



Best Practice I

Name of the Practice: Inculcating Holistic well-being.

Objectives:

- To create awareness amongst students to embrace a healthy and disciplined lifestyle, through *Sports, Yoga, and Mental well-being* practices.
- To train students in synchronizing their body and mind for sustained physical fitness, mental resilience, and emotional well-being.

The Context:

In addition to the academic pursuits, the college encourages the students to engage in physical and health care activities to enhance the holistic well-being.

The values of our patrons are inculcated in the fabric of teaching-learning process to help the students physically, intellectually, and emotionally harness their full potential.

New Education Policy, 2020 also emphasises on aligning students' mind, body, and spirit.

The Practice:

Sports:

- Organizes en-masse physical fitness activities; and various sports tournaments annually at the Inter-Collegiate, Inter-zonal, and Inter-university level.
- Financial incentives(including Cash awards, 100% fee concession) and blazers to achievers at National/International level and other outstanding performers.

Yoga:

- IYD celebration – Mega event.
- Organizes workshops, meditation sessions and health check-up camps.
- Certificate courses on emotional intelligence and yoga practices.
- Day Camp/ Residential camp at College or Kdham, Lonavala.
- Yoga sessions for Adharwadi jail inmates, Kalyan.

Mpower Counselling Cell (Est: 17th February 2021):

- Organizes workshops, webinars, and individual counselling sessions.



- During the pandemic, in association with GoM, 24/7 helpline was provided for mental health support to all stakeholders. Post pandemic, on-campus counselling facility is provided.

During pandemic, several motivational and confidence building sessions from experts including doctors task force team of IMA, Kalyan have been organized online for creating 'Awareness and preventive measures to fight COVID-19 spread in our area'.

Planning to expand these services to select schools and colleges from next academic year.

Evidence of Success:

Sports:

- College ranked 4th out of 800+ affiliated institutions in the UoM(2018-19) and subsequently the system of ranking discontinued.
- Mr. Aryan Dixit and Ms. Mansi Pawar(Rugby players) awarded Cash prize of Rs 5 Lakhs each from GoM for winning Silver Medal at 36th National Games(2022-23).
- College set record of '508 students engaged in 116 indoor games'- in LBR(2018).
- Mr. Aman Verma set three skipping records, featuring in the LBR(2019).
- College set record of 'Most participants in Training online basic self defence workshop'(298 female participants) in LBR(2021)
- Eminent sports icons, Padma Shri Ms. Deepa Karmarkar, and Mr. Rahul Bose (President of Indian Rugby Football) visited the college and inspired the students.



- A Shooting Range established in 2022-23 with 03 imported Sports Rifles & 01 Pistol; and 03 Indian rifles under RUSA grant of Rs 10 Lakhs.

Yoga:

- Workshops, seminars, meditation sessions, etc.(in association with Kdham, Mumbai, Isha Foundation, and SVYASA, Kalyan)
- 2 students won Zonal level All-India Essay writing prizes in 2018(Shri Ramchandra Mission, United Nations Information Centre and the Heartfulness Education Trust).
- Health check up camps periodically in association with SVYASA, Kalyan.

Achievements in Yoga during last 5 years



	 31 2018-19 : 13 2019-20 : 07 2022-23 : 11
	 01 2018-19 : 01
	 08 2018-19 : 01 2019-29 : 07

Mpower:

- 5000+ counselling sessions on de-stigmatising mental health concerns for stakeholders.
- Cyclothon, wherein 1500 participants created awareness of mental health wellbeing.
- Flash Mob on suicide prevention and mental health- featured in IBR.
- Mental Health Awareness Day celebrated every year.



Problems encountered and Resources required:

- Lack of interest amongst the students in physical activities.
- Hesitancy to break the stigma of mental health concerns.
- Additional infrastructure, equipments, and coaches.