



Bharat Shikshan Sanstha's

Shri Chhatrapati Shivaji College Omerga

'CPE' Status by UGC and ISO:9001-2008 certified college

Affiliated to Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

INTERNAL QUALITY ASSURNACE CELL (IQAC)

BEST PRACTICES – 01

Academic Year 2019-20

TITLE – Yoga Center

Objectives:

Yoga education help the student to develop the physical and mental health and the overall personality through the integration of their physical, mental and spiritual needs so that the students can become healthier, saner and more integrated part of the society and of the nation. Yoga education helps in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness among the graduate students. Aims and objectives of Yoga Center are:

- 1) To enable the student and the staff of the college to have good health.
- 2) To practice mental health and hygiene through Yoga and Pranayama.
- 3) To develop spiritual and emotional stability to study better.
- 4) To rejuvenate, integrate and imbibe moral values.
- 5) To attain higher level of consciousness to concentrate on the studies.

The Context:

To establish the Yoga center was a challenge in the sense aggressive physical exercise is now become the trend in youth to develop showy muscles. We discussed with the academic peers on how to develop the center, how to propagate this idea in the young minds. How the faculties can be motivated along with students. After the through discussion on the various aspects with

academic peers it was decided that the Yoga center along with Oxygen Park would be set up in the Botanical Garden of the college.

The working Pattern:

The working pattern of the Yoga Center is as under -

First - To make awareness about the Yoga Center and Oxygen Park established in the Botanical Garden among the students and staff of the college through Notices and Seminars.

Second - Registration of the students and faculties of the college and creation of batches for smooth function of the center.

Third – To make available the schedule / timetable to attend the classes in the morning, afternoon and evening sessions.

The Practices:

The Yoga Center has been conducting various activities since 2019 such as

1. Regular Classes in the Yoga Center under the supervision of Experts in Yoga.
2. Organizing district/ state level Yoga Competitions.
3. Lectures on Yoga and Naturopathy by eminent yoga teachers from Patanjali.
4. Felicitation of the students those who achieved excellence in Yoga.
5. Motivating the Local people to take the benefit of the Oxygen Park to carry out their Morning Walk, yoga activities in the park.

Evidence of the Success

Academicians for the peripheral colleges viz. Principals, Academic Peers, HOD,s Teachers are visited frequently to our Yoga center and Oxygen Park. As our college situated in the middle of the city, most of the joggers prefers to walk in the ground present in the campus of the college. These people are mostly benefitted by the Yoga Center and Oxygen Park.

Student Benefit

- Students have acquire skills to deal with problems they faces at the physical, psychological and spiritual levels of their personality. Counseling helps them to recreate the things.
- Students get acquainted with Yoga; by attending a short introductory course on Yoga. This helped them to understand the special needs of practicing Yoga.
- The course of Yoga for the student should be well formulated in terms of contents, aptness and graded.

Social Benefit

- Yoga center have enhance the activities of the joggers and Morning walker in the campus. Because of Yoga techniques taught to general public they have improved attention in better stamina & co-ordination for their day to day activities and balanced attitude for social activity.
- Yoga education have provided a calm and quiet place to practice the yogasana by maintain proper atmosphere.
- Yoga center have created better public image of the college due to organization of various online/ offline seminars and competitions.

Major Achievement

The major achievements of Yoga Center are

- The Students, especially girls are benefited with mental as well as physical fitness
- Two girls students got the trained teacher certificate form the Ayush Mantralaya
- Common people got the benefit of YOGA

Problems encountered and Resources Required:

Along with the above achievement of Commerce Research Lab the following problems were encountered

- Students in the afternoon session are not wholeheartedly willing to learn and practice yogasana.
- Most of the teaching faculties were engaged in the teaching assignments, were not able to join the classes.
- Yoga teaching faculties were not available all the time as they are also having other assignments.

Contact Detail

The Principal

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INTERNAL QUALITY ASSURNACE CELL (IQAC)

BEST PRACTICES – 02

Academic Year 2019-20

TITLE – Green Initiative Survey

Objectives:

Green Initiative Survey (PGIS) can be defined as systematic identification, quantification, recording, reporting and analysis of environmentally affecting parameters. This Survey undertaken to analyses eco-friendly or destructive practices in and outside the college campus, which will have directly impact on the productive ambience. It was initiated with the motive of inspecting the work conducted within the organizations whose exercises can cause risk to the health of inhabitants and the environment. Through survey, one gets a direction as how to improve the situation in the campus.

The main objective of the green survey is to promote the Environment Conservation, protection and Management in the College premises. The purpose of the survey is to identify, quantify, describe and prioritize framework of Environment Sustainability in compliance with the applicable regulations, policies and standards. The main objectives of carrying out Primary Green initiative Survey are:

- To Aware students and staff about Environmental Issues and Concerns.
- To promote Environment Protection, Conservation with Sustainable Approach.
- To establish green initiative framework.

