

Best Practice:1 (2021-22)**Title: Use of ICT in Academic sand Administration****Objectives**

1. To make creative teaching-learning using digital resources.
2. To empower e-administration of institution.

3. The Context:

The Use of ICT in the Teaching-Learning Process has made the process of education more student-centric. It has helped to cross the barriers of time and place. The institution has always been adaptive and updated concerning technology and so is for the use of ICT. The college provides Wi-Fi campus, smart classrooms, and appropriate computation facilities at the campus. The teacher training has been opted to strengthen the effective delivery of the content. As a result of this even in the pandemic situation of COVID-19, the curricula were effectively delivered. The teachers have developed e-sources using ICT tools with creativity and all have experienced meaning full teaching-learning through out the year. More over, the college has effectively implemented an online system for admission, internal as well as external evaluation. Besides teaching, several competitions, webinars, and other co-curricular activities were also conducted successfully using ICT during the pandemic period. This practice has been continued during academic year 2021-22 also.

4. The Practice

- The college has structured the process to develop the ICT infrastructure in past many years.
- Every year college takes cognizance of the available ICT facilities and required up gradation.
- The college has established 11 dedicated ICT classrooms, 7 computer laboratories, 2 ICT-enabled auditoriums, 4 computerized examination halls. It helps to conduct effective teaching-learning and evaluation processes.
- The college has procured the hardware to support the ICT use such as establishing the LAN, Routers, and server rooms.
- The college has appointed dedicated maintenance persons who take care of hardware and software issues on the campus.
- The college has established an effective ERP system for administration. Through the ERP college admit the students, conduct the examination, keep the record of academic fees, scholarships, teaching learning process and Co-curricular activities.
- College has started Radio Manbhavan, 90.8 FM to develop and deliver audio programs through radio broadcasting to needy segment of the society for its substantial development.

- The college website is updated regularly to provide information related to academics, administration, research, and student support services. This helped to overcome the challenges during the pandemic.

Use of ICT by Various Departments:**Library:**

- The software SOUL2.0 is upgraded to SOUL3.0 in 2021.
- The library has ICT facilities such as RFID technology, CCTV, Fujitsu SV600 scanner
- Access to the library catalog is provided through WEB-OPAC.

ICT in Sports: Live matches are recorded and are available for players to study the tactics.

ICT in teaching: Various departments use the ICT tools for the teaching-learning process such as

Humanities: English dept has independent Language laboratory with necessary software; Geography uses software ArcGIS 10.3, ERDAS 9.2, Grapher10, Diger, Surfer-10, Global Mapper, ILWIS, Trip way; Dance department uses YouTube channels for recording the performance.

Commerce: School of Commerce & Management has an ICT-enabled Research Facilities and Skill Development center, computer laboratories with 80 computers, software like SPSS. **Sciences:** Most of the advanced instruments in laboratories are aided by a computer, Computer Department has 6 laboratories with 120 computers and 37 licensed software. Statistics laboratories are equipped with software such as MATLAB, 'R', Algorithm and problem-solving software, Modeling and simulation software, SPSS.

Teaching aids: In addition to the above, teachers use several Google Apps for Education for the online quiz, filling up forms, making spreadsheets and PowerPoint presentations, the online examination was conducted on software Testmoz, teaching was done with apps such as Google meet, Zoom, YouTube streaming, YouTube Channels. Google Classroom, blogs, Telegram was made for the teaching-learning process.

Training sessions: The college has conducted various training sessions for ICT uses for teaching and non teaching staff.

- **Evidence of Success:**
- **The college is equipped with 417 computers and laptops, 17 LCDs, and 10 Interactive boards for teaching.**
- Most of the teachers use Google classrooms (265) to share study material and to collect assignments.
- The platforms like Zoom, google meet, you tube (63), and Blogs (9) were used for teaching and co-curricular activities.
- To communicate with students' social platforms such as WhatsApp, Telegram and email were used.

