



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 (2.24)

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

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 form 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, Dhyana, Pranayama 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 un- comfortable 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.

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

Department of NCC

2022-2023

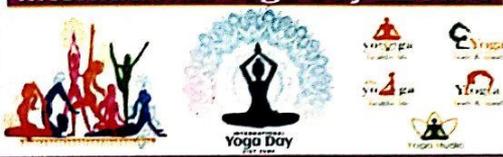
International Yoga Day

The Department of NSS, NCC and Physical Education of Mahatma Fule Arts, Commerce and Sitaramji Chaudhari Science Mahavidyalaya, Warud, Dist.Amravati celebrated International Yoga Day on 21st June 2023 enthusiastically and eagerly. As everybody knows the importance of Yoga in today's busy life schedule, so Practicing Yoga releases stress, Depression and create calmness to the body and mind. Yoga is the very efficient medicine on many healths Problems. So due to such importance, every years 21st June is celebratated as International Yoga Day all over the World. This event was organized on 21st June 2023 at 7.30 am. In this event, all the teaching and non-teaching faculties, cadets of NCC, NSS Volunteers participated actively. The inauguration of this Yoga Day was done by Respected Principal of our college Dr.G.N.Chaudhari. At very first, Principal Sir gave short speech on need and importance of this Yoga day. It was conducted under the Supervision of Dr.P.R..Pundakar Ex. Professor of Marathi Department of our college. Dr.P.R.Pundakar Sir at very first introduced and explain the importance of Yoga to the gathered Peoples nicely and then he performed the live demo of different steps of Yoga, after which all peoples followed the same steps. This Yoga Day was celebrated very happily and by active participation of our college staffs and students. On this event Dr.U.E.Chaudhari, HOD of Chemistry Department, Dr.R.P.Ganorkar, CTO of NCC Department Mr.V.N.Gulhane, Ex.NSS Programme officer Dr.A.K.Wanjari, Prof.V.N.Telmore and other staffs were present in huge amount. near about 100 Peoples attained this Programme.This Yoga Day activity

really spreads the awareness message to the society, that how Yoga is the need of today's time for balance health and mind.

Photos of Yoga Day



Shri Shivaji Education Society Amravati's
Mahatma Fule Arts, Commerce & Sitaramji Chaudhari Science
Mahavidyalaya, Warud, Dist. Amravati. 444906
Department Of NSS, NCC & Physical Education
Celebrating
International Yoga Day 21st June


Venue : Mahatma Fule Mahavidyalaya, Warud
Time : 7.30 A.M.
(It is requested to join the event on time for the welfare of the people and society)

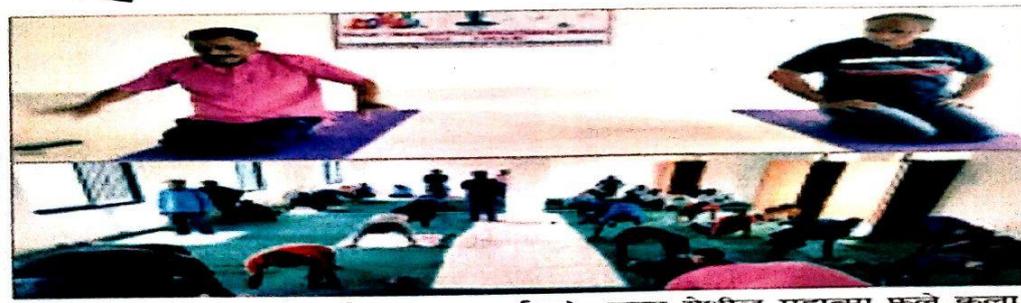
महात्मा फुले महाविद्यालय येथे
९ वा आंतरराष्ट्रीय योग दिवस