- To cut down the eco destructive mind-set with positive eco-friendly approach.
- To quantify the use of resources such as Water, Electricity, etc. in campus.
- To bring out a status report on environmental compliance with proper management plan.

The Context:

The college has decided to reduce CO₂ emission, Conservative use of Energy and Water, Developing Pollution free campus, thus healthy atmosphere for healthy students. The Green Campus has been active since 2018-19.

The working Pattern:

The working pattern of the Green Initiative is as under -

First- Green initiative committee has been formed to look after the issues and formulate their remedies.

Second- On the basis of suggestions and recommendations, the college administration works on the several aspects of Green Campus including Noise pollution, Soil and Water pollution, Water Conservation, Tree Plantation, Solid Waste Management, Paperless Work, Alternative Energy and Biodiversity Mapping.

Third- Conducting the green audit of the college campus for the study of actual status of the Biodiversity and other environmental factors by the certified agency.

The Practices:

The Green Initiative Program functioning and conducting various activities since 2018 such as-

Air Pollution

- 1) College campus is attached to National highway number 09, and have direct impact on campus life. Carbon monoxide and dust particles are noted as main pollutants.
- 2) Plantation of *Polyalthia longifolia* has been done to prevent direct entrance of polluted dust in to the college campus.
- 3) Though laboratories are protected glass windows, class rooms are open, which may cause direct dust entry into classrooms.

Noise Pollution

- 1) Noise level is well within the recommended limit ie. 50 dB at day time. During programs and Annual gathering it reaches to 80dB.
- 2) Auditorium is equipped with loud speaker system, but if doors are closed no or very less sound interferes the ongoing classroom teaching. Sounds louder than 80dB are strictly prohibited in the campus.

Water Pollution and Conservation

- 1) The study observed that Bore well and Corporation water connection are the two major sources of water in the college campus. Water is stored in surface and overhead tanks for regular use. The water stored is used for drinking purpose, canteen, toilets, laboratory and gardening.
- 2) During the survey, Loss of water is observed by over flow of water from overhead tanks. The data collected from all the departments is examined and verified.
- 3) Gardens are watered by using drip irrigation system to save water. This is one of the unique steps towards greening practices.

Biodiversity Mapping & Tree Plantation

- 1) In the campus vicinity approximately 35 types (species) trees. Various tree plantation programs are being organized during the month of July and August at college campus and surrounding villages through NSS and NCC units.
- 2) This program helps in encouraging eco-friendly environment which provides pure oxygen within the institute and awareness among villagers.
- 3) The plantation program includes various type of indigenous species of ornamental and medicinal wild plant species.
- 4) Plantation is located in front of Administrative Building and around faculty house as Botanical Garden and Oxygen Park.

Energy and Conservation

- 1) Total energy consumption is determined as Approx. 15000 units for the year 2018-19 by major energy consumed by instruments and equipment in the laboratories.

- 2) All the departments and facility centres are equipped with CFL lamps. Campus is equipped with 32 kV Kirloskar Diesel Power Generator as alternative source of Electrical energy.
- 3) Use of Solar water heaters in the Girls Hostel significantly reduces energy burden. Equipment's like Computers are used with power saving mode.
- 4) In science department like Physics, Chemistry, Mathematics, Botany and Zoology electricity was shut down after occupancy time is one of green practices for energy conservation.

Solid Waste Management

- 1) The total solid waste collected in the campus is 17 Kg/day. Waste generation from tree droppings and lawn management is a major solid waste generated in the campus.
- 2) The waste is segregated at source by providing separate dustbins for Bio-degradable and Plastic waste.
- 3) Single sided used papers reused for writing and printing in all departments.
- 4) Very less plastic waste (0.01kg/day) is generated by some departments, office, Girls common room, garden etc. but it is neither categorized at point source nor sent for recycling.
- 5) Metal waste and wooden waste is stored at Scrap rooms. Once collected in sufficient amount, it can be given given to authorized scrap agents for further processing.
- 6) The food waste from main canteen and mess is used or sent for vermicomposting.
- 7) Awareness program among farmers is also conducted in the village nearby.

E-waste management

- 1) E-waste generated in the campus is very less in quantity.
- 2) The cartridges of laser printers are refilled outside the college campus.
- 3) Administration conducts the awareness programmes regarding E-waste Management with the help of various departments.
- 4) The E- waste and defective item from Science departments and computer laboratory is being repaired in time and if not repairable stored properly.
- 5) The institution has decided to contact approved E-waste management and disposal facility in order to dispose E-waste in scientific manner.

