

## **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 Eight years.

**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 & Polytechnic, Jalgaon**  
**Godavari Institute of Management & Research, Jalgaon**  
**Godavari English Medium CBSE School, Jalgaon**

Jointly Organises  
**International Yoga Day Celebration**

International day of yoga  
 21<sup>st</sup> June

Date:- Tuesday, 21 June 2022  
 Time:- 8:15 AM

Venue-  
**Godavari College of Engineering, Jalgaon**

Godavari Foundation's  
**Godavari College of Engineering & Polytechnic**  
 P-51, Additional MIDC, M-Sector, Bhusawal Road, Jalgaon-425001 (M.S.)  
 Phone No:- 0257-2212999, 2213500, 2210451 Fax :- 0257-2212998  
 E-mail: gce1999@gmail.com, Web site address: www.godavari.org.in

जीएफ/जीसीओई/आंतरराष्ट्रीय योगा दिन/ 2021-22/166 दि. 20/06/2022

**सूचना**

महाविद्यालयातील सर्व विद्यार्थी, शिक्षक व शिक्षकेतर कर्मचाऱ्यांना कळविण्यात येते की, दि.21/06/2022 मंगळवार रोजी साजरा होत असलेल्या आंतरराष्ट्रीय योगा दिननिमित्त आपल्या महाविद्यालयात योग शिबीराचे आयोजन करण्यात आलेले आहे.

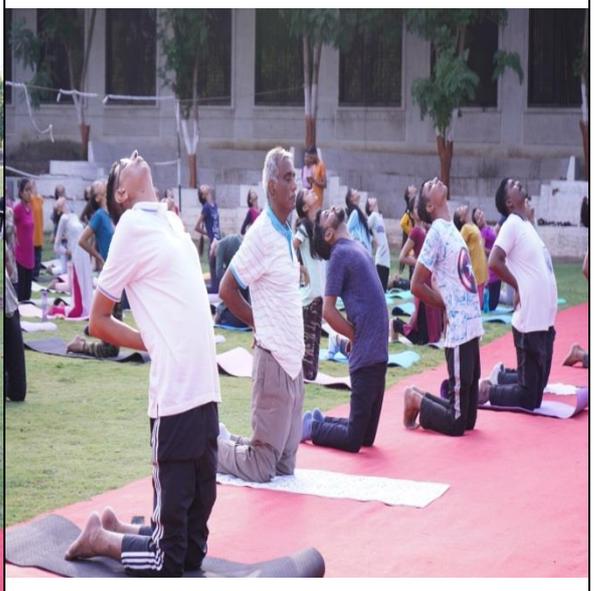
तरी सयंती या योग शिबीराचा लाभ घेणेसाठी सकाळी 08.00 वाजता महाविद्यालयाच्या प्रांगणात उपस्थित राहणे अनिवार्य आहे.

पा.हेमंत त. हंगळे  
 प्रभारी प्राचार्य  
 Godavari College of Engineering  
 Jalgaon, (M.S.)

पत्र माहिती व योग्य त्या कार्यवाहीसाठी :-  
 01) विभागपट्टा, कॉम्प्युटर इंजिनिअरिंग  
 02) विभागपट्टा, ई अँड टीसी इंजिनिअरिंग  
 03) विभागपट्टा, मेकेनिकल इंजिनिअरिंग  
 04) विभागपट्टा, इलेक्ट्रिकल इंजिनिअरिंग  
 05) विभागपट्टा, अॅलॉइड सायन्स  
 06) विभागपट्टा, वर्कशॉप  
 07) विभागपट्टा, मेकेनिकल इंजिनिअरिंग (सेकंडरिप डिप्लोमा)  
 08) विभागपट्टा, इलेक्ट्रिकल इंजिनिअरिंग (सेकंडरिप डिप्लोमा)  
 09) विभागपट्टा, कॉम्प्युटर इंजिनिअरिंग (सेकंडरिप डिप्लोमा)  
 10) टी अँड पी पट्टा  
 11) ऑफीस









## 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.

**AZADI KA AMRIT MAHOTSAVA****REPORT****Activity Name: Tree Plantation**

Godavari Foundations Godavari College of Engineering initiated tree plantation at other colleges under the Godavari foundation. This is one of the activities conducted at Dr.Ulhas Patil Law College near the Godavari engineering college jalgaon.

**Date: 11/04/2022**

Engineering staff & student participated in the plantation event mentioned above held on **11/04/ 2022**.

**Committee Members:** All Faculties.**Total No. of Participant: 50**

**Azadi Ka Amrit Mahotsava** is an occasion for celebration and reflection of the 75th anniversary of Independence Day.

**Ramakar Nursery**

Near Kothadevi Mandir, N.H.6, JALGAON - 426 003. ☎ 0257-2336852

No. 25      PART 7 CREDIT MEMO      Date 11/4/2022

M/s. Gadavari Engg College Jalgaon

Particulars	Qty.	Rate	Amount
Neem plants	6	80	480/-
Peeta forlim	15	80	1200/-
mango plants	15	250	3750/-
Chikoo plants	8	200	1600/-
Orange plants	10	125	1250/-
phoenix plants	12	125	1500/-
Pome plants	8	125	1000/-
cassia plants	4	80	320/-
terosa plant	2	60	120/-
Spangsketh			250/-
<b>TOTAL</b>			<b>11090/-</b>

Rupees (in words) \_\_\_\_\_

All types of Gardening, Suppliers of Flowers, Fruits plants & Ornamentals.

Customer's Sign. \_\_\_\_\_ For: Ramakar Nursery







