

BEST PRACTICES

1. YOGA

Objective: To maintain the physical and mental health of students and staff by encouraging yoga right from the admission into the college.

The Context: Selective attention and efficacy are important components of scholastic performance in college. While attempts are being made to introduce new methods to improve academic performance either as part of curricular or extracurricular activities in colleges, the success rates are minimal. Hence, the effect of Yoga based intervention on psychological performance and self-efficacy in college students.

The Practice: Yoga is an ancient Indian discipline that aims at developing an integrated personality, where the growth of physical, mental, social, and spiritual planes is equally focused. Regular practicing Yoga (including postures, regulated breathing, relaxation techniques, and meditation) can improve the ability to plan and execute a given cognitive tasks in college, also concentration, and memory (visual and spatial memory) can be improve in college students. Yoga brings about positive changes in behavior and mental health of college students. Similarly the yoga practice for all college staff members gives positive attitude and healthy working environment. That is why college started Yoga session. Hundreds of students and staff participated in yoga from last five years. From the last three years government has declared 21 June as yoga day.

Evidence of Success: Yoga brings about positive changes in behavior and mental health of college students. Similarly the yoga practice for all college staff members gives positive attitude and healthy working environment.

Problems encountered and resources required:

There are two sides to the practice of Yoga, upon which the student has to bestow sufficient attention. One is the method of practice, which has to be followed with meticulous care. The other is the obstacles that one may have to face on the way for totally different reasons. While the practice of a positive nature is important enough, a consciousness of the impediments on the way is equally important. It is not enough if one knows one's own capacities and strength; one


should also know what are the difficulties that one may have to confront or face due to various circumstances, difficulties which may present themselves in various colours as one advances on the Yoga path, stage by stage. It is a known fact that there is a marked difference between the mental attitudes of a student of Yoga, and of a prosaic individual with worldly instincts and whims. An ordinary mental change, an ordinary change of thought, does not affect the body. It is a little change only, and as such, is too weak to have a vital connection with the physiological function. But, an intense concentration of mind on a new outlook altogether has a positive impact on the whole body, which the body may not be able to bear sometimes. This may cause illness of various types, which an ordinary man in the world may not encounter. While there can be many reasons for falling ill, especially in the case of a serious student of Yoga, one of the reasons is this inability of the body to adjust itself suddenly to a very strong thought which is quite different from the usual thoughts of individuals that we are familiar with. There was no "yoga equipment." Practicing yoga required only your body, mind, and spirit and of course a yoga teacher.

#Godavari_Foundation's, #Godavari_College of #Engineering, Jalgaon has organised a #Webinar on "#PHYSICAL_FITNESS" for the Students of all the Streams including Engineering & Polytechnic Institutes.

#Speaker:

DR. GHANSHAM KASHINATH DHOKRAT, Designation: ASSOCIATE PROFESSOR
College: B. P. C. A'S College of Physical Education (NAAC 'A' Grade)
Wadala, Mumbai-31 (M. S.)


