



Nijampur-Jaitane Shikshan Prasarak Mandal's  
**Adarsh College of Arts**  
Nijampur-Jaitane-424305, Tal-Sakri, Dist-Dhule  
NAAC Reaccredited

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## 7.2 Best Practices

### 7.2.1 – Describe at least two institutional best practices

#### Best Practices of the institution 2019-20

##### Title of the First Best Practice Personality Development of Yuwati

#### 1. Objectives

- To empower the girls through guidance, lectures and Personality Development of Yuwati Seminars.
- To make the girls competent in their life.
- To bring the hilly and tribal girls into the mainstream of education.
- To acquaint girls to quality education.
- To inculcate leadership qualities among the hilly and tribal girls.
- To develop digital Literacy skills among the girls and women of hilly and tribal girls.

#### 2. The Context

- The college is situated in hilly area. The girls come to college from hilly and tribal area. They do not get adequate facilities of education. They are not willing to complete education due to financial and social situation. They get married early and leave their higher education incomplete. These are the challenges for higher education of girls. The college organized one day national workshop on *Digital Literacy for*

**Women Empowerment** on 28 December 2019. The college established 'Yuwati Sabha' to empower the girls. 'Yuwati Sabha' organizes various activities to empower the girls in every academic year. The planning of girls activities are systematically and effectively implemented throughout the academic year. To empower girls has become the mission of college. The college also aims to empowering rural, hilly and tribal women.

### 3. The Practice

**Every Year the college arranges various types of activities and programmes to empower the girls.**

- i. Gender Sensitization lecture for inculcating equality among girls and boys.
- ii. Hygiene awareness lectures are organized to make them health conscious.
- iii. Legal awareness lecture is arranged to make them know about their rights and responsibilities. The lecture is delivered by an expert of Law on various issues of women.
- iv. Career guidance is arranged for girls. This lecture introduces various career options to them. It offers guidance on different examinations.
- v. The lecture on 'Beti Bachhav Beti Padhav' is organized to create awareness about the importance of girl child. The birth rate of girls child is deteriorating tremendously. This lecture will help in increasing birth rate of girl child.
- vi. The programme on Digital Literacy is organized to know more about computer.
- vii. The Digital Literacy Certificate Training programme organized for the students
- viii. Organized Rangoli competition and Poster presentation
- ix. Innovative research ideas are presented in Avishkar Competition
- x. Developed research writing skill, Essay writing skill and presentation skill
- xi. Digital skills and physical as well as mental fitness programmed are organized.

#### • Seminars

1. The college conducted seminars on Yuwati Personality Development on 31 January 2020 in collaboration with Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon
2. The college organized one day national level workshop on *Digital Literacy for*

*Women Empowerment* on 28 December 2019 in collaboration with Maharashtra State Commission for Women, Mumbai.

### **Seminar Organized on Yuwati Personality Development**

<b>Sr.No</b>	<b>Academic Year</b>	<b>Organized Seminar</b>	<b>Date &amp; Place</b>
1.	2016-2017	University Level Seminar on Personality Development of Yuwati	20/09/2017
2.	2017-2018	University Level Seminar on Personality Development of Yuwati	04/10/2017
3.	2018-2019	University Level Seminar on Personality Development of Yuwati	05/01/2019
4.	2018-2019	National Level Seminar on Gender Equality and Women Empowerment	20/10/2018
5.	2019-2020	University Level Seminar on Personality Development of Yuwati	31/01/2020
6.	2019-2020	National Level Workshop on Digital Literacy for Women Empowerment	28/12/2019

- **Essay Competition, Debate and Elocution Competition**

Miss.Ashvini Jadhav (SYBA) obtained first district level prize on Gandhi's Thoughts in essay competition. Our students actively participated in essay, debate and elocution competition organized by other colleges affiliated to KBCNMU, Jalgaon. Two girls participated and one girls students won the consolation prize in University level Essay Competition organized by the G.T.P.College, Nandurbar

- **World Women Day**

World Women Day is celebrated every year. The programme is organized on "**Mazi Aai Majhe Mahavidyalaya**" to involve the students' mother. It discusses equality between men and women, legal issues, facilities provided in college.

- **Rangoli Competition on Save Girls Child**

Rangoli competition is organizes every year to improve the performance of girls and develop their extraordinary skills on.