- The resource material in form of e-books and Power Point presentations was provided to the students.
- In the year 2021-22, a total of 140 faculty members made use of ICT tools.
- The college has licensed software P spice, Lab VIEW, Tina, ArcGIS10.3, ERDAS 9.2, Grapher10, Diger, Surfer-10, Global Mapper, ILWIS, Trip way, End Note, SPSS, Minitab, Python, 'R', End Note, Desktop Version of Zoom, OBS, Screen Hunter, SPSS, Zotero, MINITA Bused for research and teaching purpose.
- The departments of Science use advanced instruments aided with computers and software such as which are Mobile Mapper-10, Spectrophotometer, HPLC, GC, AAS, FTIR, etc.
- The Institute has implemented an ERP system incorporating all formalities related to Administrative, Teaching learning processes and Co-curricular activities.

5. Problems Encountered and Resources Required: (150words)

- Poor internet connectivity is e specially a challenge for students living in remote areas.
- Students with the financial crisis could not afford Smart Phones, data, or laptops.
- Students need additional time and training to get acquainted with ICT techniques.
- Lack of readiness among few teachers to adopt ICT in teaching.
- The number of virtual Class rooms is less.
- Need to purchase advanced software and hardware's for subjects like Bioinformatics, Animations, Graphics, and Simulations.

6. Notes:

In the past years, the college has strengthened the ICT infrastructure gradually. It has helped to face the challenge of the crisis of the Pandemic Covid-19. The college could establish ICT use as a best practice. The use of ICT enables to keep the students enacted with education. The institution has given online/offline training to teachers to use ICT and the rich infrastructure facilitated it effectively. The college has expanded the use of ICT effectively for admission, online activities, and examinations. Even though the fact is that offline Teaching-learning cannot be replaced by online teaching, the college took the pandemic a san opportunity with proper training, practice, provisions to fill up the gap between teacher and learner.

Best Practice : 2 (2021-22)**Title: Yoga – A way Towards Health****Objectives:**

- To inculcate practice of Yoga among students and Society.
- To arrange various health centered programs.

- **The context:**

The institution implemented healthy Yoga practice to promote health by inculcating Yoga as a daily practice. This was achieved by running courses (regular and distant) creating professional trainers and self-employability.

- **The practice:**

Regular health promoting activities like, Yoga, Panchkarma, Free webinars, diet workshops, naturopathy, body check up, precautionary health, International Yoga Day, meditation workshops, Rekki, Antrang Yog, mantra healing, girl's counseling benefitted more than 1,000 beneficiaries in holistic health. Shaping of youth was done through Lectures.

Soham Department of Yoga and Naturopathy organized various activities and programmes focusing mental, physical, and holistic health. The details of each activity is as follows.

1. Workshop on Rekki Training: A workshop on Rekki training was organized on 25th and 26th Sept.2021. Dr. Tanu Verma from Haridwar trained 23 participants.
2. Antarang Yoga Sadhana Guidance: A guidance on Antarang was given by Dr. Devanand Sonar in which he explained the dharna, dhayna and Samadhi on 31st October 2021.25 beneficiaries took the advantage of it.
3. National Webinar : A National Webinar on Role of Naturopathy in India was conducted on 18th Nov. 2021. The participants were inspired by naturopathy under the able guidance of Amitkumar Singh (Prayagraj) and Pooja Patil (Khandawa)
4. Practical Workshop on Naturopathy: On the occasion, of National Naturopathy Day, One Day Practical Workshop was organized in order to inculcate the importance of naturopathy in healthy life. 07 participants took advantage of it.
5. Intercollegiate and Divisional Yoga Competition: In order to facilitate Yoga among students, an intercollegiate Yoga Competition was conducted on 13th and 14th December at Fiazpur 2021.12 students participated in the competition.