The webinar is scheduled on 30th December, 2020 at 03:00 PM on Zoom App



GF'S GODAVARI COLLEGE OF ENGINEERING, JALGAON

**Webinar
On
"PHYSICAL FITNESS"**

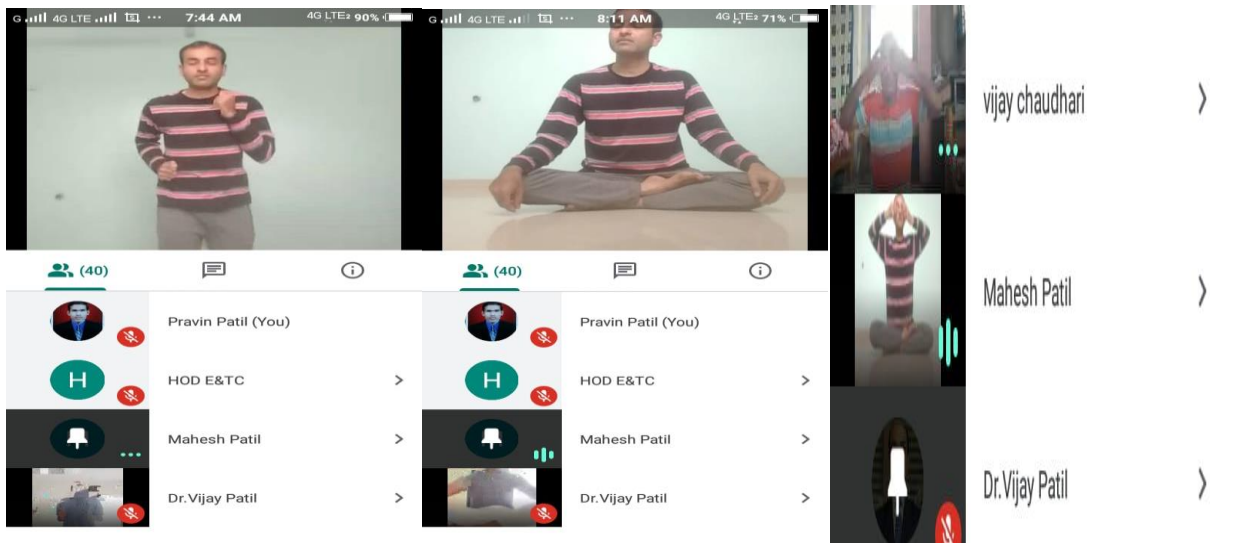
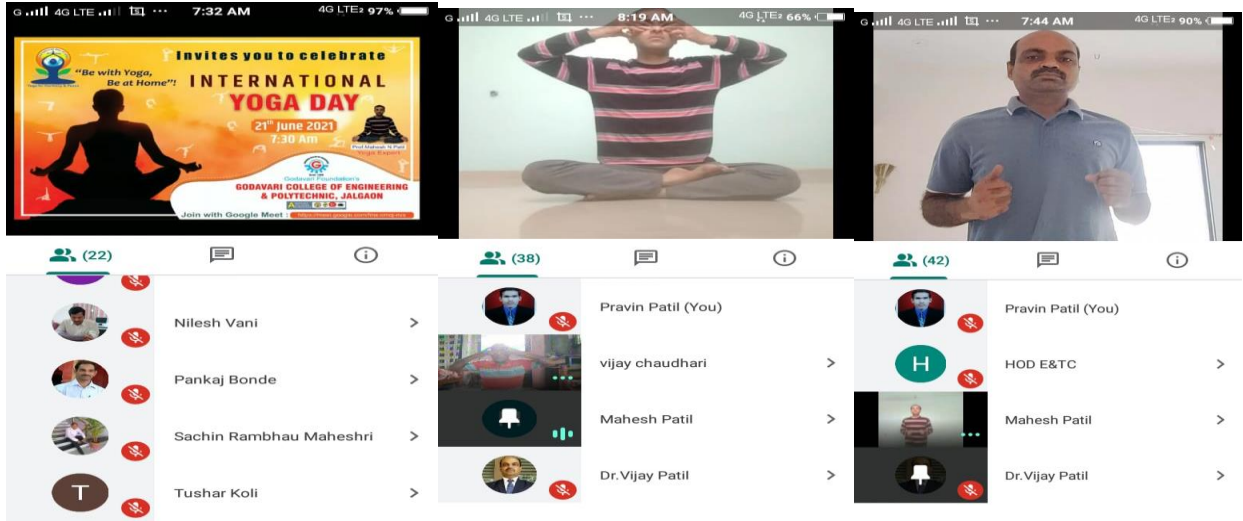
Speaker



Dr. Ghansham Kashinath Dhokrat
Associate Professor
B. P. C. A'S College of Physical Education
(NAAC 'A' Grade) Wadala, Mumbai-31 (M. S.)

Date: 30th December 2020, At 03:00 PM
Zoom link :
<https://us04web.zoom.us/j/8921421011?pwd=dHhQMnI0U1hJRE9lQWpaZnYzN3BDdz09>

Yoga Day Celebration



2. Green Campus through Staff and Students Participation

Objective: To maintain the pristine purity and beauty of the college to provide a congenial atmosphere for the academic and non-academic pursuits

The Context. Nurturing Plants is one of the non-academic pursuits that develop eco-concern among the students

The Practice: The College has always tried to make a green campus and constant steps are taken towards it. From the various event and programs like Van Mohastav College is trying to create environment consciousness among the staff and students. Inadequate environmental standards and lack of implementation of environmental laws create a challenging problem in creating awareness about environmental hazards. By developing informed citizenry expertise with hands on interactive approach with environmental, social and economic concern; the physical viability of the campus is being maintained as a balanced environment. This pedagogically expanded innovative art program would be unparalleled in its effectiveness and appeal when it is being operated in the campus located at additional MIDC Jalgaon.

