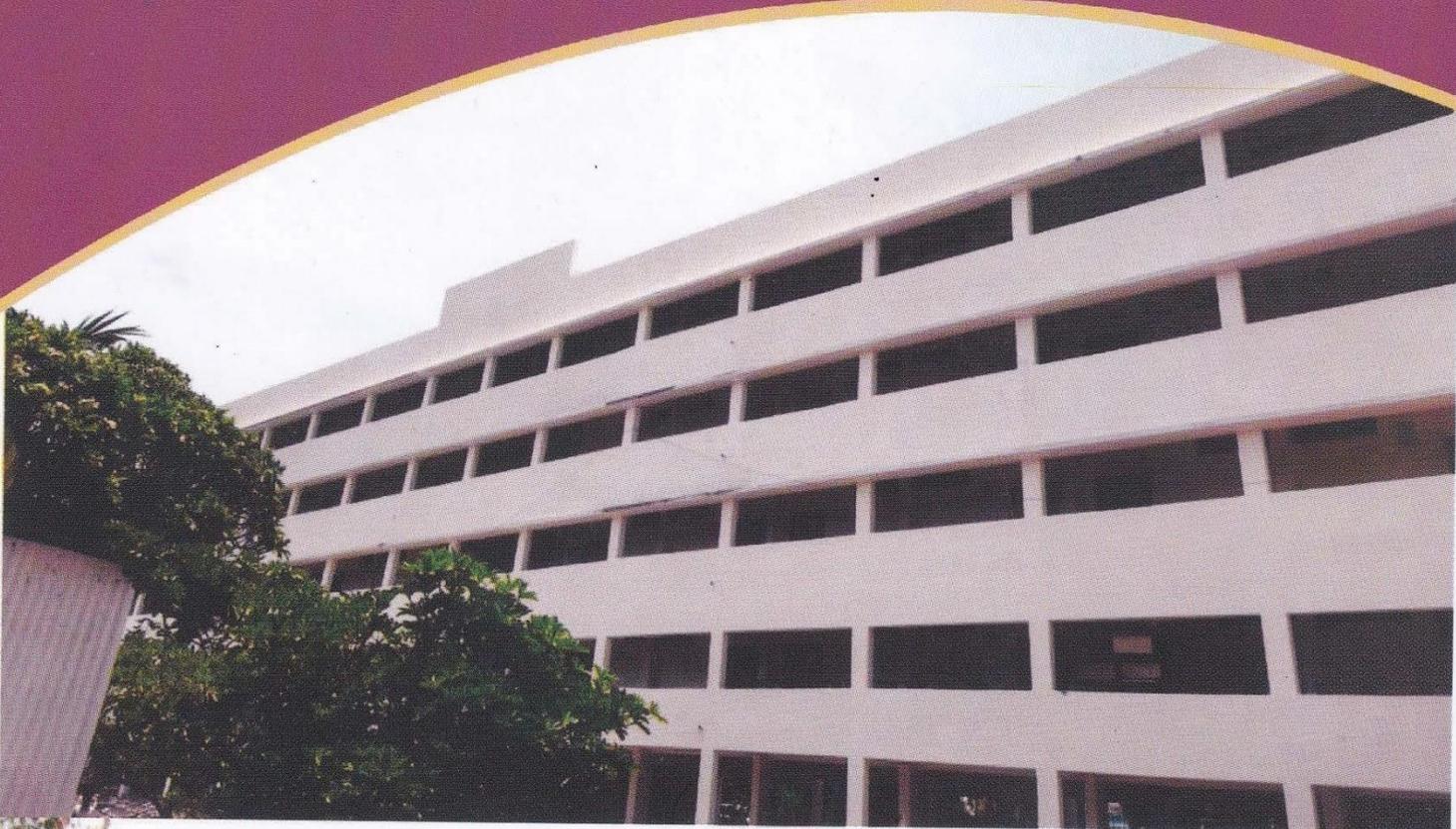


Shri Shivaji Education Society, Amravati's

**MAHATMA FULE ARTS, COMMERCE &
SITARAMJI CHAUDHARI SCIENCE MAHAVIDYALAYA, WARUD**
(NAAC Reaccredited with 'B' Grade)



AQAR 2023-24

CRITERION VII

INSTITUTIONAL VALUES AND BEST PRACTICES

QIM – 7.2
Best Practices





Shri. Shivaji Education Society, Amravati's
**Mahatma Fule Arts, Commerce & Sitaramji
 Chaudhari Science Mahavidyalaya, Warud.**
 Dist. Amravati - 444 906 (07229) 232022
NAAC Reaccredited with "B" Grade CGPA 2.24 (IIIrd Cycle) (2021-2026)



President
Hon'ble Harshavardhan P. Deshmukh

Principal
Dr. Dilip V. Hande
 M.Sc.(Botany), Ph.D., FMSI

Founder President
Dr. Panjabrao alias Bhausaheb Deshmukh
 M.A., D.Phil., L.L.D., Bar-At-Law

College Code : 104 | Email : mfm1_warud@rediffmail.com | Website : <http://mfulecollegewarud.ac.in>

Outer No. MFM/

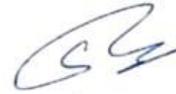
Date : 09/10/2024

Declaration Letter

This is to certify, that the information, reports, true copies of the supporting documents, numerical data etc. furnished in this document are verified by the college IQAC and found correct.

Hence, this certificate.


