit and discuss with concerning higher authority of the schools. Faculties from Mathematics can plan the schedule and send them to school for teaching. College students take easy methods in their own language. Weekly they engage two periods, teach them and solve their difficulties. College students prepare diary and maintain all necessary information such as topic, date, problems etc. And finally certificate is issued from ZP school authority. Detailed information about practice and school is given bellow.

a) 2020-21: 1) Purv Madhmik Shala, Pusla Taluka Warud Dist. Amravati

5. Evidence of success:

Faculties from Mathematics Department and authority from school has continuous discussion with school students and obtain feedback from them. It is found that these students were very happy and satisfied with performance of students. Due to their teaching, they understand the concept, increase the interest, confidence and they are interested to learn from our college students. When authority compare the results of school students, it shows progress. Therefore school authority also gets satisfied by their work and to inspire the college students. The target given to students is achieved within time and they cover more than 90 to 95 percentage of the task. The result of this practice indicates that students from rural region are innocent and sharp but they require more attention and proper counselling

6. Problems Encountered and Resources Required:

The schools selected for the practice are generally from rural region and they are away from city. So transportation problem occurred. Because suitable schedule of MHRTC and private transportations are not available. Another was school timings, it also not convenient for students. Still college students take especial efforts for that and did the practice. ICT based teaching may be possible in schools. It requires Electronics gazettes such as Mobile, laptop or projector. It requires regular electricity also. Sometimes download videos related

with subjects were shown by the students but the internet connectivity problems also occurred.

7 Notes (Optional)

This practice created interest of students to learn Mathematics. They entered in flow of education which creates platform for higher education. Students also take experience of teaching and improve their confidence.




Principal
Mahatma Fule Arts, Comm. & Science
Chaudhari Science Mahavidyalaya Ward

Best Practice: 2

1 Title of the Practice:

Yoga and Meditation

2 Objectives of the Practice:

Yoga is a science, which teaches how to live and incorporated in daily life. It works on all aspects of the human being like physical, emotional, mental, spiritual and social levels. The word Yoga means “Unity”. It is derived from the Sanskrit word YUJ which in spiritual terms means the union of the individual consciousness. Our intention is to free all students, teaching as well as non-teaching staff from mental as well as physical stress. Yoga plays a role of balancing & harmonizing the body, mind & emotions. This will improve physical and mental fitness. For healthy India this is our small attempt.

3 The Context:

According to survey of WHO more than 70 percentage people are under stress. When the body is physically healthy and mind is clear then the stress is under control. This gives the space to maintain socially healthy relationships. Yoga increases the flexibility of the spine, improves body’s physical condition. This attention to breath is calming it dissolves stress and anxiety. Yoga can help fight fatigue and maintain your energy throughout the day. Yoga is an effective treatment for a variety of autoimmune diseases because it can reduce the symptoms these diseases often cause, such as stiffness and weakness. Therefore, we started this practice in our college. Due to this practice, it improves efficiency of the staff as well as students.

The practice:

Yoga and meditation for students and staff is one of the very useful practices as far as the physical fitness is concern. This practice started in college under the supervision of sport department. Director of Physical education personally interact with students, teaching and non-teaching staff and inspired them for this activity. One day i.e. Thursday is reserved for this practice. Physical director and his team demonstrated various steps in yoga. Yoga leads us to supreme knowledge and eternal bliss in the union of the individual self with the universal self. 21 June is a International Yoga Day. On that day college celebrates this day with zeal and enthusiasm. Students and all staff members participated in this practice. The various types of practices performed in the college from which everyone can get benefited. These practices are Yama and Niyama , Asana, Pranayama (control of the breathing process), Mudras and Bandhas,

Shat Kriya, Dhyana (Meditation). Yama and Niyama are the fundamental practices of yoga which developed a healthy attitude towards life. Asanas are certain special patterns of postures that stabilize the body and mind. Pranayama means extension of the vital force (i.e. dimension of Prana) Pranayamas are practices that are designed to bring about voluntary control over respiration. Mudras and Bandhas are certain specific locks and holds of the semi-voluntary and involuntary muscles in the body.

4 Evidence of success:

This practice made a very healthy atmosphere in the college. Since classes regularly taken so all staff participated in this activity and benefited. They also conscious about their health. They felled stress free. The Yama, Niyama, Dhyan, Pranayma all are interrelated for everyone to practice. According to Yoga, the influence of mind over the body is much more than that of the body over the mind. For this reason, Yoga has laid great emphasis on the cultivation of correct psychological attitudes through yoga. College staff and students benefited through various Yoga practices and live healthy life.

5 Problems Encountered and Resources Required:

Yoga and Meditation Practice is very much beneficial for all. Timings are little bit uncomfortable issue for all. Since students and staff were continuously busy in their work for theory as well as practical's in their subjects. So it is difficult to attend the practice. But everyone aware that it is beneficial for health so all staff members planned according to yoga schedule. There are variety of students and staff such as tall, someone short, someone thin, someone fat; someone has some special condition, someone has some other condition. So little bit fear and worry experienced by some participants. So needed correct training to everyone.

6 Notes (Optional)

Yoga is practised with a variety of methods by all Indian religions. In Hinduism, practices include Jnana Yoga, Bhakti Yoga, Karma Yoga, Laya Yoga and Hatha Yoga. Now it is used in practices all over the world. 21 June celebrated as a "International Yoga day" so awareness increases day by day. The students are benefited increasing their physical and mental ability and indirectly it helpful to sustain in higher education.




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