Evidence of Success: College campus atmosphere becomes natural, pure and beautiful. Planted trees, ornamental plants, shrub, bush plants helps maintain ecological balance by inviting birds and butterflies. Indirectly reduces pollution by increasing oxygen in environment.

Problems encountered and resources required:

Before plantation landscape selection and sunlight requirement for different trees and plant is challenging to maintain vigorous growth of plant and tree. Digging tools tools are required for plantation. Digging the hole sounds easy enough, but incorrect sizing or spacing of planting holes puts your garden's health at risk. A hole that is too deep means your plant crown dips below the soil line, which may hurt growth. A shallow hole doesn't give the roots enough space to grow and may result in exposed roots or a wobbly plant without the support of the soil. Knowing where and how to dig holes for your plants gets your garden off to a strong start. Remove any rocks you dig up in the area. Break up dirt clumps remaining in the hole to avoid air pockets during planting. Sufficient water and Bio fertilizers are required to better growth of plants and also natural Bio pesticides be used to maintain health of the plants.

#Environment_Day celebration at GF'S GCOE JALGAON.


Godavari Foundation's
GODAVARI COLLEGE OF ENGINEERING, JALGAON

** Celebrates **
WORLD
Environment Day

Organized by
DEPARTMENT OF MECHANICAL ENGINEERING

Initiated by
MESA


Bhavesh Patil **Amit Nehete**
President, MESA *Vice President, MESA*

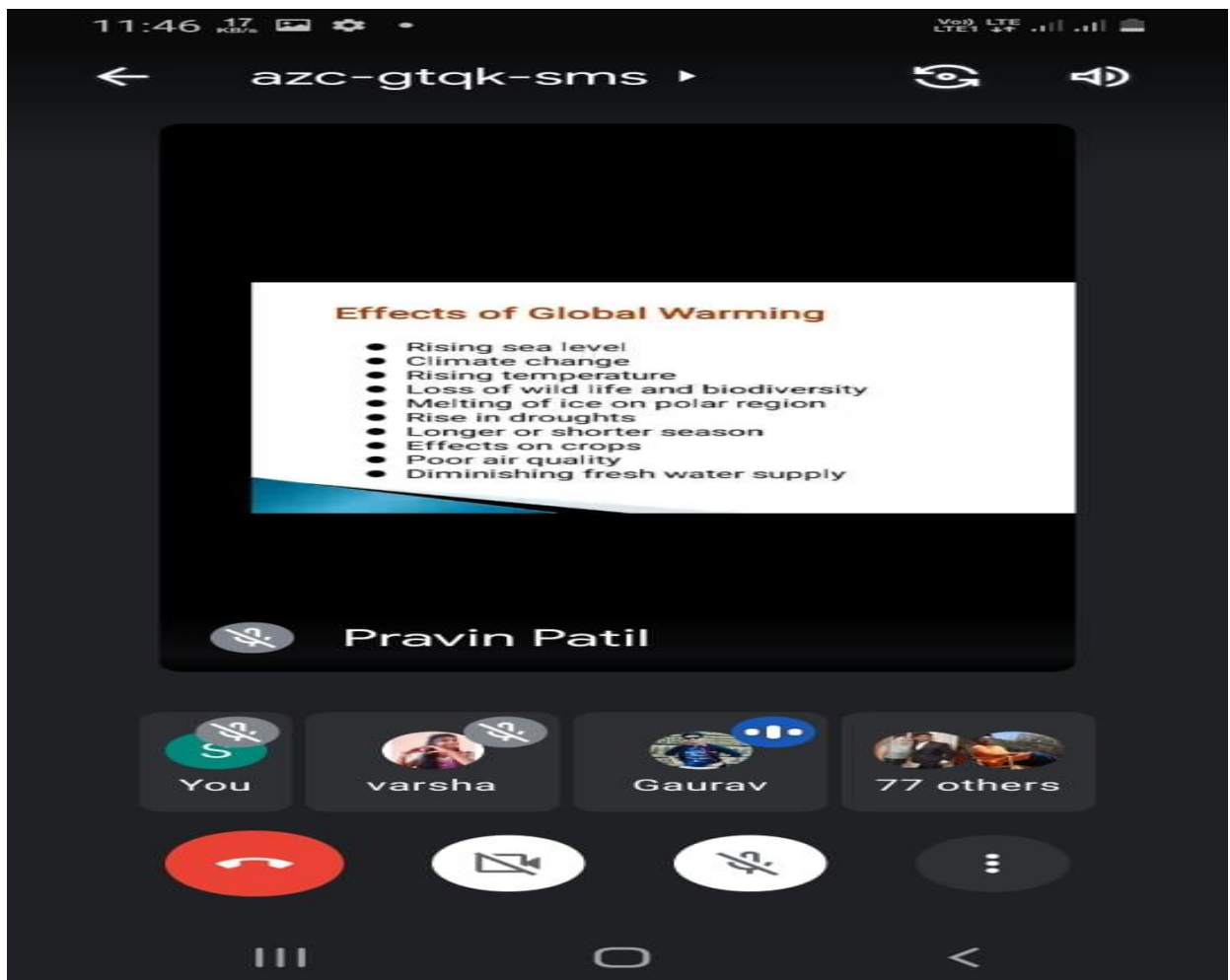
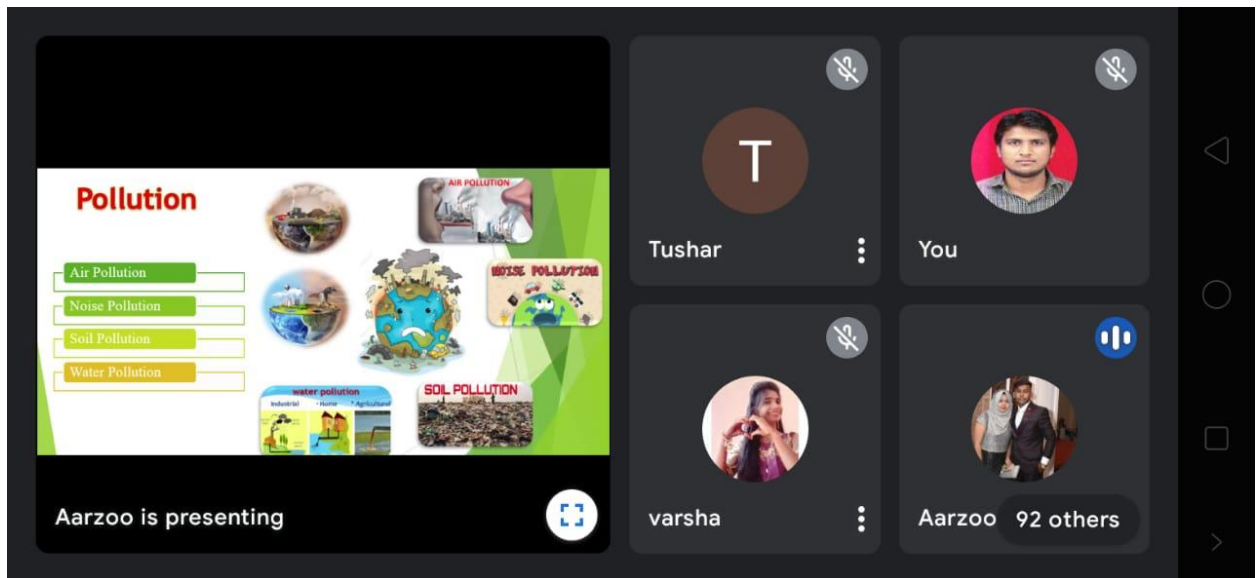
Prof. Pravin S. Patil **Prof. Tushar. A. Koli** **Dr. V. H. Patil**
MESA, Faculty Member *H.O.D. Mechanical* *Principal*
GF'S GCOE, Jalgaon *GF'S GCOE, Jalgaon* *GF'S GCOE, Jalgaon*