 Criterion In-charge


 Documentation Coordinator


 IQAC
 IQAC Coordinator
 Mahatma Fule Arts, Commerce and
 Sitaramji Chaudhari Science
 Mahavidyalaya, Warud, Dist. Amravati




 Principal
 Principal
 Mahatma Fule A.C. & Sitaramji
 Choudhari Science College, Warud

Contents

Best Practice: 1..... 3
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Best Practice: 1**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:

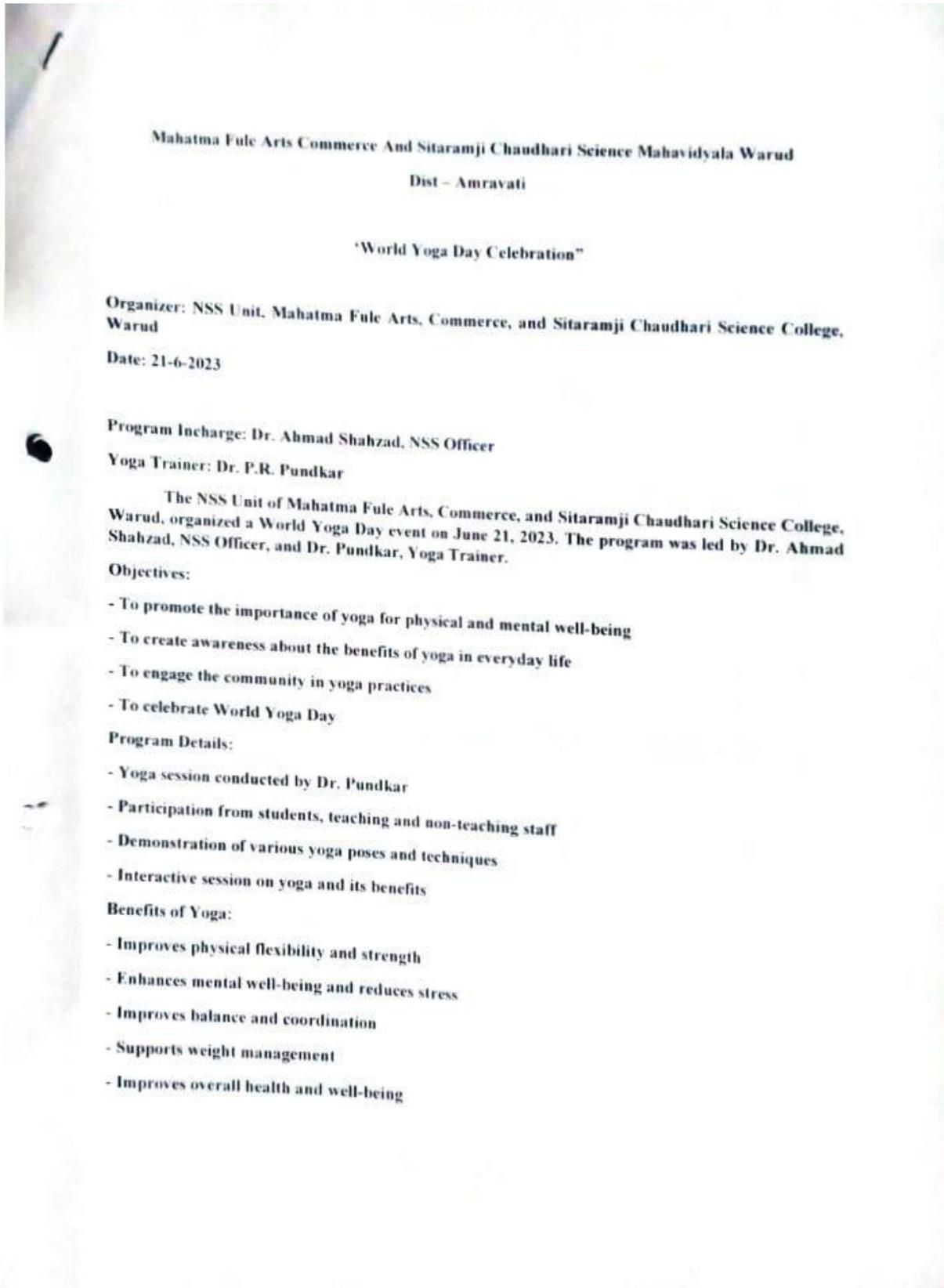
Yoga and Meditation Practice is very much beneficial for all. Timings are little bit uncomfortable issue for all. Since students and staff were continuously busy in their work for theory as well as practicals in their subjects. So it is difficult to attend the practice. But everyone aware that it is 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)

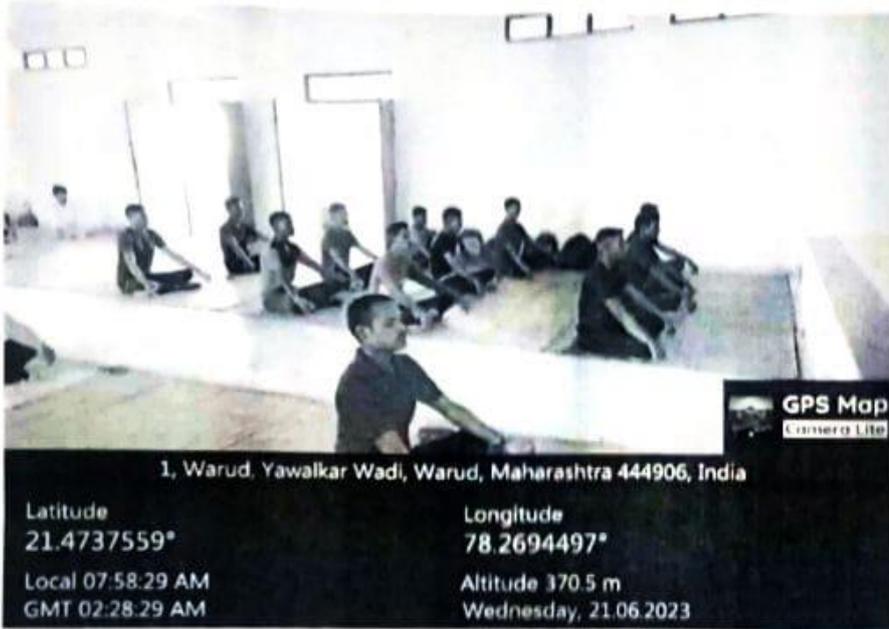
Yoga is practised with a variety of methods by all Indian religions. In Hinduism, practices include Jnana Yoga, Bhakti Yoga, Karma Yoga, Laya Yoga and Hatha Yoga. Now it is used in practices all over the world. 21 June celebrated as a “International Yoga Day” so awareness increases day by day. The students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