या.प्रतिनिधी । २१ जून
वरुड - ही शिक्षणी शिक्षण
संस्था अमरावती ह्या संस्थानित व
सर्व शाळासोबत अमरावती
विद्यापीठ ह्या संस्थानित येथील
महात्मा फुले कला वाणिज्य व
सितारामजी चौधरी विज्ञान
महाविद्यालय येथे नुकताच ९ वा
आंतरराष्ट्रीय योग दिन साजरा
करण्यात आला.
महाविद्यालयाचे प्राचार्य
डा. जी.एन.चौधरी यांनी या
आंतरराष्ट्रीय योग दिवसानिमित्त
सभागृहाला संबोधित करताना
यांशिर्षी वी आंतरराष्ट्रीय योग
दिवस हा दरवर्षी २१ जून रोजी
जगभरात साजरा केला जातो. २१
जून २०१५ रोजी पहिला
आंतरराष्ट्रीय योग दिवस जागृत
वाजता करण्यात आला. यंदा
आंतरराष्ट्रीय योग दिवस २०२०
यादी 'योगदिवस' ही संकल्पना
आदि, एरी, सन, सम्राज आदि
अगदी आर्यावृत्ती योगाचे विशेष महत्त्व
आहे. सदा योग शिबिराकरिता
डा. पी.आर.पुंडकर यांनी प्रशिक्षण
दिले. त्यासोबत यांनी विविध
योगासने जसे की नभस्कार आसन,
बजासन, अर्ध चन्द्रासन,
नटराजासन, गोमुख आसन,
सुखासन, योग सुखासन,
सर्कीगरसन, साक्षासन, अंगनासन
इत्यादी बरेच शारिणी देण प्रशिक्षण
दिले. सदा शिबिराकरिता
महाविद्यालयाचे प्राचार्य,
प्राध्यापक, शिक्षक, शिक्षकेतर
कर्मचारी, कार्यालयीन कर्मचारी,
एन.सी.सी., एन.एस.एस.
कार्यालयीन तसेच सर्व विद्यार्थी
शिबिर व शिबिरकार कर्मचारी
उपस्थित होते.

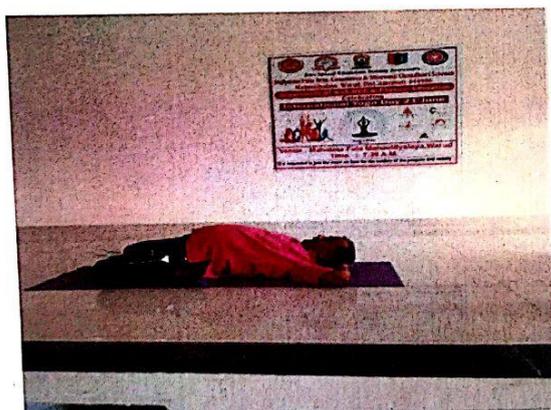
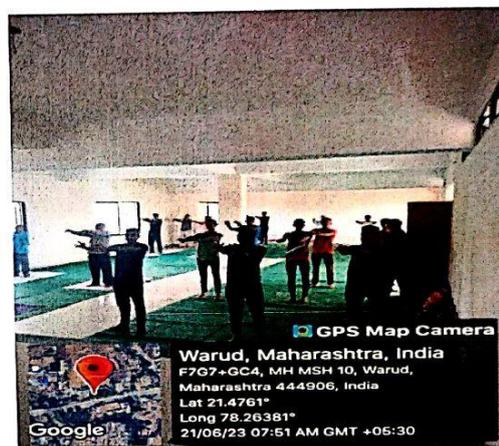
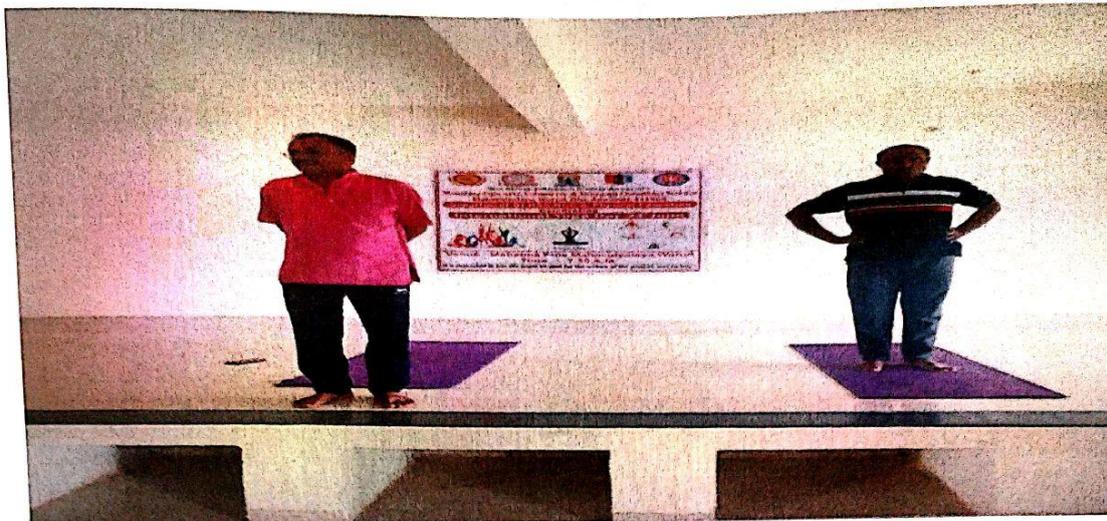
विदर्भ मतदार