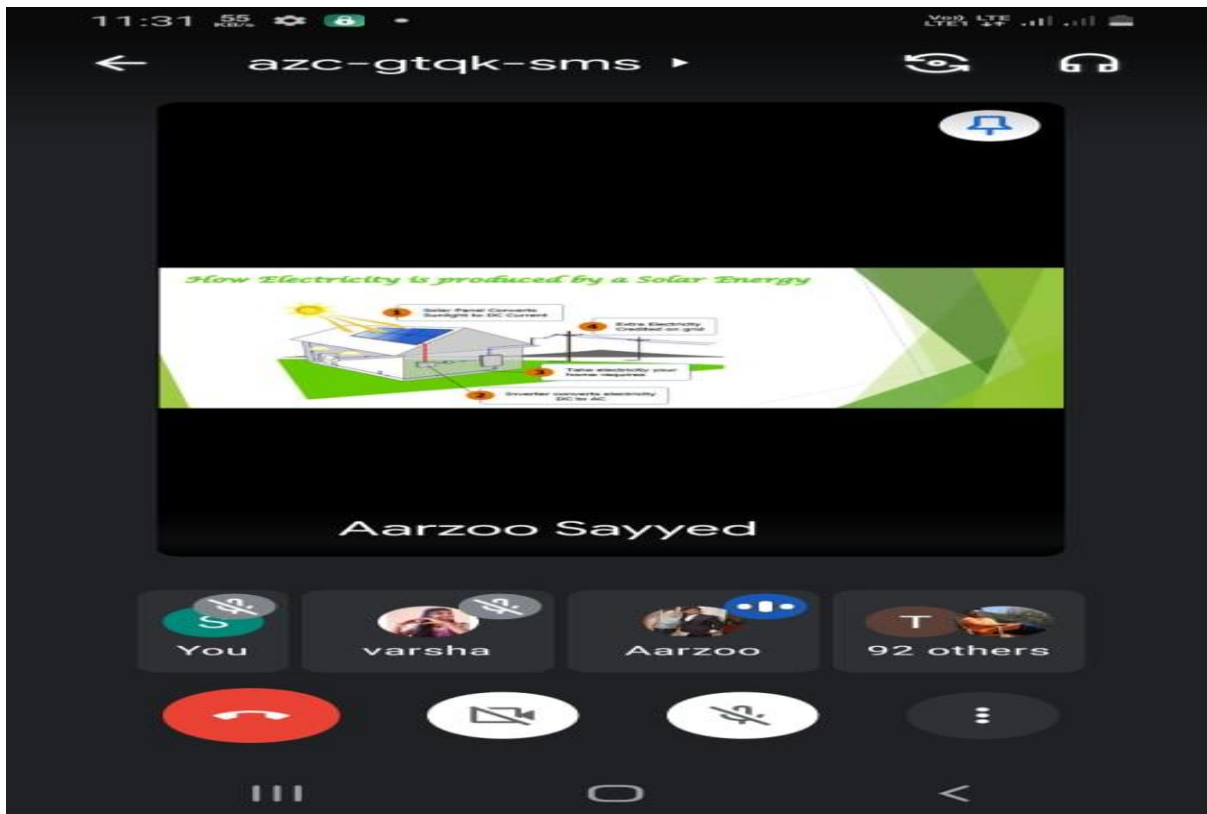
Join us on 5th June 2021, at 11 am

on

<https://meet.google.com/azc-gtqk-sms>









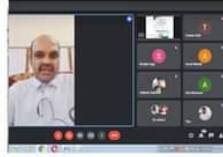
गोदावरी अभियांत्रिकी व नर्सिंग महाविद्यालयात जागतिक पर्यावरण दिन उत्साहात साजरा

जळगाव - जागतिक पर्यावरण दिन दरवर्षी ५ जून रोजी साजरा केला जातो. पर्यावरणाशी संबंधित विविध विषय, घटक आणि समस्यांकडे लक्ष वेधून त्याबद्दल जागरूकता निर्माण करणे आणि महत्वाच्या बाबींविषयी तातडीने पावले उचलणे असा हा दिवस साजरा करण्यामागचा हेतु आहे. जगभरातले अनेक देश आणि लाखो लोक दरवर्षी यात सहभागी होतात. यावर्षी जागतिक पर्यावरण दिनाची थीम इको सिस्टीम रिस्ट्रिशन अशी आहे.

