



VSPM Academy of Higher Education Nagpur's  
**Jawaharlal Nehru Arts, Commerce and Science  
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## Best Practices 2022-23

### Best Practice –I:

#### 1. Title of the Practice: Extension Activities

#### 2. Objectives of the Practice: Youth leadership and community development

**3. The Context:** - The extension activity is the third dimension of education. Along with academic, social and personal life, the NSS/NCC allows the students to contribute services to the community and the nation. The college through these extension activities provides the students with a platform to get involved with real-life activities and thereby become responsible citizens of India.

**4. The Practice:** - College organized extension activities with a primary focus on the development of the personality of students through community services. It's a regular practice of the institution to provide a platform to get a solution and resolve the problems related to social issues among the students. The students also involved in such activities with more interest. Various activities are carried by the institution under NCC, NSS and other departments such as cleanliness and plantation program in the college campus, health and blood donation camp, workshop on life skill, health and hygiene for girls, etc. NSS and NCC unit has done significant work by organizing special camp for the college students which address the contribution of youth for development of village.

**5. Evidence of Success:** - Through these activities, students are motivated and get an opportunity to do social work and develop a sense of nationality. Various programs organized by NSS impart the importance of social service and community work. This helps the volunteers to understand the context of their relationship with the community. The volunteers involved in different activities also acquire leadership qualities leading to national and social harmony. Students participating in extension activities are getting more responsible and sincere in college.

**6. Problems Encountered and Resources required:** - The NSS volunteers are supposed to understand the community around them, identify its needs and find solutions for them, acquire skills for mobilizing community participation, acquire leadership qualities and a democratic attitude and come forward to tackle the situations created by emergencies or natural disasters. Due to insufficient fund unavailability of necessary physical equipment to carry out the activity more efficiently.





## Best Practice II: -

### 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, and 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 the dangerous situation and take action to overcome them. The college through this activity provides the girl students with 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 on the college premises. A trained expert in 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: attacks 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 them to protect themselves against anything unacceptable in terms of social conduct. This program also boosts the self-confidence of girls to analyse dangerous situations and act 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 of the need for 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.





### **Best Practice III: - 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 Practices IV: Environment Consciousness and Sustainability

### 1. Title of the Practice: Environment Consciousness and Sustainability

**2. Objectives of the Practice:** To create awareness about nature conservation and sustainable development.

**3. The Context:** - Nature and the environment consist of not only forests and trees but the whole living organism including flora and fauna that comprise a whole ecosystem. The ecosystem works in balance and every living organism is indispensable for the sustenance of this world. In an ecosystem, all living organisms are interdependent and the environment. Damages caused to this ecosystem produce a catastrophic effect, not only on the flora and fauna which live in that habitat but also on the planet as a whole. We as an educational institute are committed to protecting our planet and creating awareness among students by conducting various environmentally conscious activities.

**4. The Practice:** - The institute has a Nature Club/ Environment Cell. This cell regularly conducts environment awareness activities every year in collaboration with Maharashtra State Forest Department and NGOs working towards nature conservation and sustainable development. These activities include **Nature walks, Bird watching, Visits to Reserve forests and biotechnology labs, and Conducting awareness expert talks on nature conservation.** These activities are conducted on various occasions and students are encouraged to participate.

**5. Evidence of Success:** - Through these activities, a change in attitude and approach is witnessed among students. They learn to understand nature and wildlife on a technical level with proper approaches to sustainability and represent a holistic approach to addressing environmental issues in a way that supports long-term well-being and flexibility. This often includes practices such as avoiding the use of plastic, being more conscious towards small organisms around them, reducing carbon emissions, and conserving natural resources by planting trees.

**6. Problems Encountered and Resources required:** - One of the major problems of this program is that parents need to be made aware of the need for the organisation of such programs and allow students to visit the forest and biological parks. Increased financial assistance can help to increase the qualitative and quantitative implementation of this program.





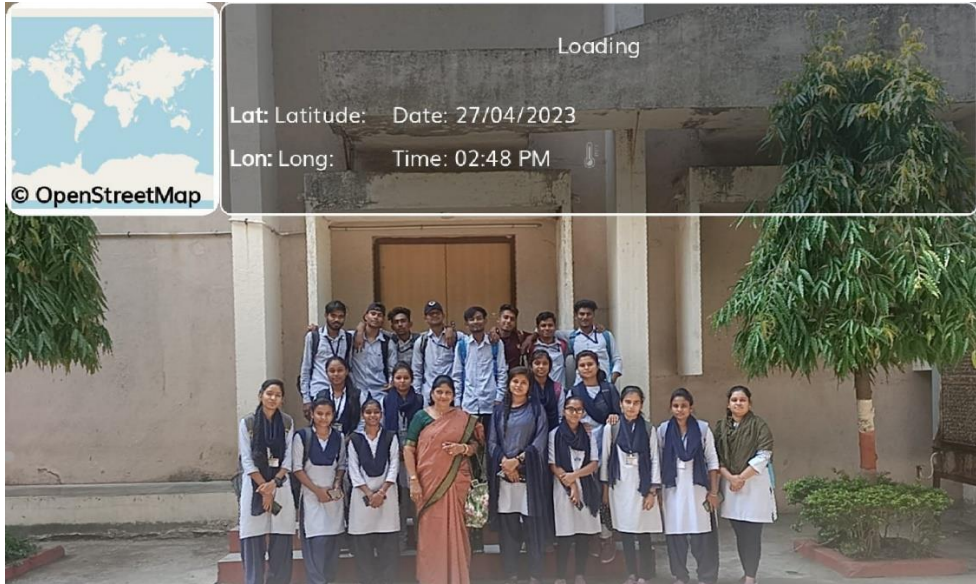
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