

7.2. Best Practices

I) An Introduction to Folk Arts

1. Title of the Practice: “An Introduction to Folk Arts”

2.Goal: “To study local folk tradition and make aware the students of our old culture and tradition.

- To enable students to preserve Folk Arts at global and local level.
- To inculcate value based education among the students
- To develop a cultural consciousness and attitude between students and society for the awareness of cultural transformation.

3. The Context:

The Institution is located in rural area, due to which many students are well known of the folk arts but due to modernization they attracted towards cultural transformation which is totally disturbing the folk arts and tradition. Day by day all folk arts are vanishing due to the emergence of new lifestyles and attack of foreign culture. Old folk arts like Kirtan, Tamasha, Lavani, Povada, Ovi, JagranGondhal, Bharud, Vasudev, Lalit, Pingla,, Davari, Nandi-Bail etc. are hardly seen exist in our cultural country like India. Our effort is to make aware students and localities to preserve and make know about the existence of folk arts.

4.The Practice: The institution has started the following Folk Arts programme from academic year 2018-19.

Participation of the students in Folk Arts Program:

Information about the folk arts program is displayed on the notice board of the college.

Students who wish to join this program are welcomed and the process of participation is done with making the list of interesting students.

- All interested students of UG level are participated.
- The programme is designed by the IQAC with co-ordination with Marathi and Hindi Departments. The experts from these areas from various fields, Parents, Alumni, are invited for speech on the topics.
- The institution has appointed the coordinator for this Programme for the smooth functioning.
- Classes of Folk Arts are conducted between the regular sessions which is for 05 days every year
- ICT based equipment are useful for the better presentation of Folk Arts.

- The evaluation process of this folk arts program is carried out through feedbacks of presentation and other activities related to the programme.
- Some catchy shots and participation of the students are preserved with small clips and photos by the institution.

5. Evidence of Success:-

- The above mentioned efforts help the students to introduce the folk arts at various levels.
- Outcome of our best practice the student impressed with the reality of the folk arts and they changed their attitude positively to look at them with keen interest.
- Rohit Kamble, Dipak Magar, Akash Pathve, Amol Takale etc. are benefited with this program and they have contributed their part in Folk Arts.

6. Problems Encountered and Resources Required:

- Modern mind set is the major hurdle in awareness of traditional folk arts.
- Most of students are not benefitted only because of their passive participation and inferiority complex to present themselves in folk arts.
- Institution provides all necessary infrastructure and resources for the successful implementation of the program but due to the limitations of reference material.

II) Self- Defence Program for College Girls

1. **Title of the practice:** Self- Defense Program for College Girls

2. **The context that required the initiation of the practice:-**

Today girls are feeling insecure due to the lack of confidence among them and being their girlhood. It is our honest effort to make them aware of their strength and build up the confidence among girl students so that they should come out of their inferiority complex through education and such training programme of self-defense.

3. **Objectives of the practice:-**

The programme like self-defense will encourage them to build their strength and they should think carefree from the dangers. The main objective of this programme is to make them aware of the dangers in the society. They should know how to tackle the difficult situation if they are alone in the society. This will increase the mind set off lot of girls in different way by protecting themselves.

4. **The Practice**

The college organizes five day training program for the girls students of the college. The program was basically formed for the self defense of the girls of the college. This program was initiated by our college principal Dr. ShantilalGhegade. More than 25 girls were participated in this program. Director of Taekwondo Association Shri. Santosh Barrage was the skilled trainer to train the girls. Physical Director Dr. Ravindrashirke was associated with him in this training program. Through this training program girls learnt many skills of Taekwondo like Kicks, punch, spring technique, throwing, plumes etc. by the success of this program our college look forward to organize such programs in future also.

5. Obstacles faced if any and strategies adopted to overcome them

The Events of the series take place on the open ground of the college. Out of the five days, the winter disturbs the activity on one or the other day. College assumed that more than 100 girls will participate but only 25 girls were interested to attend this program.

6. Impact of the practice:-

The self-defense training program has great impact on the girls students. Learning from the skilled trainers from all types of defense styles initiates the process of empowering the girls. It is seen that students, in particular, learn how to protect them from danger.