बहुजनांचा पुलंद आवाज

वरुड येथील महात्मा फुले महाविद्यालयात योग दिवस



शेंदूजनाघाट (विदर्भ मतदार वाताहर): वरुड येथील महात्मा फुले कला
वाणिज्य व सितारामजी चौधरी विज्ञान महाविद्यालयात नुकताच ९ वा
आंतरराष्ट्रीय योगदिन साजरा करण्यात आला.
याप्रसंगी प्राचार्य डा. जी एन चौधरी यांनी या आंतरराष्ट्रीय योग
दिवसानिमित्त सभागृहाला संबोधित केले. योग शिबिराकरिता डा. पी.आर.
पुंडकर यांनी प्रशिक्षण दिले. शिबिराकरिता प्राचार्य, प्राध्यापक, शिक्षक
शिक्षकेतर कर्मचारी, कार्यालयीन कर्मचारी तसेच एनसीसी, एनएसएस
स्वयंसेवक उपस्थित होते.



Satpute
 Dr.S.V.Satpute
 NCC Co-ordinator,
 Mahatma Fule Arts, Commerce and
 Sitaramji Chaudhari Science
 Mahavidyalaya, Warud, Dist. Amravati

Chaudhari
 Dr.G.N.Chaudhari
 Principal
 Mahatma Fule A.C & Sitaramji
 Choudhari Science College, Warud

Guhané
 Mr.V.N.Guhané
 NCC officer
 Mahatma Fule Arts, Com. & Sitaramji
 Chaudhari Sci. Mahavidyalaya, Warud

Best Practice: 2

1. Title of the Practice:

Best From Waste

2. Objectives of the Practice:

Department of Physics and Department of zoology have an innovative practice through which departments created best from waste. Department of physics assemble small electrical waste from the department and from that students make innovative electrical circuit board, switch, wiring etc. Department of zoology collect solid waste from the college campus and put it into the vermicompost tank. This vermicompost made available for the farmers whenever required after processing at very low cost. The main objective of this two departmental activities are as follows.

- To develop the ability to think and organize the thinking to create something useful.
- To indulge the students into an extracurricular activity with exclusive tool i.e. waste material.
- To explore the environmental concepts and actions which are beyond the curriculum & syllabus.
- To make our vision and outlook broader about the nature & society.
- To control the harmful effects of waste on our environment.

3. The Context:

e-waste, electronic waste, e-scrap and end-of-life electronics are terms often used to describe used electronics that are nearing the end of their useful life, and are discarded, donated or given to a recycler. E-waste can be toxic, is not biodegradable and accumulates in the environment, in the soil, air, water and living things. It is also worth considering the effects electronic goods have on climate change. Every device ever produced has a carbon footprint and is contributing to human-made global warming. Currently, recycling some types of e-waste and recovering materials and metals is an expensive process. The remaining mass of e-waste – mainly plastics laced with metals and chemicals – poses a more intractable problem.

