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.

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

YOGA (2018-19)























GODAVARI COLLEGE OF ENGINEERING

P-51, Dr. Ulhas Patil Nagar, M-Sect., M.I.D.C., Bhusawal Road, JALGAON - 425 003. (M.S.)

जीएफ/जीसीओई/आं.यो.दि./2018-19/500

दि. 21 / 06 / 2019

प्रति,
Sh.D. Carthigueane
प्रादेशिक संचालक,
प्रादेशिक निदेशालय राष्ट्रीय सेवा योजना,
अ हॉटेल ब्लॉक कॉलेज ऑफ ऍग्रीकल्चर कॅम्पस शिवाजी नगर,
पुणे

विषय: - आंतरराष्ट्रीय योग दिवस - माहिती पाठविणेबाबत...

संदर्भ :- जा.क्र. कबचौउमवि/14/रासेसो-66/योगदिन/93/2019 दिनांक 17/06/2019.

महोदय,

उपरोक्त संदर्भीय पत्रास अनुसरुन 21 जुन 2019 रोजी आपल्या कार्यालयाकडुन आम्हाला योग शिबीराचे आयोजन करण्याचे निर्देश दिलेले होते. सदर निर्देशानुसार आम्ही दिनांक 21/06/2019 शुक्रवार रोजी आमच्या महाविद्यालयात सकाळी 08.30 वाजता योग शिबीराचे आयोजन केले होते. सदर कार्यक्रमाचा अहवाल, छायाचित्र व व्हीडीओ चित्रफीत पाढवित आहोत.

कळावे.

धन्यवाद!!!

आपला विश्वासु

डॉ.व्ही.जी.अरजपुरे

प्राचार्य PRINCIPAL Godavari College of Engineering Jalgaon.(M.S.)

1700

सोबत :-

योग शिबीराचे अहवाल, छायाचित्र व व्हीडीओ चित्रफीत आपल्या माहितीसाठी पाठवित आहोत.

E-mail: gcoe1999@gmail.com Web Site: www.godavaricoejal.ac.in

-/ *अहवाल * /-

आमच्या महाविद्यालयात दिनांक 21/06/2019 शुक्रवार रोजी आंतरराष्ट्रीय योग दिनानिमित योग शिबीर सकाळी 08.30 वाजता आयोजित करण्यात आलेले होते.

सदर योग शिबीरात महाविद्यालयातील शिक्षक व शिक्षकेत्तर मिळुण एकुण 98 कर्मचा-याँनी आपला सहभाग नोंदविला व त्याचा लाभ घेतला.

महाविद्यालयातील प्रा.महेश निनु पाटील हे स्वतः योग प्रशिक्षक आहेत. प्राचार्य, डॉ.व्ही.जी.अरजपुरे सर यांनी योग दिनाचे महत्व सर्व उपस्थित कर्मचा-यांना मार्गदर्शन करुन यशस्वीपणे कार्यक्रम पार पाडला.

तसेच उन्हाळी परिक्षा 10/06/2019 रोजी संपल्यामुळे तसेच नवीन शैक्षणिक सत्र 04/07/2019 पासुन सुरु होत असल्यामुळे विद्यार्थ्यांची उपस्थिती नव्हती.

कळावे.