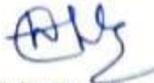


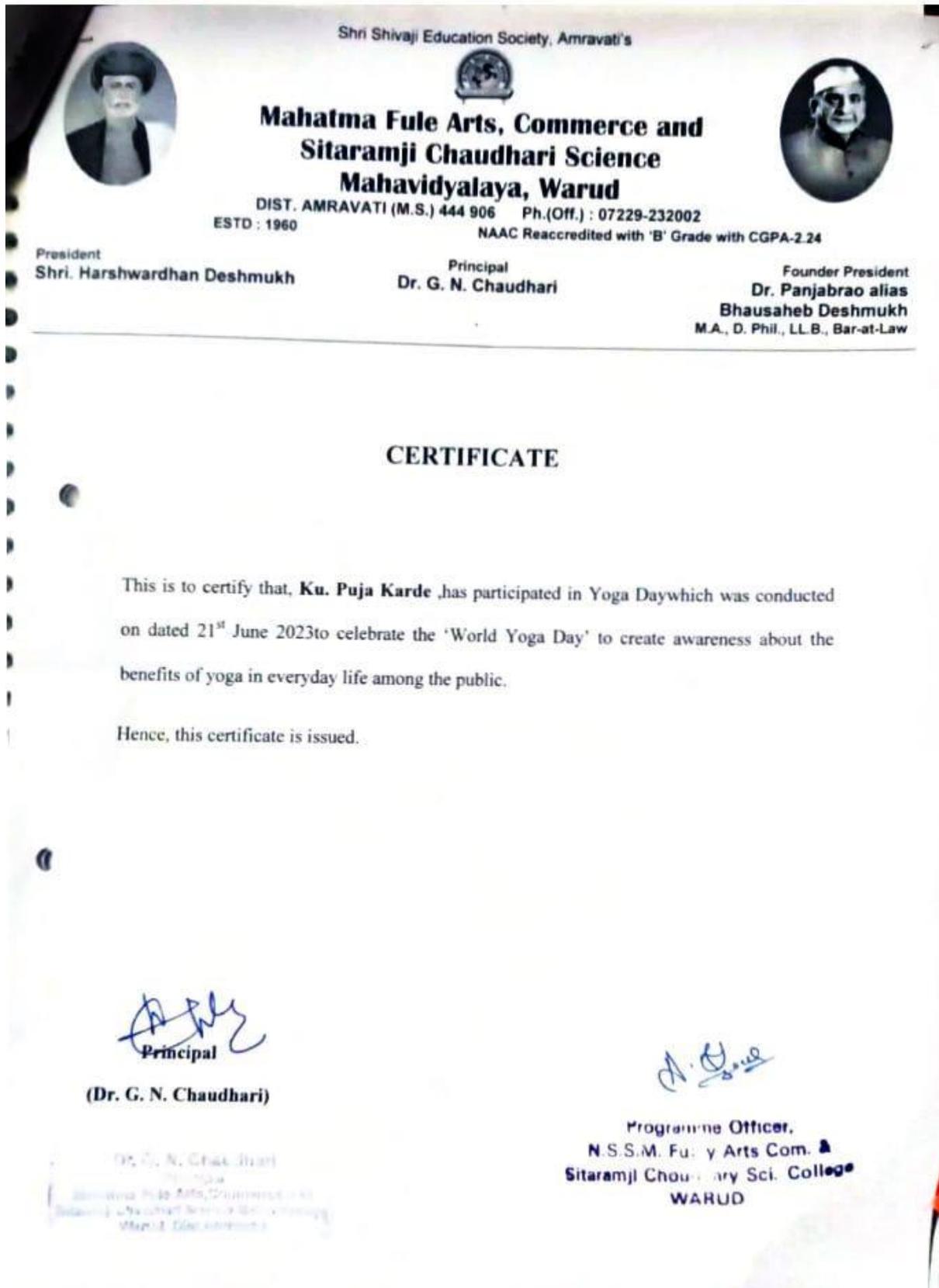


The World Yoga Day event was a success, with active participation from the NSS Unit, teaching and non-teaching staff, and students. The event highlighted the importance of yoga in maintaining physical and mental well-being. The NSS Unit aims to continue promoting yoga practices and organizing such events to promote health and wellness in the community.




