

Sheth T.J.Education Society's

Sheth N.K.T.T College of Commerce and Sheth J.T.T College of Arts, Thane

IQAC

Two best practices (2019-20)-

1. Nurturing & fostering female students of the college
2. NKTT Yoga and Meditation

Best Practice - 1

1. Title of Practice -

“Nurturing and fostering female students of the college”

2. Objectives of Practice -

- To achieve gender equality.
- To create gender sensitization through curricular and extra-curricular activities.
- To foster women empowerment through workshops, surveys and training programme
- To provide hands on training in Self-defence to girls for protecting themselves.
- To build self esteem among the girl students .
- To empower girl students through confidence building in them.
- To create leadership quality amongst girl students for their career advancement.
- To encourage girl students belonging to weaker sections of the society.
- To enable girl students to cope up with any difficulties that may arise in their lives.

3. The Context -

India ranks low in terms of Gender Development Index and Gender Empowerment Index. The literacy rate among women is also very low in India both in urban and rural areas as compared with developed nations. Our country is marching towards the path of development. Still women in India are suffering from a number of constraints in the form of gender inequality, domestic violence, secondary treatment etc. However due to increasing literacy rate, equal treatment to the girl child and growing trend towards girls' education is observed. The number of female students enrolled for the undergraduate courses have been consistently higher and increasing than the male students in the college .The conducive college environment plays a very important role in overall personality development of female students. Hence the need was identified to foster and nurture the female students of the college.



4. **The Practice** - To nurture and foster female students of the college following activities were conducted by the college:

- The Women Development Cell of the college conducted the following activities:
 - To inculcate entrepreneurial skills among girls, WDC conducted a Flower making workshop in JeevanSamvardhan Foundation (MatruchhayaGurukul), Thane.
 - 30 Hours certificate course on “Gender Sensitization” in collaboration with Bhartiya Stree Shakti (BSS) - A NGO for women empowerment was successfully conducted.90 girls participated in the same.
 - To empower females WDC in association with Vishakha committee and Wings organization organized a Self-defence workshop.
- The college Gymkhana committee has encouraged the girls to participate at several competitions held at university level as well as at state levels and equipped.
- A separate gymnasium is set up by the college for female students.
- DLLE has selected the project topic on “Status of Women in Society (SWS)” for creating awareness among students about women related issues in Indian society.
- The various departments and committees of college encouraged the girls to participate in various intra and inter-collegiate events.
- Female Students act as representatives for administrative work in various committees such as IQAC,DLLE, Career Guidance and Placement Cell (CGPC), Economics club, Book Wizard club & Women Development Cell (WDC) to inculcate leadership qualities among them..

5. **Evidence of Success** -

- 25 girls participated in Flower making workshop in JeevanSamvardhan Foundation, Thane.
- 90 girl students successfully completed the certificate course on “Gender Sensitization”.
- Nearly 66 students participated in Self-defence workshop.
- College women’s team formed by College Gymkhana participated in Underarm Box Cricket Competition held at Shirdi organized by Underarm Cricket Association of India and achieved 1st Position
- Ms.Sheetal Mishra has been selected for Maharashtra Team Tug of War Competition held at Agra.
- The College girl students have achieved following prizes organized by University of Mumbai:
 - 3rd position in Tug of War Competition .
 - 4th position in Ascending & Descending women’s Team.
- The College girl students have achieved following prizes organized by various Associations in State Level:-
 - 1st Position in Tug of war competition U -19 Girls team.
 - 1st Position in Underarm Box Cricket competition Girls team.
- Ms. Asmita Shenoy (TYBMS) and Ms. Payal Agarwal (TYBCom) represented the college in association with makeintern.com at IIM Bangalore for inter-collegiate business plan competition.



- Ms. Kirti Tarade from SYBCom has won 08 intercollegiate events out of the 16 that she participated in.
- College girls' student group won First prize in Group Folk Dance at Zonal Round in Youth festival organized by University of Mumbai.

6. Problems Encountered -

Number of times prejudices, wrong beliefs about many things such as social issues among girls, lack of family support prove as a hindrance in female participation. With changing lifestyle females are suffering from various health issues which are the constraints in their development. Due to social stigma in society, girl students do not show interest in various activities conducted for them in the college.

Resources Required:

- Sufficient number of trained personnel.
- Financial assistance.

Best Practice - 2

1. Title of Practice -

“NKTT Yoga and Meditation”

2. Objectives of Practice -

- To improve concentration among college students.
- To improve students' mental and physical well-being.
- To help weight management of the students.
- To increase sharpness of the brain of the students.
- To improve flexibility of the body of the students.
- To increase muscle strength of the students.
- To reduce increasing stress among students.
- To help students to fight against addictions if any through meditation.
- To promote emotional health of the students.
- To improve performance related to sports and any other activity.
- To create a greater sense of self-awareness among students.