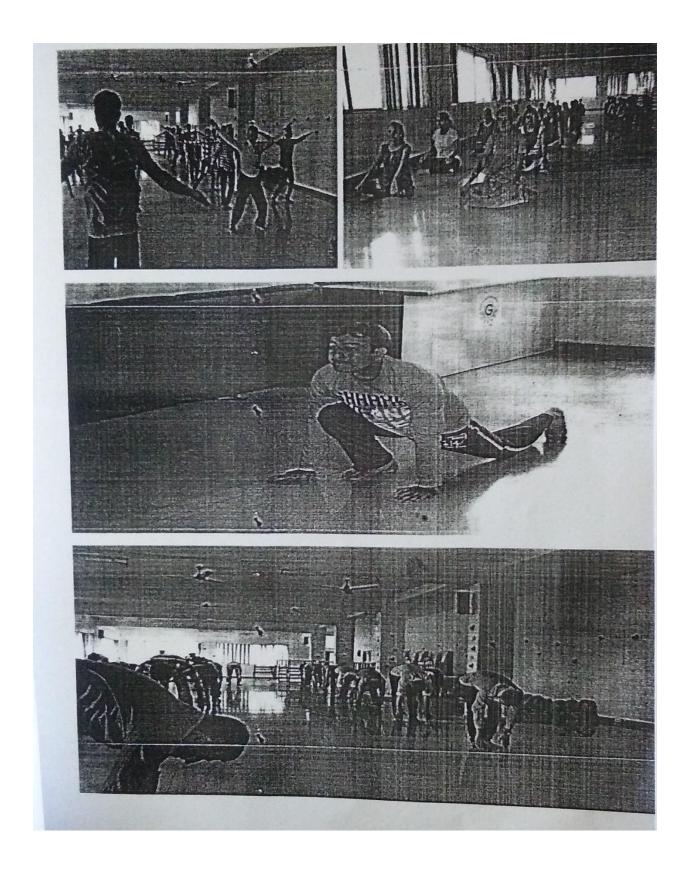
आपला विश्वास्

डॉ.व्ही:जी.अरजपुरे

प्राचार्य

Godavari College of Engineering Jalgaon.(M.S.)

Regular Students yoga practice



YOGA 2019-20 Students yoga practice sample photo 2019-20



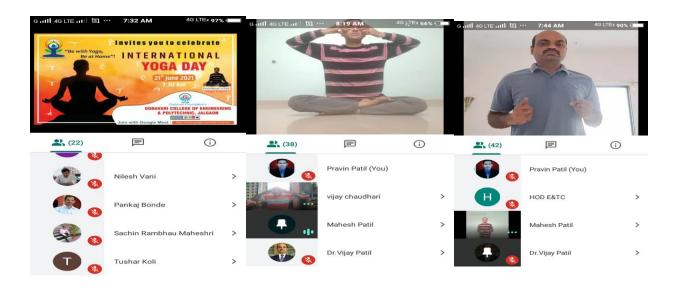


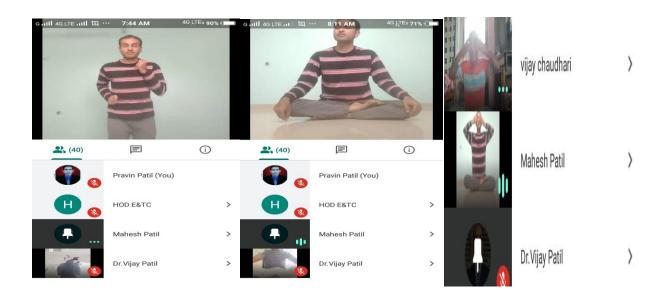


YOGA 2020-21

Yoga Day Celebration

Date 21 June 2021





Students Yoga Pracice



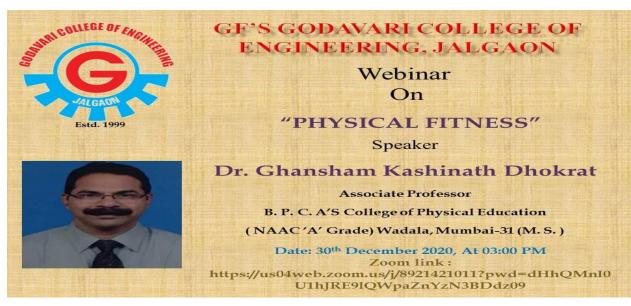


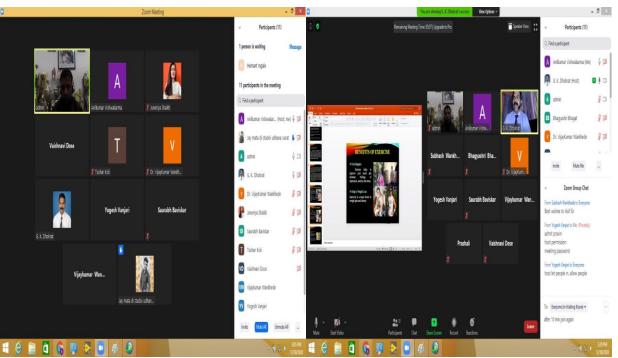
#Godavari_Foundation's, #Godavari_College of #Engineering, Jalgaon has organised a #Webinar on "#PHYSICAL_FITNESS" for the Students of all the Streams including Engineering & Polytechnic Institutes.

