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## **Best Practices 2019-20**

### **Best Practice I: - Competitive Examination Centre**

**Objective of the Practice:** Enhancing competitive abilities and to motivate students for probable career in Government and Corporate Sector.

**The Context:** - Job sectors in India include areas of the economy providing various professions and career opportunities; each requiring a set of skills, specialities and qualifications. Government sector provides a great opportunity for career establishment and growth through competitive examinations conducted by various government departments.

**The Practice:** - College has established a **Competitive Examination Cell** wherein interested students are enrolled and regular guidance classes and workshops are conducted to enhance their basic language skill, general aptitude, general knowledge and subject skills like basic mathematics, history, geography, which are required in a broader context to appear for exams like MPSC, Maharashtra Police Department, Railways and other Civil Service examination. Regular mock and practice exams are conducted to develop IQ, logical and critical thinking and build a strong foundation for a career.

**Evidence of Success:** - Regular coaching creates awareness about the various career opportunities in the government sector and students appear for different competitive examinations. A good number of students every year appear for Maharashtra police department exam and Army recruitments. A few students also appear for bank recruitment. The activities of the cell also create awareness among students about their community and civilian responsibilities and help learners make proper and realistic occupation choices and professional direction.

**6. Problems Encountered and Resources required:-** The success of competitive examination cell lies to a great extent on the quality of teaching faculty who have certain fix financial demands. It is a challenge for the college to build financial resources to mobilize the activities of the cell. Regularity of the students is another challenge. Due to constraints of academic calendar sometimes students face difficulties to attend the classes regularly.







## Best practice II: Self-defence for girl students

**1. Title of the Practice:** Self- Defence for Girl Students (Swayam Siddha)

**2. Objectives of the Practice:** To provide physical skills and mental stability to handle Critical situation

**3. The Context:** - Woman empowerment along with social, educational parameters also incorporates the physical self-defence ability. The prime significance of self-defence is to make women competent enough to protect themselves against any unacceptable physical advances by anti-social elements. Women should be trained to analyse a dangerous situation and take actions to overcome them successfully. The college through this activity provides the girl students a platform to learn physical self-defence tactics with the help of trained instructors.

**4. The Practice:** - The college sports department annually organizes a self-defence training program for girl-students in the college premises. Trained expert of karate is engaged to conduct the sessions of self-defence practices. In this program girl-students are trained in fast, operative methods of disabling an attacker. Various situations of physical attack are addressed: attack from the front, side, or behind, as well as attacks with or without a weapon.

**5. Evidence of Success:** - Through these activities, girl-students are motivated and get an opportunity to learn the tricks of mental as well as physical defence. This program teaches to protect themselves against anything that's unacceptable in terms of social conduct. This program also boosts the self-confidence of girls to analyse a dangerous situation and take actions to overcome them effectively. It also empowers girl-students to lead a safe and quality life.


**6. Problems Encountered and Resources required:** - One of the major problems of this program is that parents need to be made aware about the need of this training program so that more girls get enrolled. Increased financial assistance can help to increase the qualitative and quantitative implementation of this training program.









  
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