हेच निमित्त साधून गोदावरी अभियांत्रिकी महाविद्यालयात यंत्र विभाग, विद्युत विभाग आणि पॉलिटेक्निक विभाग यांच्या माध्यमातून वेगवेगळ्या संकल्पनेच्या आधारे जागतिक पर्यावरण दिन ५ जून रोजी उत्साहात साजरा करण्यात

आला.

यंत्र विभागामार्फत मेकॅनिकल इंजि.स्टुडंट असो.च्यावतीने जागतिक पर्यावरण दिन गुगल मिटच्या माध्यमातून व्हर्चुअली साजरा करण्यात आला. या कार्यक्रमात जवळपास ११० विद्यार्थी उपस्थित होते. यात विद्यार्थ्यांनी सादरीकरणाच्या माध्यमातून जागतिक पर्यावरण दिनाचे महत्त्व विशद केले यंत्र विभाग प्रमुख प्रा.तुषार कोळी यांनी असेच उपक्रम विद्यार्थ्यांच्या माध्यमातून नियमित राबविण्यासाठी आवाहन केले. जेणेकरून विद्यार्थ्यांचे संवाद व सादरीकरण कौशल्य वाढीस लागेल. प्राचार्य डॉ.विजय एच पाटील यांनी कार्यक्रमाबद्दल विद्यार्थ्यांचे कौतुक करून जागतिक पर्यावरण दिनाबद्दल सखोल माहिती दिली.



कार्यक्रमासाठी प्रा.प्रविण पाटील, तसेच प्राध्यापक वृंद यांचे सहकार्य लाभले. सूत्रसंचालन वर्षा पाटील या विद्यार्थीनीने केले.

तसेच पॉलिटेक्निक महाविद्यालयात आणि विद्युत अभियांत्रिकी विभागातर्फे प्रश्नंजुषा स्पर्धा घेण्यात आली. त्यामध्ये पॉलिटेक्निक महाविद्यालयाने राज्यस्तरीय टेक्निकल क्रीड कॉम्पिटीशनचे आयोजन केले होते. ही स्पर्धा सर्व तंत्रिके तनच्या सर्व शाखांच्या

विद्यार्थ्यांसाठी घेण्यात आली. या स्पर्धेमध्ये ७०० च्यावर विद्यार्थ्यांनी सहभाग नोंदविला तसेच प्रश्नंजुषेनंतर विद्यार्थ्यांना ई-सर्टिफिकेटचे वाटप करण्यात आले. यशस्वीतेसाठी पॉलिटेक्निकचे प्रा.जुनेरिया शेख, प्रा.शुभम राठोड यांनी परिश्रम घेतले. त्यांना पॉलिटेक्निकचे समन्वयक प्रा.दिपक झांबरे, प्रा.कैलास मखिजा यांचे सहकार्य लाभले. तसेच अभियांत्रिकीच्या विद्युत विभागामार्फत इलेक्ट्रिकल इंजि.स्टुडंट असोसिएशनतर्फे घेण्यात आलेल्या प्रश्नंजुषा स्पर्धे शोकडो



गोदावरी नर्सिंग महाविद्यालयातील सामुदायिक आरोग्य नर्सिंग विभागाने प्रशासकीय अधिकारी प्रविण कोल्हे यांच्या मार्गदर्शनाखाली जागतिक पर्यावरण दिन साजरा केला. यावेळी प्रा.सावित्री सिंग ह्यांनी पर्यावरणाचे महत्वाचे विराद केले.

विद्यार्थ्यांनी सहभाग नोंदविला. यशस्वीतेसाठी प्रा.कोमल इंगळे यांच्यासह प्राध्यापकांनी सहकार्य केले. विभागप्रमुख प्रा.अतुल बन्हाटे यांनी मार्गदर्शन केले. यावेळी प्राचार्य डॉ.विजय एच पाटील, उपप्राचार्य प्रा.प्रविण फालक, अॅकेडमिक डीन प्रा.हेमंत इंगळे यांच्यासह प्राध्यापक वृंद उपस्थित होते.