Dr. Ahmad Shahzad
NSS Officer


Dr. C. N. Chaudhari
PRINCIPAL,
Mahatma Fule Arts, Com & Sitaramji
Chaudhari Science Mahavidyalaya,
Warud, Dist. Amravati,





**Shri. Shivaji Education Society, Amravati's
MAHATMA FULE ARTS, COMMERCE AND SITARAMJI CHAUDHARI SCIENCE
MAHAVIDYALAYA, WARUD, DIST-AMRAVATI (MH)**

Department of NSS

“Yoga Day”

Date:21/06/2023

Sr. No.	Name	Sr. No.	Name
1	Sahil A Akhare	22	Tejas G Hiwarkar
2	Siddhant S Taywade	23	Hemraj G Burde
3	Mr. Harshal Rajendra Makode	24	Lokesh D Kubade
4	Ku. Rushali Meshram	25	Sahil A Akhare
5	Piyush S Sawarkar	26	Siddhant S Taywade
6	Mr. Shubham D. Ghormade	27	Gaurav J Warhokar
7	Mr. Parimal p. kokode	28	Mr. Tejas D. Boharapi
8	Mr. Milind D. Sinkar	29	Uday B Pachghare
9	Mr. Suraj Ravindrarao Watate	30	Ku. Shenai Idu Shaha
10	Mr. Sushank S Pokale	31	Mr. Mahesh Liladhar Sawarkar
11	Mr. Ankush V. Chaudhari	32	Abhijit B Konde
12	Mr. Mohit Thawale	33	Piyush S Sawarkar
13	Ku. Pallavi Y. Kharalkar	34	Mayur S Patane
14	Bhagyashree M. Akotkar	35	Sagar Sanjay shekar
15	Ku. Sanika Nagdeve	36	Dinesh Shekapure
16	Mayur S Patil	37	Samyek nanaji Meshram
17	Abhishek P Jaurkar	38	Vaishali v. kathane
18	Amit A Ambadkar	39	Mr. Rahul Panditrao Bahurupi
19	Pratik R Belsare	40	Ku. Nisha Ande
20	Mr. Aniket Jawale	41	Mayur S Patil
21	Mr. Gaurav Satav	42	Abhishek P Jaurkar


 Principal
 (Dr. G. N. Chaudhari)

Dr. G. N. Chaudhari
 Principal
 Mahatma Fule Arts, Commerce and
 Sitaramji Chaudhari Science Mahavidyalaya
 Warud, Dist-Amravati


 Programme Officer,
 N.S.S.M. Fule Arts Com. &
 Sitaramji Ch... y Sci. College
 Warud

Best Practice: 2**Title of the Practice:**

Initiative for Marathi Language Education Enhancement

Objective:

To empower rural students with strong foundations in Marathi language and literature, fostering linguistic competence and cultural appreciation through systematic guidance and instruction. To establish a comprehensive Marathi language education support system that bridges the learning gap for rural school students by leveraging the expertise of our college's Marathi department. Develop and implement a structured curriculum focusing on Marathi grammar, literature, and composition Provide systematic instruction in fundamental language concepts and their practical applications Create learning materials tailored to rural students' educational needs and context

Context:

Establish regular guidance sessions for school students to address their language learning challenges. Offer personalized attention to students struggling with specific aspects of Marathi language Create a supportive learning environment that encourages active participation and questions Strengthen students' understanding of Marathi grammar and syntax Improve students' written and verbal communication skills in Marathi Develop students' ability to appreciate Marathi literature and cultural texts. Make quality Marathi language education accessible to students in rural areas Bridge the urban-rural educational divide in language learning Provide resources and support that may not be readily available in rural schools

Practice:

The Department of Marathi took a meaningful initiative by visiting several primary schools in rural areas. During these visits, faculty members and students engaged with young learners to teach them Marathi grammar in an accessible and engaging way. They patiently explained fundamental grammar concepts while also introducing the children to the rich heritage of Marathi literature. Through interactive sessions, they shared stories about renowned Marathi writers, poets, and literary works, helping to spark interest in the language's cultural significance. The department's outreach efforts helped bridge the urban-rural educational gap and fostered a deeper appreciation for Marathi language and literature among the students. These practical teaching experiences proved valuable not only for the primary school children but also for the department members, who gained firsthand understanding of educational challenges in rural settings.

Evidence of success:

Improved Marathi language proficiency among participating rural students Enhanced understanding of grammar and literary concepts Greater confidence in using Marathi for

academic and everyday communication Increased appreciation for Marathi literature and culture Stronger educational bonds between the college and rural communities Foster appreciation for Marathi language and literature among rural students Build lasting connections between the college and rural school communities Create opportunities for knowledge sharing and cultural exchange

Problems Encountered and Resources Required:

During the implementation of this outreach program, the Department of Marathi faced several significant challenges. The lack of proper transportation facilities to reach remote rural schools posed a major logistical hurdle, often requiring faculty members to arrange their own vehicles. Limited teaching materials and resources appropriate for primary-level students necessitated creative solutions, as many schools lacked basic educational aids like charts, flashcards, and Marathi storybooks. Language barriers emerged in some areas where students primarily spoke local dialects, making it initially difficult to communicate grammar concepts effectively. The department also struggled with time management due to the schools' varying schedules and the need to coordinate with multiple institutions. Financial constraints affected the procurement of teaching materials and organizing interactive activities. Additionally, the varying literacy levels among students within the same class required careful planning to ensure inclusive teaching methods. To address these challenges, the department requires dedicated funding for transportation, teaching materials, and educational aids. Investment in developing specialized learning materials for rural students, along with proper documentation tools to track progress, would significantly enhance the program's effectiveness.