4. The practice:

- *Save Money* - increasing recycling can cut your disposal costs and improve your bottom line.
- *Knowledge is power* - By understanding the amount and types of wastes produces, you're better positioned to find ways to reduce hauling costs and negotiate for waste and recycling services that actually fit your needs.
- *Streamline reporting and information sharing* - Tracking waste management activities in one platform and using a standard set of metrics, makes it easier to share and report information with stakeholders.
- *Enhance sustainability* - Managing waste, water, and energy more efficiently are core components of sustainability. Improving organization's sustainability can boost corporate image, attract quality tenants to your properties and positively engage employees.
- *Conserve resources* - Reuse and recycling conserves natural resources including trees, metals and water.

5. Evidence of success:

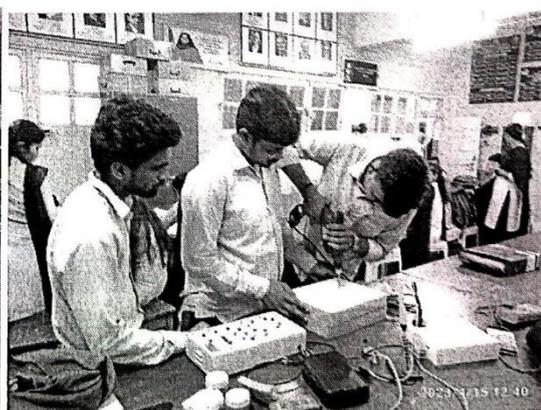
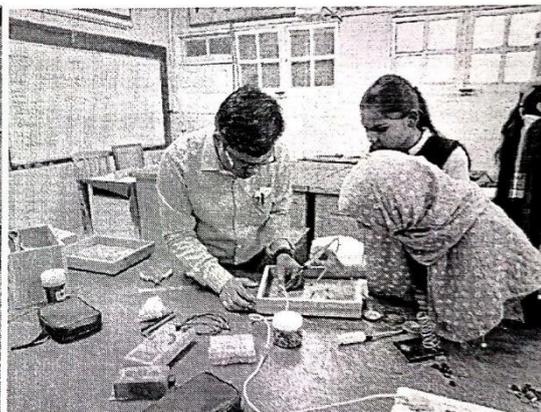
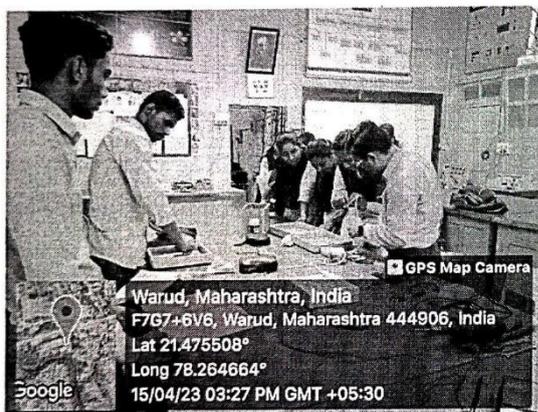
Shri. Shivaji Education Society, Amravati's
 Mahatma Fule Arts, Commerce & Sitaramji Chaudhari Science College, Warud, Dist. Amravati