#Speaker:

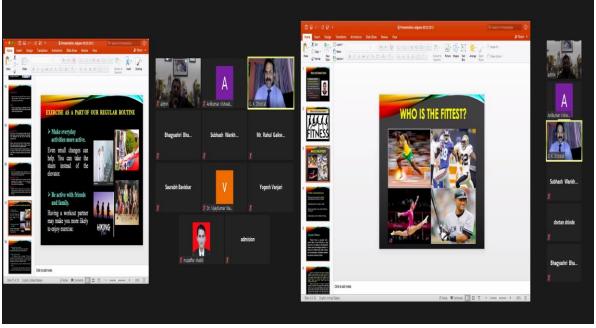
DR. GHANSHAM KASHINATH DHOKRAT, Designation: ASSOCIATE PROFESSOR College: B. P. C. A'S College of Physical Education (NAAC 'A' Grade)
Wadala, Mumbai-31 (M. S.)

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

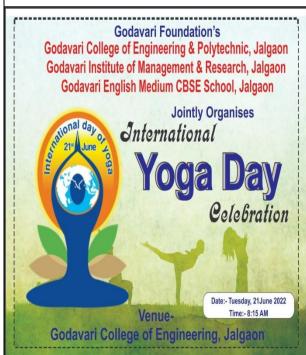


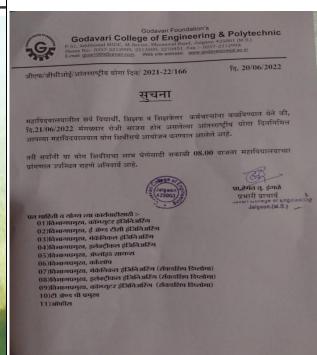






YOGA 2021-22

























YOGA 2022-23

Yoga Sessions Photos































21/06/23 08:23 AM GMT +05:30

Google



BEST PRACTICES

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.

TREE PLANTATION 2018-19

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 GIMR, Jalgaon near the Godavari engineering college jalgaon.

Date: 27/07/2018

Engineering student participated in the plantation event mentioned above held on 27/07/2018.

Total No. of Participant: 30





TREE PLANTATION on 7/6/2018

Activity Name: Tree Plantation at Godavari Foundations Godavari College of Engineering Jalgaon

Date -7/6/2018

Engineering staff & student participated in the plantation event mentioned above held on 7/6/2018

Total No. of Participant: 25

YEAR	NUBMER OF TREES PLANTED
2016-17	116
2017-18	16
2018-19	25











TREE PLANTATION 2019-20

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: 13/08/2019

Engineering staff & student participated in the plantation event mentioned above held on 13/08/2019

Total No. of Participant: 27

YEAR	NUBMER OF TREES PLANTED
2016-17	116
2017-18	16
2018-19	25
2019-20	20















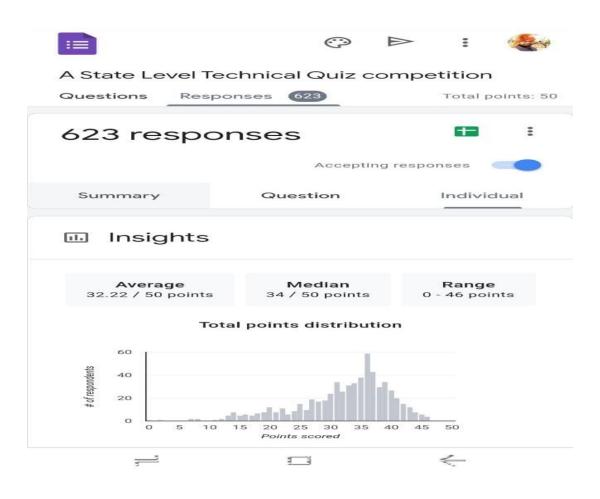
TREE PLANTATION 2020-21

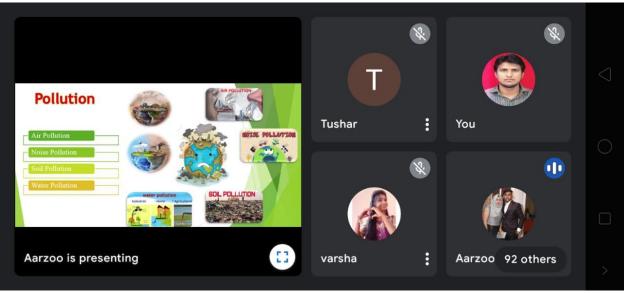
Activity Name: Due to Covid-19 GF'S GCOE JALGAON celebrated Environment Day instead of tree plantation.