**Mahatma fule Arts, Commerce And Sitaramji
Chaudhari Science Mahavidyalaya, Warud**

Department of Marathi

-Best Practics-

**Various districts in warud area for session 2023-24 work for Post
Graduate**

Marathi students to teach in Z.P .school & High School

Participation

Mahatma fule Arts, Commerce And Sitaranji
Chaudhari Science Mahavidyalaya, Warud
Department of Marathi
Report Best Practices

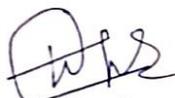
(2023-24)

The student of M.A [Marathi] engaged classes in various Zila Parisdhad primary and highschool of warud talika form 22/10/2023 to 29/10/2023.They taught Marathi poems,grammar and work experiences.Theyengage six periods in a weak. Total 20 students participated in this uniqes activity. The Head Masters and Teachers and Teachers of school appreciated the same and remarked that the activity will encourage them to pave the way to bright future. The students of the school equally get benefited by the performances of the new teachr aspiring to enter in the teaching professin.

Certificates and teaching plans, are duly certified by the heads of the school and supervisors. The tagged photographs are attached herewith.

Sr. No	Name of students	Class	Name of the school	Class taught	Uint
1.	Dipali B. Raut	M.A.I	Z. P Purv Madhyamik Shala Surli	5 th	Marathi grammer&Kavita
2.	Dopali D. Uike	M.A.I	Z. P Purv Madhyamik Shala,Goregav	5 th	Marathi Lesson & work shop
3.	Dipali G. Shelke	M.A.I	Jagrut English Prathamik school,Warud	7 th	Marathi lesson
4.	Divya R. Gohe	M.A.I			
5.	Ghoshana R. Raut	M.A.I	M. J. Pavde nursing school.Warud	11 th	Inteoduction to Marathi Primary health
6.	Gruhini G. Jane	M.A.I		12 th	
7.	Lukesh S. Lad	M.A.I	Smti.manabai madhyamik vidyalaya	9 th	Marathi Lesson & work shop
8.	Minakshi K. Gondekar	M.A.I	Jarud high school & P. G. Raut	5 th	Marathi grammer & work shop
9.	Nikita S. Tadam	M.A.I	Z. P Purv Madhyamik Shala,Satnur	8 th	Marathi grammer & kavita
10.	Pallavi S. Tekade	M.A.I			
11.	Pankaj .P. Bagade	M.A.I			
12.	Prashant P.Sirsam	M.A.I			