- **Beti Bachhav Beti Padhav Abhiyan**

The college organizes programme on 'Beti Bachhav Beti Padhav' every year in adopted village Titane, Tal-Sakri for generating awareness on save girls child and educating them.

- **Research Competition**

The students should have to develop their writing and research skills that is why

research competition started under the title of Rukhmini-Narayan Bedse during this academic year.

- **Our college girls students have been participated in Avishkar Competition**

- **Workshop on Sexual Harassment at Workplace**

1. College organized one day workshop on Sexual Harassment at Workplace on 26 February, 2017 sponsored Maharashtra State Commission for Women, Mumbai, Maharashtra
2. College organized one day workshop on Sexual Harassment at Workplace on 05 February, 2019

- **Swayam Siddha Shibir**

Swayam Siddha Shibir is organized for girls in every academic year. It is Karate training to girls. It teaches different techniques of self-protection. It removes the fear of insecurity of girls and empowers them physically. This training gives them confidence of moving around the World without fear.

Sr.No	Academic Year	Organized Shibir	Date & Place
1.	2016-2017	Swyamsidha Shibir for Empowering Girls(Karate Shibir)	15/02/2017 to 22/02/2017
2.	2017-2018	Swyamsidha Shibir for Empowering Girls(Karate Shibir)	15/02/2018 to 22/02/2018
3.	2018-2019	Swyamsidha Shibir for Empowering Girls(Karate Shibir)	22/01/2019 to 30/01/2019
4.	2019-2020	Swyamsidha Shibir for Empowering Girls(Karate Shibir)	17/10/2019 to 24/10/2019

- **Limitation**

The families are from rural and tribal areas that is why counseling, encouraging and motivating in regular interval to the students' parents to participating all types of academic activities. Thus the college overcomes the limitations and constraints.

#### 4. Evidence of Success

The college has successfully conducted the activities of empowerment of Yuwati. The huge response is achieved by the college from society. This is social support for the activity. The activities are supported by society, institute and

university. The rallies and programme on '*Beti Bachhav Beti Padhavo*' are also organized by college. The rallies are joined by high school and junior college girls. The college attempts for equality of women. Equal opportunity is given by college to girls in academic and extra-curricular activities. The college prepares report every year and submits it to the Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon. The report and activities are appreciated by the experts on different occasions.

Maharashtra State Commission for Women, Mumbai sponsored and our college organized one day national level workshop on *Digital Literacy for Women Empowerment* held on 28 December 2019. There were 310 participants registered and attended for this workshop.

Empowerment of girls and women is the best activity of our college. There is one lady teacher in our college. Now, the girls feel secure and confident and they conduct the activities from beginning to the end. This activity has become our strength. The girls have been participated in Avishkar competition and four girls have been selected for the university level Avishkar competition. One girl student of our college to participated and published the research paper in International Peer Reviewed journal and won the prize with certificate under the title of Rukhmini-Narayan Bedse.

## **5. Problems Encountered and Resources Required**

The college imparts education in hilly area. The girls hesitate to continue their higher education. They are very shy. They are not outspoken. A lot of training in communication skills, soft skills and employability skills is imperative. These girls are empowered through different activities. Our Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon always offers financial support to our college empower activities of our college.

## **Title of Second Best Practice**

### **Developing Research Culture Initiatives**

#### **1. Objectives**

- Research is significant activity in college during this academic year to promote high quality research.
- To develop research culture among students and teaching and non-teaching staff
- To encourage the teachers towards the proactive research culture
- To create interest among teachers to foster an effective research
- To develop good research practices and embeds a culture of research integrity

#### **2. The Context**

Research enhances the quality of teaching learning process. It contributes to the body of knowledge. It benefits the stakeholders. The innovative areas of research are explored. The teachers explore new areas and present papers and publish them. The students also make presentation of their innovative ideas.

#### **3. The Practice**

##### **1) Organized Seminars, Conferences and Workshops**

Maharashtra State Commission for Women, Mumbai, sponsored one day national level seminar on *Digital Literacy for Women Empowerment* held on 28 December 2019. Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon sponsored One day state level seminar on Confidence Building and Interview Techniques held on 11 February 2020 and one day university level seminar on *Personality Development of Yuwati* 31 January 2020.

