

## **Best Practices 2023-24**

### **1) Title of the Practice:**

***‘Karate training Course’***

### **2) Objectives of the Practice :**

- To develop the physical ability among the girl students for self defence.
- To improve the capacity among the rural girls to face the calamities bravely.
- To develop the physical and mental health of the girl students.
- To create self confidence among the rural girl students.
- To develop the leadership among the girl students

### **3) The context:**

- The number of girl students take admission in the institution from the nearby vicinity.
- At the time of admission procedure we find that the girl students behave under pressure. They are under burden of some societal conditions.
- Most number of girl students attends the college regularly on bicycles but the girl we found were having the ill health.
- The IQAC with the consultation with the parents of the girls decided to give them the lessons of Karate. The student development council, sport department and the NSS department of the institution gave the helping hand for this course.
- The institution with the collaboration of Abhinav Training Institution started the training Programme from the academic year 2019-20. It is conducted for one months duration as a short term course.

### **c) The Practice:**

- Mr. Kale V.N the director of physical r education is appointed as a coordinator for this course Programme.
- The institution has made a tie-up with Abhinav Karate Training institute to train the girl students.
- The trainers train the students for one hour regularly for three months.
- The institution displays the notices regarding the Karate training on notice boards regularly.
- Interested girl students enrolled for this course.



## बेलापूर विद्यालयात विद्यार्थ्यांना मोफत कराटे प्रशिक्षण संपन्न

**सार्व मंथन**  
श्रीरामपूर २९ । प्रतिनिधी

तालुक्यातील बेलापूर येथील बेलापूर एज्युकेशन सोसायटीच्या कला व वाणिज्य महाविद्यालयात विद्यार्थ्यांसाठी मोफत कराटे प्रशिक्षण घेतले जात आहे. ही या महाविद्यालयाची वेस्ट प्रॅक्टिस आहे. उच्च शिक्षण क्षेत्रात मुलींचे प्रमाण कमी आहे. सक्षमीकरण अजून खूप बाकी आहे. विद्यार्थिनी अधिकाधिक निर्भय होण्यासाठी कराटे प्रशिक्षणाचा उपक्रम महाविद्यालयाने हाती घेतला. गेल्या अनेक वर्षांपासून हे



प्रशिक्षण घेतले जाते, त्यासाठी प्रशिक्षण तज्ज्ञ म्हणून अकबर शेख काम करतात.

मुलींना निर्भय करण्याचे अनेक धडे ते देत असतात. दररोज सराव घेतले जातात आणि डेमो दाखविले जातात. मुलींना निर्भय बनविणे या हेतूनेच हा उपक्रम

अतिशय यशस्वी बनला आहे. महाविद्यालयाच्या प्राचार्य डॉ. गुंफा कोकाटे, कराटे प्रशिक्षण समन्वयक डॉ. व्ही. एन. काळे, अकबर शेख आदींनी प्रशिक्षण पूर्ण करणाऱ्या विद्यार्थिनींचे अभिनंदन करून मार्गदर्शन केले.

#### d) Evidence of success:

- The girl students who participate in the course complete it successfully.
- The level of self confidence increased.
- Self defense ability is improved.
- The regularity and punctuality increase among the girl students.
- Development of leadership skills.
- Number of more admission in the institution.
- More improvement in personality skills.
- More improvement in physical and mental health among the girl students.

## बेलापूर महाविद्यालयात वद्यार्थ्यांना मोफत कराटे प्रशिक्षण संपन्न



दै नगरगाही श्रीरामपूर प्रतिनिधी:तालुक्यातील बेल-पूर येथील बेलपूर एज्युकेशन सोसायटीच्या कला व वाणिज्य महाविद्यालयात विद्यार्थ्यांना मोफत कराटे प्रशिक्षण घेतले जात आहे. ही या महाविद्यालयाची वेस्ट प्रॅक्टिस आहे. उच्च शिक्षण क्षेत्रात मुलींचे प्रमाण कमी आहे. सक्षमीकरण अजून खूप बाकी आहे.

विद्यार्थ्यांनी अधिकाधिक निर्भय होण्यासाठी कराटे प्रशिक्षणाचा उपक्रम महाविद्यालयाने हाती घेतला. गेल्या अनेक वर्षांपासून हे प्रशिक्षण घेतले जाते, त्यासाठी प्रशिक्षण तज्ज्ञ म्हणून अकबर शेख काम करतात. मुलींना निर्भय करण्याचे अनेक धडे ते देत असतात. दरोज सराव घेतले जातात आणि डेमो दाखविले जातात. मुलींना निर्भय

बनविणे या हेतूनेच हा उपक्रम अतिशय यशस्वी बनला आहे. महाविद्यालयाच्या प्राचार्य डॉ. गुंफा कोकाटे, कराटे प्रशिक्षण समन्वयक डॉ. व्ही.एन.काळे, अकबर शेख आदींनी प्रशिक्षण पूर्ण करणा-या विद्यार्थ्यांचे अभिनंदन करून मार्गदर्शन केले. सर्व प्राध्यापक, प्राध्यापकेतर कर्मचारी विद्यार्थ्यांनी यांनी परिश्रम घेतले.