6. Inter-University Yoga Competition: All India Inter-University Yogasna competition was organized with the purpose to inculcate Yoga as a lifestyle among students. 07 students actively participated in it.
7. Free Online Yoga Training was given to 1200-1400 participants by Yoga and Naturopathy in Feb and March 2022.
8. Yognidra Workshop: A practical workshop on Yognidra was conducted on 13th March 2022. The purpose was to train in sound and deep sleep as a means for stress-free life. 38 students actively participated in it.
9. Rekki Training Workshop: A complete training on Rekki covering Primary, Secondary and Tertiary levels was organized from 1st to 8th May 2022 in which 22 participants took active participation.
10. Antarang Yoga : Anrang Yoga Sadhana was arranged on 3rd May 2022. Dr. Devanand Sonar guided on the importance of it in health. 35 beneficiaries took advantage of this Yoga.
11. Yoga workshop: An online Yoga Workshop from 4th May to 14th May 2022 was organized in which 222 participants were motivated to follow yoga as a daily practice.
12. Mud Therapy Workshop: 13 beneficiaries participated in the said workshop on 1st May 2022.
13. International Yoga Day Celebration: 8 days free of cost Yoga Workshop was organized by the Soham Department of Yoga and Naturopathy in collaboration with Lokmat Sakhi Manch. The Yoga trainers Gitanjali Bhangale and Jyoti Wagh trained 55 participants from 13th to 21th June 2022.
14. International Yoga day was also celebrated Online dated 21st June 2022 with 800 participants. The Treasurer of KCE Society Mr. D. T. Patil was the Chief Guest and Shashikant Wadodkar, Cultural Coordinator of KCE Society was invited as eminent guest. Extra-Curricular Activities:
 1. Mental Health Day: A Guest lecture-cum guidance regarding mental health by Dr. Kanchan Narkhede was organized on 13th October 2021. 36 Participants benefitted from the same.
 2. Yoga lecture for Girl students of Hostel: A special guidance lecture of Dr. Devanand Sonar and Mrs. Sonal Mahajan on yoga was organized for the girl students at the hostel on college campus on 8th December 2021. 78 students benefitted from the same.
 3. National Youth Day: on 12th January 2022 a motivational lecture by Miss Sakshi Bhise was organized on the topic 'Swami Vivekanand: his thoughts and today's youth'. 66 students benefitted from the programme.
 4. Online Surya Namaskar Workshop: A free-of-cost online workshop on Surya Namaskar was conducted from 21st to 26th January 2022. 105 participants took part in the workshop.
 5. Health Awareness Drive: A Health awareness programme was organized online during 24th to 30th January 2022 on the occasion of Makar Sankranti. 345 women participants benefited from the same.
 6. Online Surya Namaskar Workshop: A common Surya Namaskar Workshop was organized on 7 February 2022. The workshop was conducted by the international Yoga Guru Dr. Arun Khodaskar. 75 beneficiaries participated in the workshop.
 7. International Women's Day Celebration: on the occasion of international Women's Day on 8th March 2022 a guest lecture by Panchkarma Specialist Dr. Haridas Patil and naturopathy expert Dr. Sonal Mahajan was organized. 81 Women participated in the workshop.


8. Gayatri Mantra Recitation drive: An 11 day long (1st to 10th April 2022) Gayatri Mantra Recitation drive was held under the special guidance of Dr. Tanu Verma from Gayatri Pariwar Haridwar. 111 participants joined the drive.
9. World Health Day: A special Diabetes Check-up camp was organized followed by lecture by Dr. Rahul Mayur on 7th April 2022. 49 beneficiaries.



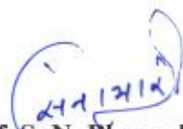
International Yoga Day Celebration 21 June



Practical of Yoga by Students


(Dr. K. P. Narkhede)
IQAC Coordinator
Co-ordinator, IQAC
M.J. College, Jalgaon




(Prof. S. N. Bharambe)
Principal and IQAC Chairperson
PRINCIPAL
M.J. College, Jalgaon
(Autonomous)