##### **2) Ph.D. Registration/ Completed/ Awarded/Ongoing**

Our college teachers have been studying of research actively. There were seven teachers have been awarded Ph.D. in their respective subjects. Our one teacher has been awarded Ph.D. in their respective subjects during this year. One teacher have completed Ph.D. and submitted to KBCNMU, Jalgaon. Three teachers have been ongoing Ph.D. in their subjects.

### **3) Research Project**

Our College one teacher submitted their research proposal to (IMPRESS) Indian Council of Social Science Research (ICSSR) New Delhi. Our college Principal Dr.Ashok Pitambar Khairnar is completed of research proposal on Minor Research Project on “A Socio-linguistic Study of the Bhilori Dialect (the Dialect of the Bhils- a Tribal Community) in Nandurbar District of Maharashtra” has been selected by Indian Council of Social Science Research, New Delhi. Submitted three research proposal under VCRMS sponsored by the Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon.

### **4) Participation in Avishkar**

Seven teachers and thirteen students of our college participated and presented their innovative research work through Poster Presentation in District level Avishkar Competition at S.G.Patil Arts, Commerce and Science College, Sakri organized by Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon. Four students and three teachers have been selected for university level Avishkar Competition at Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon.

### **5) Publication of Research Papers**

More than 15 research papers have been published in UGC listed Peer Reviewed national and international journals with good impact factor and several research articles have been published in state, national and international level seminars and conferences proceeding during this academic year.

### **6) Ph.D. Guides**

Prin.Dr.A.P.Khairnar is a research guide in English. Six students have been awarded Ph.D in English. One student is submitted and two students are ongoing Ph.D thesis at Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon.

Another faculty member Dr.S.L.Jadhav is a research guide in sociology. Five students have been working under his guidance for Ph.D and two students have been awarded Ph.D thesis from Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon.

Their research students come to college for research guidance and make their presentation of the research work time to time.

#### **7) Survey**

- Our college students of NSS unit conducted Social Survey of tribal padas at Titane situated in Sakri Taluka.

#### **8) Paper Presentation of Research Papers**

Our college teachers have participated actively in national and international level conference and seminars. They also published and presented of their research paper.

#### **9) Research Articles of Students**

- Students of college are encouraged and motivated for writing the research articles. Their creativity is being published in the college *Dyandeeep* Magazine 2019-20.
- One research paper published on '**Effect of Skipping on VO<sub>2</sub> Max among Females in Rural Area**' in **International Peer Reviewed Journal of Physiology, Nutrition and Physical Education (Vol.4, Issue No.2 and Page No.570-573)** by the student Ku.Ashwini Avinash Jadhav under the title of Rukhmini-Narayan Bedse.
- There are 'Special Students' Corner at the notice board for exposing students literacy talent, good thoughts, motivational lines and their newspaper cutting of published article are shown to other students.

#### **10) Library as a Resource Centre**

Our college library has enough information resources in the form of latest reference books and journals. These resources enable researcher for literature reviews and thesis writing. In this context library has 6893 books, 15 journals as well as periodicals, N-list E-resources access facility, Downloaded E-books and E-journals access, access through DOAJ, DOAB and Shodhganga for the purpose of research use. The library remains open from 7.30 to 5.00 p.m. OPAC service and Internet with Wi-Fi facilities are provided to users to complete their research writing work.



#### 11) Research Lectures and Workshops

College organizes expert lectures of various research level topics for students, teachers and alumni.

#### 12) External and Internal Referee

Prin.Dr.A.P.Khairnar has worked as External and Internal Referee a number of times

#### 4. Evidence of Success

- Developed presentation skills
- Developed research work skills
- Improving and Enhancing research culture
- IQAC organized one day national level workshop on Digital Literacy for Women Empowerment on 28 December 2019
- Completed one Minor Research Project and Submitted three research proposal under VCRMS sponsored by the Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon.
- Participated and Poster Presentation in District Level and University Level Competition in Avishkar organized by KBCNMU, Jalgaon
- Sixteen books are published during 2006 to June 2019 by the college and college teachers.
- Fifteen research papers published with good Impact Factor at national and international peer reviewed journals
- Several research articles presented and published in conference proceeding at national and international level

#### 5. Problems Encountered

- Lack of research environment
- Inadequate research facilities
- Research Awareness problem
- Inadequate Availability of grants
- Delay published or rejected research papers in quality related open access journals



A handwritten signature in blue ink, appearing to read "Ashok".

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