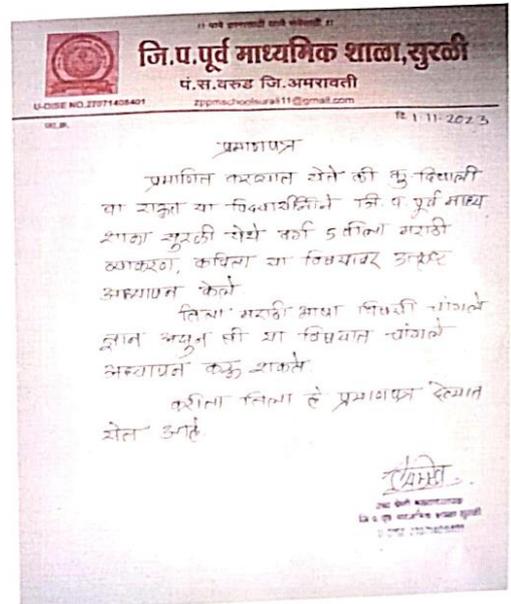
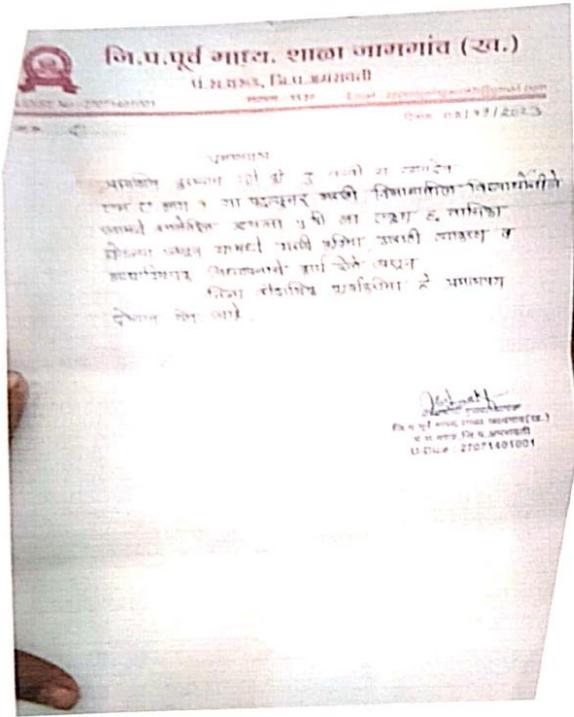
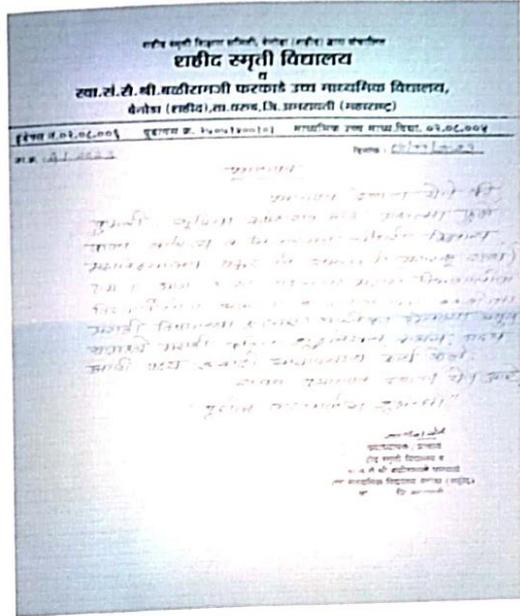
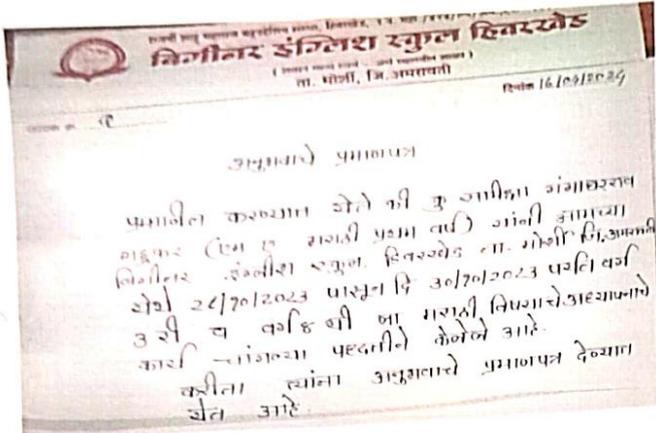
13.	Rajani V.Tumdam	M.A.I	Nagar Parishad Shala kramank-2 ,Sheghat	5 th	Hand Written Skill & kavita
14.	Renuka A. Chawake	M.A.I	Bignar English School,Hivarkhed	4 th	Marathi Lesson & work shop
15.	Roshani G. Pawane	M.A.I	Parvatibai Dharmadhikari school,Warud	7 th	Marathi Lesson
16.	Roshani G. Darokar	M.A.I		6 th	
17.	Ruchita S. Nerkar	M.A.I	Z. P Purv Madhyamik Shala,Roshankheda	4 th	Marathi kavita & Hand Written Skill
18.	Sakshi D.Wasankar	M.A.I	Bignar English School,Hivarkhed	4 th	Marathi Lesson & Kavita
19.	Samiksha G.Gahukar	M.A.I	Bignar English School,Hivarkhed	4 th	Marathi Lesson
20.	Samiksha R.Nagdeve	M.A.I			
21.	Sanskruti N.Pande	M.A.I	Z. P Purv Madhyamik Shala,Jangao	7 th	Hand Written Skill & Grammer
22.	Sapana.D.Shekapure	M.A.I	Z. P Purv Madhyamik Shala, Savanga	7 th	Marathi kavita
23.	Shailaja A.Lokhande	M.A.I		4 th	
24.	Shital K.Mahalle	M.A.I		6 th	
25.	Shrutika S. Patil	M.A.I	Bignar English School,Hivarkhed	6 th	Marathi Lesson
26.	Shubham W.Mankar	M.A.I			
27.	Shubhangi G.Farkade	M.A.I	Shahid Sumrti vidyalaya,Benoda	12 th	Marathi Lesson & kavita
28.	Sunanda B.Sabale	M.A.I		11 th	
29.	Supriya R.Lad	M.A.I	Late.Baliramji Farkade vidyalaya,Benoda	7 th	Marathi Kavita & grammer
30.	Tanvi S.Khatdev	M.A.I	Z. P Purv Madhyamik Shala,Jangao	5 th	Marathi grammer & Linguistic
31.	Yogita B. Sherekar	M.A.I			


Dr. G. N. Chaudhari

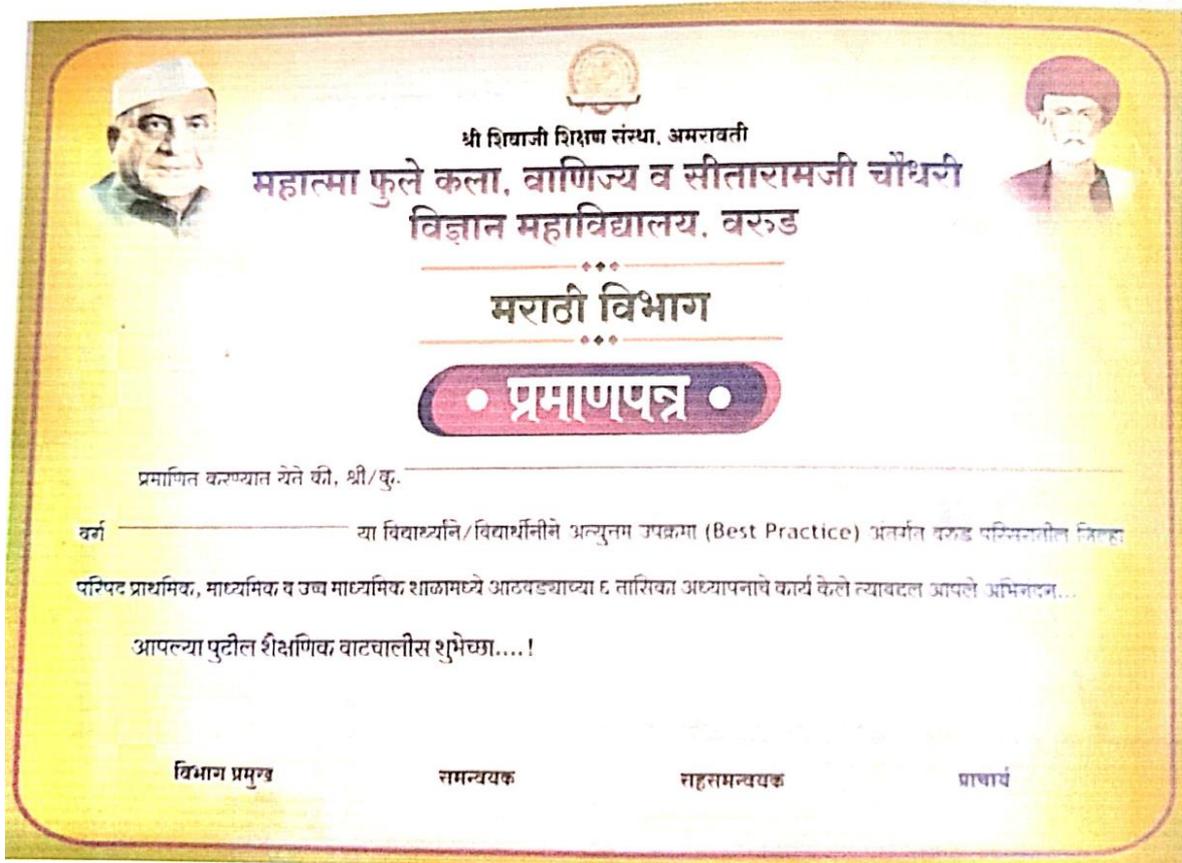
Principal
Mahatma Fule Arts Comm & Sitaramji
Chaudhari Science Mahavidyalaya Warud