Date -5 June 2021

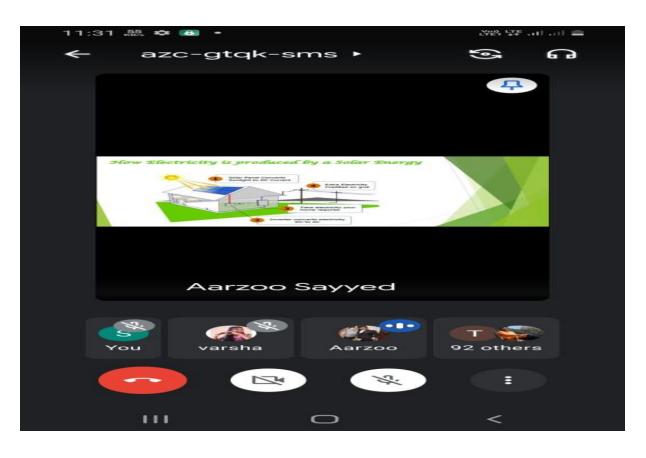
Total no of participants -650

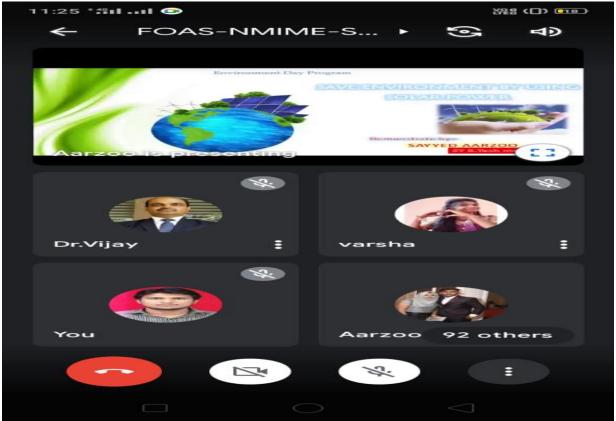














गोदावरी अभियांत्रिकी व नर्सिंग महाविद्यालयात जागतिक पर्यावरण दिन उत्साहात साजरा

जळगाव - जागतिक पर्यावरण दिन दरवर्षी ५ जून रोजी साजरा केला जातो. पर्यावरणाशी संबधित विविध विषय, घटक आणी समस्यांकडे लक्ष बेधून त्याबद्दल जागरुकता निर्माण करणे आणि महत्त्वाच्या बार्बोविषयी 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 रिस्टॉरशन अशी आहे.

हेच निमित्त साधून गोदावरी अभियांत्रिकी महाविद्यालयात यंत्र विभाग, विद्युत विभाग आणि पॉलिटे क्निक विभाग यांच्या माध्यमातुन वेगवेगळ्या संकल्पनेच्या आधारे जागतिक पर्यावरण दिन ५ जुन रोजी उत्साहात साजरा करण्यात आला.

यंत्र विभागामार्फत मेकॅनिकल इंजि.स्टुडंट असो.च्यावतीने जागतिक पर्यावरण दिन गुगल मिटच्या माध्यमातुन व्हर्चुअली साजरा करण्यात आला. या कार्यक्रमात जवळपास ११० विद्यार्थी उपस्थीत होते. यात विद्यार्थ्यांनी सादरीकरणाच्या माध्यमातुन जागतिक पर्यावरण दिनाचे महत्व विशद केले यंत्र विभाग प्रमुख प्रा.तुषार कोळी यांनी असेच उपक्रम विद्यार्थ्यांच्या माध्यमातुन नियमित राबविण्यासाठी आवाहन केले. जेणेकरुन विद्यार्थ्यांचे संवाद व सादरीकरण कौशल्य वाढीस लागेल. प्राचार्य डॉ.विजय एच पाटील यांनी कार्यक्रमाबद्दल विद्यार्थ्यांचे कौत्क करुन जागतिक पर्यावरण दिनाबद्दल सखाल 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 प्रश्नमंजुषा स्पर्धा घेण्यात आली. त्यामध्ये पॉलिटेक्निक महाविद्यालयाने राज्यस्तरीय टेक्निकल कीझ कॉम्पीटीशनचे आयोजन केले होते. ही स्पर्धा सर्व तंत्रनिकेतनच्या सर्व शाखांच्या विद्याथ्याँ साठी वेण्यात आली. या स्पर्धे मध्ये ७०० ज्यावर विद्यार्थांनी सहभाग नोंदविला तसेच प्रश्नमंजुषेनंतर विद्याध्याँना ई – सर्टिफिकीटचे वाटा अराम्बार आले. या सर्वात आले. यश स्वीते साठी