Evidence of the Success

Academicians for the peripheral colleges viz. Principals, Academic Pears, HOD,s Teachers are visited frequently to our campus and appreciated the work. Exhaustive Green Initial Survey taken up by the Department of Botany, Shri Chhatrapati Shivaji College, Omerga and Green Audit of the campus is done and issued compliance certificate by the Surya Envirotech, Nagpur recently.

Student Benefit

- Students, teaching and non-teaching staff of the college are the integral part of the task force involved in the pollution free campus.
- Students are actively engaged in Plantation, Weed eradication, Campus cleaning drives through National Service Scheme (NSS), National Cadet Corps (NCC), Red Ribbon Club (RRC), Green Army (GA) and Green Campus Committee activities in the campus.
- Students get pollution free clean air, Sufficient daylight, noise free environment for better study, Clean water and Cool and healthy, oxygenated environment in the Botanical Garden & Oxygen park.

Social Benefit

- Greenery and cleanliness in the campus attracts more joggers, visitors, parents, students from nearby colleges which increases the public image of the college and thus the reputation of the college.
- Activities performed by the various departments are mostly collaborative with local government bodies such as Municipal Corporation, Public / District Health Centers, Panchayat Samitee, Rotary Club and Many more NGOs.
- Clean and green environment is everybody's responsibility, thus people from the town also participate in the college activities.

Major Achievement

The major achievements of Green Initiative Survey are-

- Plantation of the trees in the campus by students and staff of National Service Scheme (NSS), National Cadet Corps (NCC), Red Ribbon Club (RRC), Green Army (GA) and Green Campus Committee.
- Plantation of the trees in the campus by students and staff of National Service Scheme (NSS), National Cadet Corps (NCC) on the road dividers in front of the college.

- Once in a week, “No Vehicle Day” is being arranged to combat with air pollution and lowering down the Carbon credit.
- Tube well/ Bore well ground water table Recharge through implanting the Rainwater Harvesting units in the campus and at homes of staff of the college.
- “One Faculty: One Tree Adoption Scheme” is implemented in the college, where every staff of the college has taken the responsibility of growth and protection of plant planted by him.
- “Green Audit-2021” has been completed and issued a Certificate of Compliance by Surya Envirotech, Nagpur. Recommendations given by them will be implemented in the near future.

Problems encountered and Resources Required:

Along with the above achievement of Green Initiative Survey the following problems were encountered

- Though plantation activity conducted in the campus, it has not been completely protected as Campus has no Compound wall.
- Omerga fall under water scarcity area in the Osmanabad district. Even though we have implemented Rain water harvesting unit, there is scarcity of water in summer.

Contact Detail

The Principal

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BEST PRACTICES – 02

Academic Year 2015-16

TITLE - Alumni Associations Promotion to Literature in Rural Area

Objective:

The Alumni of our college is working since 2002. The alumni association is not registered but it is active. They initiatives in all aspects of the curricular as extracurricular activities with sharing their knowledge and experience. Our region has educational as well as literature awarded region having well-known writer, poet, etc. But the students are not participating and interesting to do in the filed literature. To aware the students about the literature in our local language, the alumni association of our college started various activities to promote Marathi literature. Such as How to Write Poem, Story, Essay. State level Ward is also declared in the field of literature writing. The goals of this activity are

1. To encourage innovative and creative ideas among the students
2. To Promote Marathi literature
3. To provide a platform to students for their overall development

The Context:

The alumni of our college conducted the special meeting on the occasion of celebration of our parent institutes Golden jubilee year 2010. They discussed about to protect and promote the regional literature and has taken decision to start the State level Awards for writers in literature. The proposal is given to the management to start the state level award to the writers in Marathi literature.

The working Pattern:

The working pattern of the Alumni Association

The proposal is to be invited from the writers from Maharashtra. The special committee examine the publications and the results submitted to alumni association. The Alumni association put this result before the principal. Then special program is to be organized to honor the winner and well-known literate guide to the students and teachers.

The Practices:

The Alumni Association has been conducting various activities since 2012 such as

1. The alumni association conduct the workshop on how to write the poem and story or essay in Marathi. They guide the students.
2. To guide on the special occasion of the days celebration
3. To assist in syllabus framing
4. To initiate in the state level Awards

Evidence of the Success

The students and community got benefited of the alumni association's activities

Student Benefit

- The students learned the art of Writing and pronouncing
- The Confidence among the students increased about poem writing and reading

Social Benefit

- This activity created literature awareness among the community.
- The reading and writing habits increased in the community.

Major Achievement

The major achievements are

- Alumni Association is become active.
- The goodwill is created in the every nook and corner of the state as it is outstanding activity in the field of literature

Problems encountered and Resources Required:

Along with the above achievement the following problems were encountered

- It is difficult to get the expert in the field of literature.
- Students of are pursuing and prefer to use short cuts.
- Shortage Funds to carry out activities.

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