Dr. C. D. Pakhare
मराठी विभाग प्रमुख
महात्मा फुले कला, विज्ञान व सीतारामजी
चौधरी विज्ञान महाविद्यालय, वरुड

CERTIFICATE



Certificate



Mahatma Fule, Arts, Commerce & Sitaramji Chaudhari Science Mahavidyalya, Warud

Department of Marathi Best Practice

Photographs showing participation of P.G (Marathi) Students teaching at Zila

Parishad School In Warud region for academic session 2023-24

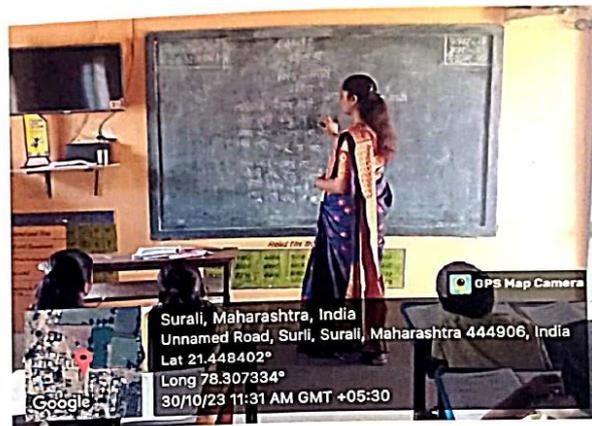
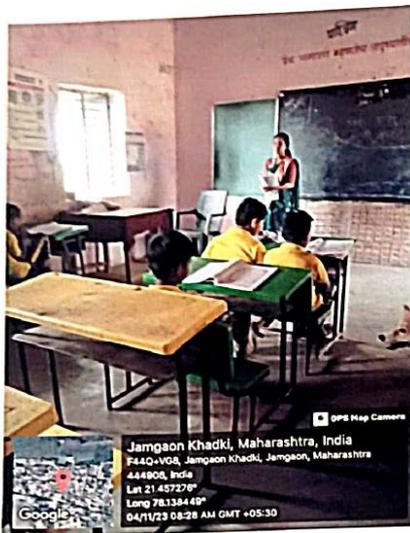


Mahatma Fule, Arts, Commerce & Sitaramji Chaudhari Science Mahavidyalya, Warud

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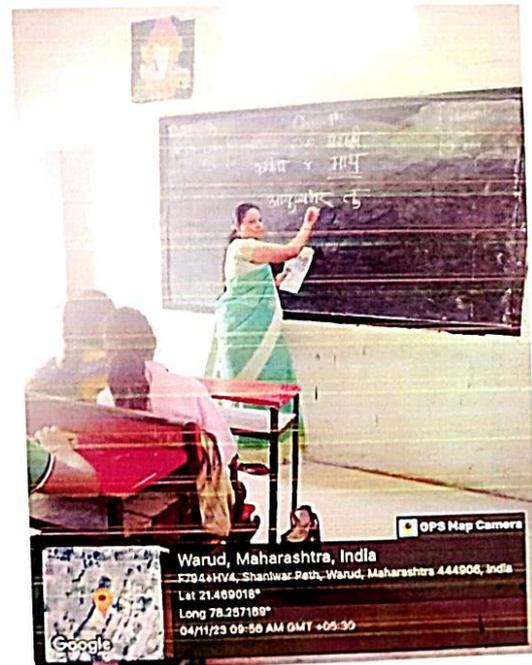
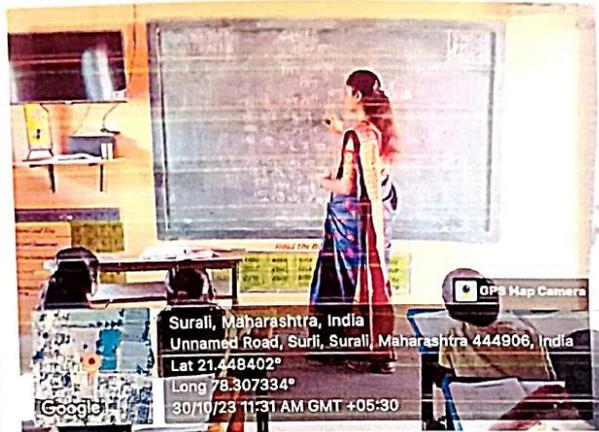


Mahatma Fule, Arts, Commerce & Sitaramji Chaudhari Science Mahavidyalaya, Warud

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Photographs showing participation of P.G (Marathi) Students teaching at Zila

Parishad School In Warud region for academic session 2023-24



श्री शिवाजी शिदण संस्था,अमरावती व्दारा संचालीत.

