

## 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

### **Some Pics of Regular Yoga Sessions**



Yoga Session Conducted by Prof. Atul Barhate







Yoga Session Conducted by Prof. M. N. Patil





🌸🌺🌻🌼 on 21<sup>st</sup> June 2023 #International Yoga Day  
celebration at #GF'S #Godavari College of #Engi-  
neering Jalgaon. 🌸🌺🌻🌼













## Program on Fit India

**On 29/08/2023**

Objectives	To spread awareness on fitness and various physical activities that promote fitness through focused campaigns
Benefits in terms of learning/skill/knowledge development	To promote fitness as easy, fun and free.
Program Coordinator (S)	Prof. A.D.Vishwakarma
Start Date: 29/08/2023 End Date: 29/08/2023	Time: 10.00 am onwards
Total Duration of Activity in Hrs.	1 hrs
Schedule:	10.00 am onwards college campus
Mode of Conduct:	Offline
Speaker: Prof.Atul Barate	Topic: Pledge of FIT India was taken by students and YOGA was conducted.
Speaker Profile:	Assistant Professor of Godavari College of Engineering, Jalgaon.
Key Learning and Take-Away:	To make our body fit



No. of Students Participants:	Students – 39
No. of Faculties Participants:	Faculty –04
No. of External Participants:	Nil
Total Expenditure:	Nil
Photograph:	Photographs attached
Facebook URL:	
Video URL:	





### Program on Unity Run on 31/10/2023

Objectives	National Unity Day seeks to promote social and community service initiatives.
Benefits in terms of learning/skill/knowledge development	Unity is the strength
Program Coordinator (S)	Prof. A.D.Vishwakarma
Start Date: 31/10/2023 End Date: 31/10/2023	Time: 8.30 am onwards
Total Duration of Activity in Hrs.	1 hrs
Schedule:	8.30 am onwards MIDC Jalgaon



Mode of Conduct:	Offline
Speaker:	Topic: Unity Run was conducted.
Speaker Profile:	
Key Learning and Take-Away:	To celebrate this occasion which <i>signifies peace and harmony among the fellow citizens of the country</i>
No. of Students Participants:	Students – 79
No. of Faculties Participants:	Faculty –32
No. of External Participants:	Nil
Total Expenditure:	Nil
Photograph:	Photographs attached
Facebook URL:	
Video URL:	









## 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.

GF'S GCOE Celebrating [#Republic Day](#) and [#Environmental #Consciousness](#) with [#tree #plantation!](#)

Number of Trees planted 30

🌸 The vibrant campus of [#GF'S #GCOE](#) Jalgaon, witnessed a heartwarming [#tree #plantation](#) drive on 26<sup>th</sup> Jan 2024, lead by our dynamic [#girl students](#) of first year Engineering. With shovels in hand and smiles on their faces, our future engineers actively dug, planted, and nurtured various saplings, promising a greener future for the college. This beautiful act of greening our campus wasn't just about planting trees; it was about planting hope, fostering a sense of environmental stewardship, and celebrating the spirit of our Republic. The event saw enthusiastic participation from the Hon. President of Godavari Foundation [#Dr Ulhas Patil](#) sir, the Hon. Secretary, [#Dr Varsha Patil](#) ma'am, our esteemed Principal, [#Dr. #VijayKumar Patil](#), and all the Heads of Departments, along with all deans of the college. 🌸









30 January 2024

Number of Trees planted 38









### Program on Importance of tree plantation in Jal Jagruti Abhiyan

Objectives	Jal Jeevan Mission is to assist, empower and facilitate: States/ UTs in planning of participatory rural water supply strategy for ensuring potable drinking water security on long-term basis to every rural household and public institution, with tree plantation
Benefits in terms of learning/skill/knowledge development	To create awareness of Water Saving
Program Coordinator (S)	Prof. A.D.Vishwakarma
Start Date: 21/03/2024 End Date: 21/03/2024	Time: 10.00 am onwards
Total Duration of Activity in Hrs.	4 hrs
Schedule:	10.00 am onwards at Manyar kheda
Mode of Conduct:	Offline
Speaker:	Topic:
Speaker Profile:	
Key Learning and Take-Away:	To save water
No. of Students Participants:	Students – 43
No. of Faculties Participants:	Faculty – Nil
No. of External Participants:	Nil
Total Expenditure:	Nil
Photograph:	Photographs attached
Facebook URL:	
Video URL:	





