

KCESs Moolji Jaitha College, Jalgaon (Autonomous), Jalgaon
Best Practices 2019-2020

Best Practices

The college has successfully implemented various best practices with inductive approach towards quality enhancement of institution. The main focus of such practices are benchmarking and continuous improvement of higher education. The best practices have contributed in achievement of the institutional objectives and/or contributed to the quality improvement of the core activities of the college. Even though these activities are not mandated by any authority, they are internally evolved and used during the last few years leading to positive impact on the regular functioning of the institution. Two amongst them are mentioned below:

BEST PRACTICE: 01

- **Title:** Research Promotion Scheme for Budding Researchers
- **Objective of the Practice:**
 - To acquaint the students of undergraduate and postgraduate courses with the fundamentals of research
 - To inculcate research methods, ethics, and culture by motivating students to undertake small research projects under the supervision of their respective teachers.
 - To develop research aptitude and nurture small ideas into meaningful research.
 - To identify, cultivate and unleash the innate potential of the student.
- **Context:**

It has been observed over the years that Indian higher education has detached itself from research. As a result, there has been decline in interest and motivation in research. Research must be as integral part of curricula to assist in securing better employment opportunities. Through various schemes are floated by the government funding agencies for teachers to undertake research projects, with a few exceptions like DST-Inspire fellowship, there are no schemes to motivate the UG students to opt for research while continuing their regular education. It is a dire necessity to connect students to research so that they will be given opportunities to explore their research potential, innovative and independent thinking while they are completing their formal education.



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• **Practice**

- The Budding research scheme is floated in the beginning of an academic year for the students of second and third year under-graduation and first year post-graduation of all the three faculties by means of notices and motivational meetings with students. Preference is given to advanced learners.
- The students with research interest are identified and guided to prepare detailed research proposals in a prescribed format. For this an expert lecture on ‘How to write Research paper, A project report and prepare a presentation’ has been organised for students by Dr. R. T. Mahajan, Director of research Cell and Dr. m. Z. Chopda from Deapartment of Zoology on 13 February 2020.
- Students work groups are formed consisting of two or three students per group for UG/PG.
- The innovation and feasibility of research proposal is scrutinized by respective teachers.
- The decision of sanction, reworking, or rejection of proposal is conveyed to the students.
- The research projects are undertaken by interested students under the supervision of respective teachers. The students are given a period of 90 days to complete their projects.
- Students are provided with one time financial research assistance to meet the expenses of the research projects.
- After completion of the project, the students are asked to make presentations which is evaluated by external experts from respective faculty.
- The best performers are felicitated by giving cash prizes and certificates.
- The research papers based on their projects are published annually in a separate e-volume titled “Compendium of Research Articles by Budding Researchers” with an ISSN and are uploaded on the college library portal.

• **Evidence of Success**

In the year 2019-20, around 101 students of Arts, Commerce & Science faculty from 16 departments completed 46 research projects under the guidance of 42 supervisors. The students from all the faculty are participating in the scheme which amply demonstrates the success of this scheme. The research papers based on their projects will be published in separate e-volume as compendium of research articles by budding researchers by Volume



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No. 11. After taking over the responsibility of funding of this scheme by the college, the college has extended the scheme to other faculties as well, encompassing interdisciplinary research. It has motivated the faculty to continue further the research and publish the research papers on the outcome. The scheme has inculcated the research aptitude amongst the students.

• **Problems encountered and resources required**

There were two significant hurdles in successful implementation of the scheme. The first hurdle was non availability of funds required to meet the expenses of the research projects. Initially UGC provided financial assistance under CPE, and later this scheme was partially funded by DBT under Star College Scheme. Since 2015-16, the college has been making provision for continuation of the scheme from its own corpus.

The second hurdle is lack of interest among students. Paucity of time due to semester pattern of examination is another great hurdle. However, the college has successfully overcome these hurdles with rigorous, persistent, and patient efforts in this regard.



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BEST PRACTICE: 02

Title: Yoga as a Lifestyle to Promote Health.

Objectives:

- To create awareness of Yoga among the students and Society.
- To provide scientific training of Yoga
- To inculcate the daily practice of Yoga among the students and Society.
- To create job opportunities for students through practicing Yoga.
- To arrange various health promoting programs.

The context:

The true meaning of education is the complete development of one's mind and is achieved through the connection between mind and body. Increasing deterioration in the mental and physical health of society as a result of busy life, the institution has undertaken the best practice entitled "Yoga as a Lifestyle to Promote Health". It is essential to create awareness regarding Yoga among students and society. Yoga may act as a health booster which is dire necessity of sections of society.

The practice:

- The students are given practical training in Yogic science by assigning projects, research works and conducting practicals
- The institution organizes outreached programs for the society to inculcate the value and awareness of Yoga in society.
- The events such as rallies, celebrations of International Yoga Day, organization of various programs such as Suryanamaskar Din, Rathsamapti
- The institution has organized various workshops, training in Yoga, interactive talks of eminent speakers at free of cost. The activity is for all the sectors of society addressing diverse issues of age group, gender, health problems and diseases in particular. Special training was organized for patients as a curative measure.
- The institution has designed various courses in Yogic Science which includes Certificate Course in Yoga, Diploma, Graduate and Post -graduate courses. The practice also focuses on



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giving this opportunity to the distant learners through YCMOU. Thus, Yoga has been made a part of curriculum.

- The activities and workshops have been arranged on and off campus in school and other social groups in Jalgaon and periphery.

Evidences:

- The evidences of the best practice indicate that the practice was beneficial to all.
- The beneficiaries include various groups of gender, age, students, working class, senior citizens
- The people suffering from various psychosomatic illness and chronic disease are also the beneficiary
- The society has realized the vital role of the ancient Science of Yoga in promoting and maintaining mental and physical health which is the need of the time.
- These courses have created an opportunity for employability as Yoga trainers and few students are placed as Yoga teachers in schools, institutions and as personal Yoga coach.

Problems encountered and resources required

- While implementing the awareness of Yoga, the institution felt difficult to convince people the importance of Yoga in health and prepare mindset of people to make Yoga as a part and parcel of life.
- It was also found that people carry some misunderstandings regarding Yoga which made it difficult to correct the misconceptions regarding Yoga. But proper scientific training made it successful.



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