### *Karate training Course certificate Distribution*

**c) Problems encountered and Resources Required:**

- Orthodoxal mentality of parents and students.
- Economic problems.
- Lack of training awareness among parents.
- Time limit for he implementation programme.

**Co-Ordinator of IQAC**  
Arts And Commerce College, Belapur  
Tal. Shrirampur, Dist. Ahmednagar



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BELAPUR, TAL. SHRIRAMPUR  
DIST. AHMEDNAGAR

## Practice :2

### 1)Title of the Practice:

*Commerce festival- ‘Anand Bazar’*

### 2) Objectives of the Practice:

- To train the students about business skills
- To develop the capacity based interest among students
- To inculcate the marketing and salesmanship skill among the students
- To make available the employability to rural students
- To promote the students for professions which are helpful to society

### b) The Context:

- Belapur Education society’s ‘Arts and Commerce College’ is located in rural area. The rural economy is affected and damaged by the frequent drought, uncertainty of agricultural products, low rate for the agricultural products and the fraud policies of the traders. The result is that the youth power is diverted towards the urban area.
- India is made up of village. Mahatma Gandhi asked people to go to village. When the villages will develop, India will develop said Mahatma Gandhi. By taking into consideration this view of Mahatma Gandhi, the institution has tried its best to provide the chances of entrepreneurship to the students at the same locality
- The youth in rural area is shy even today. They find the lack of self confidence in them. To inculcate the professional skills in them and to make them aware of the knowledge of entrepreneurship. The institution promotes them to choose the profession which could be started at local level. While acquiring the knowledge of profession, the students should not forget their responsibilities towards the society. With this view, the institution has implemented the innovative concept of ‘Anand Bazar’

### c) Practice:

- The Institution arranges ‘Anand Bazar’ in the month of January in every academic year
- The coordinator of the program elaborates the goal and structure of this programme to the students initially



- It prompts the maximum number of students to actively participate in ‘Anand Bazar’



***Food stalls and agriculture products Stalls In the Commerce festival ‘Anand Bazar’***

- The faculties try to understand what kinds of business the students want to do and then they guide and prompt the students for that particular business
- The stalls are made available in the premises of the institution
- The students sell both types of goods i.e. kitchen food stall and agricultural products
- The stalls of funny games are also arranged by some students
- Students get pleasure and enjoy entrepreneurship from 'Anand Bazar' during the whole day.



### ***'Agriculture Product' Stool***

- The meeting of the stall holders is arranged very next day and they share their experience in the meeting
- The difficulties and problems of the students entrepreneurs are discussed and they are told how to overcome these problems
- Best participants of Anand Bazar are facilitated in the annual social gathering and prize distribution function

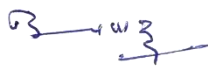
**d) Evidence of success:**

- Many students are inspired and motivated by the concept of 'Anand Bazar' and started their own business. Some students have made considerable improvement in their ancestral business and earned name and fame
- Mr. Amit Lukkad and Mr. Pravin Lukkad have expanded their ancestral business of Samadhanpapad and Samadhan supari into a large scale industries and earned name and fame in the Maharashtra State
- Mr. Sandip Kale has started a juice bar of sugarcane at his own farm, but later he expanded it largely in to an "Agro Tourism Point" where customers are provided with food, garden and entertainment facilities.
- Some students sell the fruits and vegetables produced from their farms in the weekly market at Belapur, Shrirampur, Padhegaon Malunja and Bherdapur and support their families economically
- Some Students started the Agriculture service center near by area.
- Hotel 'Jai Malhar' owned by Mr. Mangesh Gavate is well known for delicious taste in vicinity
- Some students have started tea centers and snack centers in the village Belapur
- Along with the professional skills, the students become aware of their social responsibilities.

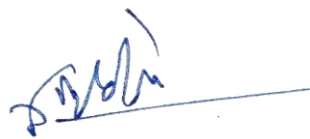
**e) Problems encountered and Resources Required:**

- The neutrality/insincerity of student/youth towards hard work
- Youth are less interested in small-scale business
- Time limit for the implementation of the programme 'Anand Bazar'

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