3. The Context –

Increasing mental and physical stress is one of the very important issues found in today's young generation. Due to this increasing stress students are suffering from different health issues which resulted in obstacles in their mental and physical development. Sometimes due to uncontrolled stress students' move towards unethical things like drug



addiction, suicides etc. Yoga and meditation can help to improve a person's mental and physical well-being. However yoga and meditation can also help students to control their weight and to increase muscle strength. Yoga and meditation can improve the performance of the students in curricular as well as extracurricular activities. By assuming all these benefits of Yoga and meditation college has taken the initiative to start this practice on an experimental basis, but with the support of teachers and students , 'NKTT Yoga and Meditation' is considered as one of the best practices of the Institution.

4. The Practice -

- The IQAC of the college has taken the initiative to start "NKTT Yoga and Meditation". Under this-
 - Every teacher has been asked to conduct Yoga and Meditation Session on every Saturday, 10 minutes before the 1st lecture.
 - Students started practicing this activity on every Saturday in both the semesters.
 - Students also shared some workout tricks and Yoga Asanas with the fellow students.
 - Attendance and feedback form of these sessions is being collected by the respective teachers.
- International Yoga Day is also celebrated every year with a large number of students actively participating in it.

5. Evidence of Success -

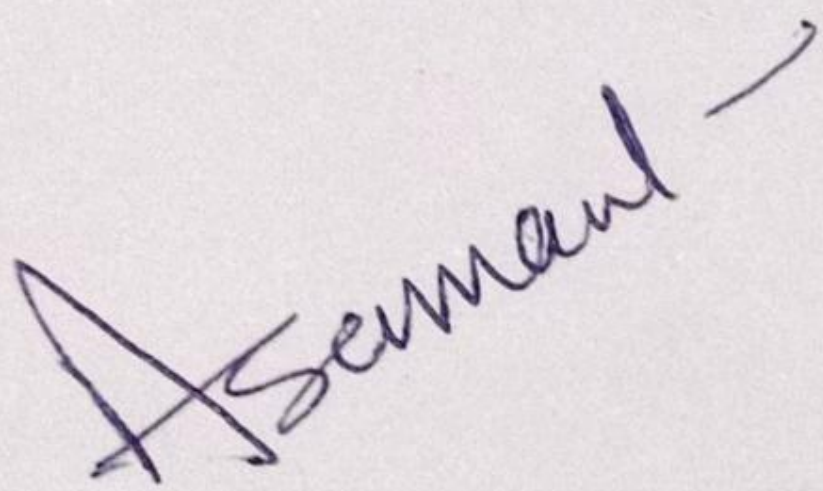
- College has taken this initiative for all about 'finding yourself' – and it means to figure out who you are? What do you stand for? How do you identify as an individual? etc.
- As reported by concerned teachers on the basis of Feedback analysis, we found a significant increase in the concentration power of students.
- They started participating actively in the sessions.
- Mental and Emotional benefits were observed in some of the students as reported by concerned teachers.
- Yoga creates a space to cultivate willpower, which helps to overpower the negative chatters in their heads and helps them to boost positivity.
- Gradually the number of students attending lectures has increased due to the initiative of Yoga.
- Teachers also experience positive vibes in them as well as in students due to meditation and Yoga.
- Number of students reported that they came out from some family stress, exam stress etc. due to this practice.
- Gradually students also shared some new exercises and started taking Interest in the same.
- Different exercises like Laughter therapy, eye Exercise, meditation, head and shoulder exercise were practiced.



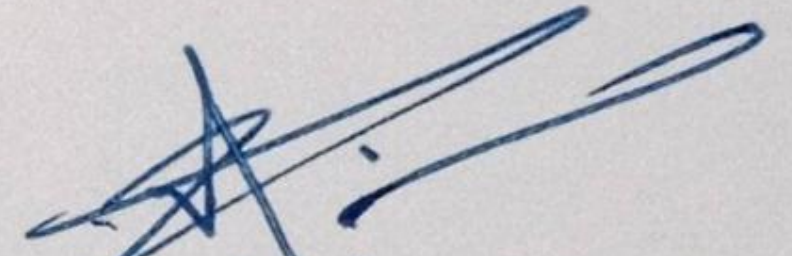
6. Problems Encountered –

- The Yoga and meditation sessions were conducted in class rooms itself. So infrastructural constraints was faced during the sessions.
- All the sessions were conducted by the teachers with the help of Students.
- These sessions were conducted only for 10 minutes in the first lecture of every Saturday. However time limit is also one of the very important problems encountered.

Resources Required : Sufficient number of trained personnel.



Dr. Arti Samant
IQAC Coordinator



Dr. Dilip Patil
Principal