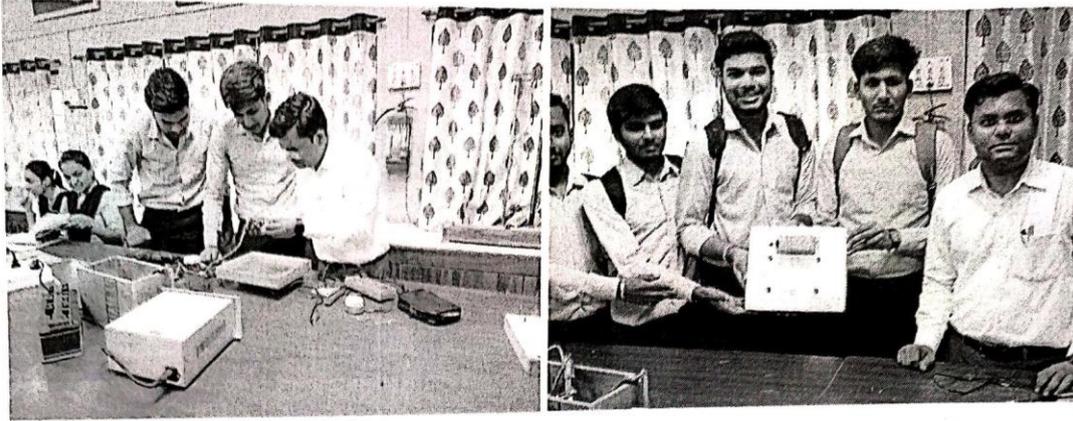
Department of Physics

A Report on

“In house Fabrication of Experimental Kits 2022-23”

This is the part of one of the Best Practice of Department of Physics. Students of B.Sc. Physics are inspired and motivated to learn and develop the experimental kits on their own. There is large number of experimental kits available in the market which cost a lot to the college and their purchase is difficult most of the time. Hence physics students are encouraged to develop kits in the department itself. All the raw materials are made available to the students group. Students are demonstrated the know-how and fabrication of the kits. Students follow the instructions and prepare the kits on their own.

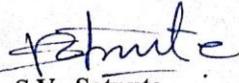




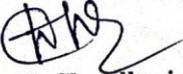
For the session 2022-23, nine experimental kits have been prepared by B.Sc. I, B.Sc. II and B.Sc. III year students and have saved approximately Rupees 21980/-. The details of the experimental kits fabricated by the students are as follows:

Sr. No.	Session	Name of Experimental kit fabricated in lab	Expenditure incurred in Rs. (Approx.)	Market Price in Rs. (Approx.)	Quantity prepared	Savings Per Item in Rs. (Approx.)	Total Savings in Rs. (Approx.)
1.	2022-23	Determination of Inductance of a coil by phasor diagram method	500/-	3420/-	02	2920/-	5840/-
2.		Determination of Capacitance by phasor diagram method	450/-	3420/-	02	2970/-	5940/-
3.		Verification of Kirchoff's Voltage Law	300/-	2420/-	03	2120/-	6360/-
4.		Study of frequency response of LCR Circuit	500/-	2420/-	02	1920/-	3840/-
Total Saving							Rs. 21980/-


Dr. Y. S. Tamgadge
 (Coordinator)


Dr. S.V. Satpute
 IQAC Coordinator,
 Mahatma Fule Arts, Commerce and
 Siteramji Chaudhari Science
 Mahavidyalaya, Warud, Dist. Amravati


Ms. A. B. Patil
 (Head)
 Deptt. of Physics
 Mahatma Fule Arts, Com & Siteramji
 Chaudhari Science Mahavidyalaya,
 Warud, Dist Amravati


Dr. G. N. Chaudhari
 (Principal)
 Mahatma Fule A.C. & Siteramji
 Choudhari Science College, Warud

**Mahatma Fule Arts, Commerce & Sitaramji Chaudhari Science
Mahavidyalaya Warud, Dist. Amravati**

Department of Zoology

In charge – Dr. Ahmad Shahzad

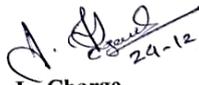
Vermicompost Balance Sheet

21-22 year

No of Packet sell (1Kg)	Rs. (20/kg)	Total Amount
104 (Rs.20 per kg) Receipt No 43-69 (Available Record)	104×20	2080
	Total	2080


Head of Department
Head
Deptt. of Zoology
Mahatma Fule Arts & Comm. &
Sitaramji Chowdhri Science Mahavidyalaya
Warud, Dist. Amravati


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


In-Charge
24-12-22



6. Problems Encountered and Resources Required:

- Focus first on waste prevention, which will help eliminate waste at the source, saving natural resources and energy and cutting costs.
- Evaluate recycling and composting options to manage waste that cannot be prevented.
- Implement waste reduction activities best suited for the organization. Start off with one or two clear activities to get others engaged. Then roll out other initiatives as some of the early waste prevention and recycling behaviours become a habit.