पाँ लिटे किनक चे

प्रा.जुनेरिया शेख, प्रा.शुभम राठोड यांनी परिश्रम घेतले. त्यांना पॉलिटेक्निकचे समन्वयक प्रा.दिपक झांबरे, प्रा.कैलास मखिजा यांचे सहकार्यलाभले.

तसेच अभियांत्रिकीच्या विद्युत विभागामार्फं त इले क्ट्रिकल इंजि.स्टुडंट असोसिएशनतर्फे घेण्यात आलेल्या प्रश्नमंजुषा स्पर्धे शेकडो



गोदावरी निर्संग महाविद्यालयातील सामुदायिक आरोग्य निर्संग विभागाने प्रशासकीय अधिकारी प्रविण कोल्हे यांच्या मार्गदर्गनायाली जागतिक पर्यावरण दिन साजरा केला. यांवेळी प्रा.सांविजी सिंग ह्यांनी पर्यावरणाचे महत्वाचे विशय केले.

विद्यार्थ्यांनी सहभाग नोंदविला. यशस्वीतेसाठी प्रा.कोमल इंगळे यांच्यासह प्राध्यापकांनी सहकार्यं केले. विभागप्रमुख पा.अतुल बन्हाटे यांनी मार्गदर्शन केले. यांवेळी प्राचार्य डॉ.विजय एच पाटील, उपप्राचार्य प्रा.प्रविण फालक, ॲकेडिमिक डीन प्रा.हेमंत इंगळे यांच्यासह प्राध्यापक वृंद उपस्थीत होते.

Tree Plantation 2021-22

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

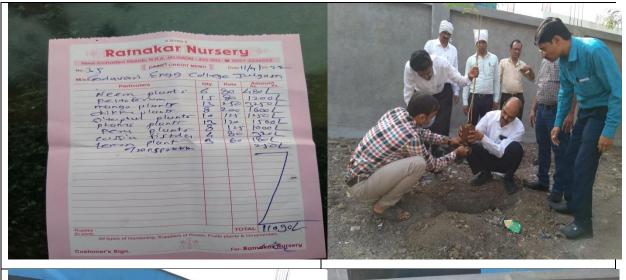
Engineering staff & student participated in the plantation event mentioned above held on 11/04/2022.

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.

YEAR	NUBMER OF TREES PLANTED
2016-17	116
2017-18	16
2018-19	25
2019-20	20
2020-21	00
2021-22	80



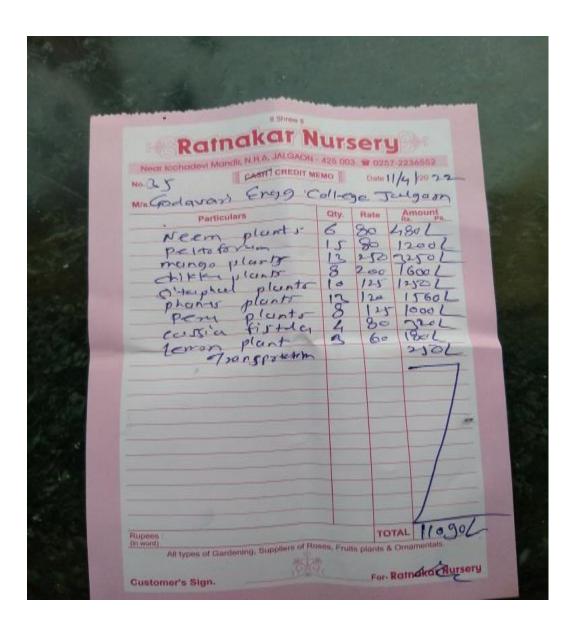












Tree Plantation 2022-23

Date: 08/08/2022

Engineering staff & student participated in the plantation event mentioned above held on 8/08/2022.

Committee Members: All Faculties. **Total No. of Participant: 60**

YEAR	NUBMER OF TREES PLANTED
2016-17	116
2017-18	16
2018-19	25
2019-20	20
2020-21	00
2021-22	80
2022-23	110