पार्वतीबाई धर्माधिकारी विद्यालय, वरुड

ता.वरुड, जि.अमरावती. फोन नं. (07229) -234916

Udise No. 27071410517

Tan No. NGPP02069E

शाळेचा इ गेल आयडी.

scl_wru_pdk@ssesa.org

बोर्ड इंडेक्स.नं.02.08.003

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PT/R/4/3/3/32

जावक क्र. पीडीवि

Q/24/30-10

दिनांक 30-10-23

अनुभवाचे प्रमाणपत्र

प्रमाणित करण्यात येते की, कु. रोषनी गणपतराव पवने (एम.ए. मराठी ,प्रथम वर्ष) यांनी आमच्या पी.डी.विद्यालय, वरुड जि. अमरावती येथे दि.२८/१०/२०२३ पासून दि३०/१०/२०२३पर्यंत अनुदानित तत्वावरील वर्ग ७वी व वर्ग ८वीला मराठी व भूगोल विषयाचे अध्यापनाचे कार्य चांगल्या पध्दतीने केलेले आहे.

करीता त्यांना अनुभवाचे प्रमाणपत्र देण्यात येत आहे.

Parvatibai
Head Mistress
Parvatibai Dharmadhikari
Vidyalaya, Warud, Dist. Amravati



राजर्षी शाहु महाराज बहुउद्देशिय संस्था, हिवरखेड, र.नं. महा./४२४/०५/अम.,एफ -१३१८५ अम.

बिगिनीर इंग्लिश स्कुल हिवरखेड

(शासन मान्य स्वयं - अर्थ सहाय्यीत शाळा)
ता. मोशी, जि.अमरावती

पत्र क्र.९.....

दिनांक 16/04/2024

अनुभवाचे प्रमाणपत्र

प्रमाणित करण्यात येते की कु सामीक्षा गंगाधरराव गडुकर (एम ए. मराठी प्रथम वर्ष) यांनी आमच्या बिगिनीर इंग्लिश स्कुल, हिवरखेड ता. मोशी जि.अमरावती येथे 21/10/2023 पासून दि 30/10/2023 पर्यंत वर्ग 3 री व वर्ग 4 थी ला मराठी विषयाचे अध्यापनाचे कार्य चांगल्या पध्दतीने केलेले आहे.

करीत। त्यांना अनुभवाचे प्रमाणपत्र देण्यात येत आहे.


HEAD MISTRESS
BEGINNER ENGLISH SCHOOL
HIVARKHED



श्री शिवाजी शिक्षण संस्था, अमरावती द्वारा संचालित
जरुड हायस्कूल व पी.जी.राऊत क.म.वि., जरुड

ता. वरुड, जि. अमरावती. दुरध्वनी क्र. STD -07229 - 246001
 E.mail ID - scl_jar_jhs@ssesa.org



अध्यक्ष
 मा.श्री. हर्षवर्धन प्र. देशमुख

Pay Unit Code $\frac{76}{WAR}$
 School Index No. 02.08.004
 Jr. College Index No. 02.08.005
 U-Dise No. 27071403405

संस्थापक, अध्यक्ष
 शिक्षणमहर्षी डॉ. पंजावराव
 उपाख्य भाऊसाहेब देशमुख
 एम.ए., डी.फिल., एलएल.बी. वार अॅट-लॉ

क्र. ०६/१६/११/२४

दि. १६/०४/२०२४

- प्रमाणपत्र -

प्रमाणपत्र देण्यांत येते की, कु. गमिनाक्षी कैलासराव गोडेंकर यांनी याशाक्रेत वर्ग ५ ते ८ च्या दि. ३०-११-२०२३ ते ०३-१२-२०२३ या काळावर्षात मराठी, मराठी व्याकरण, शब्दसंग्रह इत्यादी विषयाच्या तासीका घेतल्या.

सबब अनुभव प्रमाणपत्र शाळेकडून देण्यांत येत आहे.

Shakile
 दु.ज.पी. धर्माते
 प्रभारी
 मुख्याध्यापक
 जरुड हायस्कूल, जरुड
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राजर्षी शाहू महाराज बहुउद्देशिय संस्था, हिवरखेड, र.नं. महा./४२४/०५/अम.,एफ -१३१८५ अम.

बिगिनीर इंग्लिश स्कूल हिवरखेड

(शासन मान्य स्वयं - अर्थ सहाय्यीत शाळा)
ता. मोर्शी, जि.अमरावती

दिनांक 16.10.2023

अनुभवाचे प्रमाणपत्र

प्रमाणीत करण्यात येते की कु. रेणुका
अशोकराव चावके (एम.ए. मराठी प्रथम वर्ष)
यांनी आमच्या बिगिनीर इंग्लिश स्कूल, हिवरखेड
ता. मोर्शी जि. अमरावती येथे दि. 26/10/2023
पासून दि. 30/10/2023 पर्यंत वर्ग 3 री व
वर्ग ४ री ला मराठी विषयाचे अध्यापनाचे कार्य
यांगल्या पध्दतीने केलेले आहे.

करीता त्यांना अनुभवाचे प्रमाणपत्र देण्यात
येत आहे.

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AB
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