



UGC Honoured
College With Potential For Excellence

Shri Shivaji Vidya Prasarak Sanstha's
**Late Karmveer Dr.P.R.Ghogrey
Science College, Dhule (M.S.)**

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Outward No :

Date :

BEST PRACTICE 1

Title of the practice: National online three-day workshop on **Yoga approach to Boost Immunity and Personality**

Objective: To make aware of importance of Yoga in daily life and to increase body immunity to remain healthy in Covid Pandemic situation.

Context: Yuvati Sabha committee under Student welfare unit organized three days online National Workshop during 8-10 May 2021 focusing with interactive practical tutorial to give knowledge of Yogic practices to society. Every women generally faces various health issues in her life during Puberty, Pregnancy and Menopause. Proper Yoga and Diet helps to remain healthy and stress free not only in such hormonal issues but also in general fitness during Covid pandemic.

Practice: On first day 8 May Yoga science teacher Mrs. Sangita Patil from Nashik guided on topic **four phases of women life and Yoga Abhyaas**. She taught Suryanamaskara which is ideal yoga for general health and to solve many incoming problems she also focused that Personality comprises both body and mind so Panchkosha shuddhi is also important.

On second day 9 May on the topic **Know Yourself** Priyanka Barhate from Jalgaon commented that every women is powerful if she identify that universal energy flows through every women. She can use this energy not only for betterment of her family but also for society. Learning from history that ancient women were strong, India also has history of powerful women.

On third day 10 May Dist.President of Patanjali Yog samiti Dhule Dr.Rajendra Nikumbh interacted on **Covid 19 and Yoga Naturopathy Ayurveda** with Practical tutorial of Shuddhikriya, Jalneti, different types of Pranayama for to keep better lung and respiratory health, Yama Niyama, Diet and Aurveda to keep ourselves fit during covid and post covid crisis.

Evidence of success: National level Workshop with huge response of 810 participants registered from Maharashtra, Madhya Pradesh, UttarPradesh, Delhi, Dehradun, Panjab, Karnataka, Gujarat, Rajasthan, Chennai, Kerala, Himachal Pradesh, Uttarakhand, Jharkhand and Andrapradesh. Certificates were given to Participants.

Best Practice-2

Title of the Practice: Tree Plantation and Nurture

Objective: In pandemic situation of Covid-19 helping the society by giving our small contribution.

Context: When the pandemic situation raised due to Covid-19 in March 2020 and everyone was home quarantined except the few corona warriors. In this pandemic number of corona patients

passed away due to insufficient supply of oxygen cylinders. Department of Mathematics of Dr. P. R. Ghogrey Science College, Dhule formed a whatsapp group for ex-students and held discussions about their small contribution in helping society in this situation. The idea of Tree Plantation and Nurturing them came into existence and every member agreed with this and work started from home.

Practice: This idea was also adopted by regular students and the extent of our task increased. Responses from all regular and ex-students for this idea was overwhelming. More than 1000 trees like Banyan, Peepal, Neem, and Mango etc. were planted by regular students, ex students, staff and other professionals. As our students are from almost every part of the North Maharashtra University, Jalgaon and beyond, trees were planted in almost every part of the University (i.e. Muktainagar to Navapur/Akkalkuwa (E-W) and from Malegaon to Khetia (N-S)).

Some trees are planted outside the university area too. We not only did plantation but also our focus was on taking proper care of plants till they transform into full grown trees. Now all these trees are growing and in good conditions. In the year 2021, the program is continued and more plants are planted. In the current year 2022, we are taking efforts to continue our mission and at in the beginning about 50 more trees are planted. Our small activity which started back in 2020 has now transformed into an active movement with people from various background willing to contribute. Here are some previous and current status of trees along with their caretaker for the year 2020-2021.

Evidence of Success: As our students are from almost every part of the North Maharashtra University, Jalgaon and beyond, trees were planted in almost every part of the University (i.e. Muktainagar to Navapur/Akkalkuwa (E-W) and from Malegaon to Khetia (N-S)). Our small activity which started back in 2020 has now transformed into an active movement with people from various background willing to contribute. Here are some previous and current status of trees along with their caretaker for the year 2020-2021.