



Kasegaon Education Society's,
ARTS AND COMMERCE COLLEGE, KASEGAON
Tal.- Walawa, Dist.- Sangli
Maharashtra, India



Best Practices 2018-19

Best Practice No. I

I Title:

Workshop on 'Stress Management among Youngsters'

II Objectives:

- i. To relieve the students from stress.
- ii. To enable the students to face the challenges of life.
- iii. To make the students self-reliant.
- iv. To develop the youths into good citizens who would help the society to avoid steps like suicides.
- v. To develop healthy minded youths.

III Need Addressed and the Context:

Sandip Vasalekar, an international thinker has pointed out that 35,000 to 40,000 students have committed suicides in last five years. Hon. Minister, Hansraj Ahir announced in parliament that 9,000 students committed suicides last year. We thought it as a very serious matter and decided to create awareness about this fatal problem. Youth is the foundation and pillar of the country. And, it is the duty of the college to develop students into healthy minded youths. Hence, it was decided to conduct a workshop on '**Stress Management among Youngsters**'.

IV Practice:

A workshop on 'Stress Management among Youngsters' was organized by IQAC. Dr. Rahul More, a well-known psychiatrist was invited as a Resource Person. He delivered an extensive lecture with P.P.T.. Besides, he appealed the students to raise questions about their problems. Both male and female students felt free to ask questions regarding their problems. Dr. Rahul More not only cleared their doubts but provided proper counseling to them. Near about 103 female students and 53 male students attended the workshop. Prin. Dr. S. R. Mane, Dr. S. R. Pawar and Mrs. Shailaja Yadav-Patil also delivered lectures regarding the various aspects of stress and stress relief.

V Outcome:

The workshop proved fruitful and successful. Many female students felt free to talk about their personal problems and stress. Some married female students had different problems and stress. When they expressed their views freely, Dr. Rahul More provided counseling to them and they felt relieved. Male students also raised their problems and talked freely about their stress. The students unanimously appealed to conduct such workshops every year. In such a way, we tried our level best to overcome the national calamity.

Best Practice No. II

I Title:

Lecture on 'Empowerment of Women'

II Objective:

1. To create gender sensitivity among students.
2. To take a step towards the empowerment of girls.
3. To create Self-confidence among the girl students and enable them to face the day-to-day problems and make them bold and brave.
4. To help the girl students to develop their latent qualities.

III Need Addressed and the context:

Woman is always considered at subordinate level, weak and unable to shoulder the responsibility which is not the fact. Today, women have been working in every sector of life. However, women are not safe in the public or private sectors of life and not even at their houses. Hence, to create gender sensitivity and empower them is the need of time. They should get aware of social evils as female foeticide, victims of one-sided love, Dowry deaths and sexual harassment etc. Hence, we decided to conduct a lecture of eminent and learned speaker Dr. Tejaswini Dange-Patil to deliver a lecture on "Women Empowerment".

IV Practice:

We invited Dr. Tejaswini Dange-Patil who is an influential and illustrious speaker especially in domain of women empowerment. Near about 79 students attended the lecture. Students were very enthusiastic about the lecture which took place in media room of the college. She focused on crimes against women, laws

supporting women, social institutions that help the girls and women to empower them, health of women and sports activities for women in her illustrious lecture. The lecture was followed by a session of questions and answers. Many students ask about their individual problems and also about social problems which were answered satisfactorily by the speaker.

V Evidence of success:

Near about 79 students attended the lecture. They expressed satisfaction and gratitude for organizing the lecture. Photographs, Paper-cuttings and signature list of students who attended the seminar are attached herewith.