



Lokvikas Samajik Sanstha's, (Reg.) Mahad

M.M. JAGTAP COLLEGE OF

ARTS, SCIENCE & COMMERCE, MAHAD-RAIGAD

(Affiliated to University of Mumbai)

NGC 2009/152/09 MASHI 4 Date: 11 July 2009 • Email: mmjagtap11@yahoo.com

Founder & Ex. Chairman: Late. Manik Motiram Jagtap(Ex.M.L.A.)

Society Regd.No.Maharashtra/189/2003(Raigad) | Trust Regd.No.Maharashtra F 4523/2003(Raigad)

7.2.1

**Describe two best practices
successfully implemented by the
Institution as per NAAC format
provided in the Manual**

IQAC Co-ordinator
M.M.Jagtap College of Arts, Science and
Commerce
At post Mahad- Raigad.



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01- Best Practice

“Women Empowerment in ruler and backward area”



Women empowerment means empowering the women by promoting their participation in all areas and sectors including economic, political, social, cultural and all other sectors of the society. Women empowerment is the empowering of women, which helps them to make their own decisions by breaking all personal limitations of the society and family. Women empowerment is very necessary in today's time. It is a powerful tool that can help women to overcome all kinds of discrimination and oppression. So, let's know more about the women empowerment in the below.

Women empowerment means empowering women by protecting their rights and providing security against any kind of criminal offenses. It also means that no discrimination against women.

Education is the most important factor in empowering women. If women's empowerment in true sense is ever to be realized, it could be only through education. An educated woman is like a teacher in the family who makes sure that every child goes to school, irrespective of whether it is a boy or a girl.

A woman who is educated is able to secure a job for herself and meet her family's everyday requirements. She becomes financially independent and makes her own decisions. Education brings prosperity not only to the woman and her family but also to the nation.

Without education, women empowerment is a distant dream and there is no way Sustainable Development Goals can be achieved. If we want the women to be empowered we must educate them and make the education of girl child


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mandatory.

Vision:-

- Creating awareness and self-realization amongst girls especially from remote areas by providing them adequate education, rights, space and opportunities.

Mission:-

- The socio-economic backwardness or unfavorable conditions of the region prevents girls and women to pursue higher education and smarter careers.
- Our institution therefore has accepted the challenge and opened an array of avenues and opportunities of their own to the girl's students, the choice to progress, succeed and excel.

Objectives:-

- Women's empowerment has five components.
- Women's sense of self-worth,
- Their right to have access to opportunities and resources,
- Their right to have the power to control their own lives, both within and outside the home, and
- Their ability to influence the direction of social change to create a more equitable social and economic order, nationally and internationally.

Challenges Faced:

- Difficulty faced especially in convincing parents of minority community's girl students to send them to participate in various outdoor activities and NSS residential camps.

Women Empowerment Established:-

- There are various ways through which women empowerment could be achieved. Governments should establish a mechanism to ensure that women are provided equal opportunities in career and other fields as men.
- Special efforts must be made to educate women and girls so that they can be fruitfully employed. It is also the responsibility of the society to see that women get the proper opportunities in the entire spheres of life.


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- Skill development programs, designed especially for women, are required to elevate their social and economic status. Education and skill development must be given the utmost importance in the case of women.
- Not only the governments but also civic societies must be active in working towards the empowerment of women on a priority basis. The interest of women in all walks of life must be safeguarded for the lifetime.
- Women should be provided with proper healthcare facilities without any discrimination of any kind. Healthcare is a very important sector when it comes to empowering women. Proper health facilities to women will ensure their continuous improvement in all the spheres of life.

List of activities:

1. Organisation of lectures on International women day under NSS DLLE and WDC
2. Self-defenses workshop for girl's students only organized on behalf of student's welfare department with Women Development Cell.
3. Eminent speakers, doctors, lawyers, comparators are invited to deliver lectures on various issues and challenges faced by the women.
4. Workshop on women security and safety
5. The women development cell also offers personal counselling in career development of the girl's students whenever required.
6. Covid-19, HIV/AIDS and hygienic awareness programmes.

Evidence of success:

1. Few of our girl's students are posted for Lady Teachers post.
2. They are also working at corporate and in Non-government offices.
3. Few of them are also active in local Business work.
4. Our member of the Society is a women and she was member of the Mahad Nagar Panchayat.


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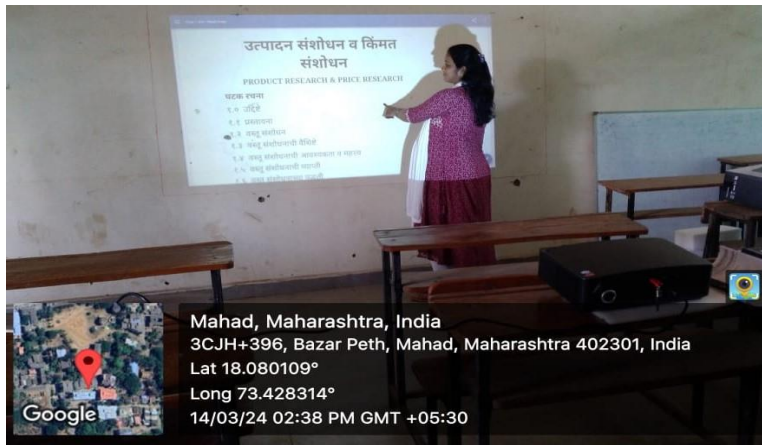
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02-Best Practice

"EMPOWERING YOUNG WOMEN IN RURAL AREA THROUGH ACTIVE PARTICIPATION IN PHYSICAL EDUCATION"

OBJECTIVES OF THE PRACTICE:

- To attain gender equality and empowerment of women in rural area.
- To introduce and make them available equal access to productive resources and assets in sports participation.
- To train the students through systematic methodology like Coaching, Training, Counseling etc.
- To create awareness on structural barriers and discriminatory social norms regarding participation of women in sports in rural area.
- To increase participation and develop potential of women sport persons.
- To appreciate and encourage the efforts of women sport persons.

THE CONTEXT:

Sport has the power to transform the world in well-organized order. It influences to create a disciplined community with mindful society. The girls are studying in institutions can keep maintain well-being and hygiene through active participation in sports activities. It will also inspire others to work for the betterment of the community or themselves.

Sports culture from rural area recently has limited female involvement. Specifically in the barriers like: fear of judgment, intimidation, incompetence, lack of confidence, limited participation options, socio-cultural taboos and safety considerations. Active participation of women in sports can achieve gender equality and effective implementation of women empowerment.

At college level the women participants actively participated in, Kabaddi, Volley-Ball Cricket, Baseball, Kho-kho and many other Indoor games etc.

Through this games women participant uplifting standard and quality of sportsmanship.

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THE PRACTICE:

This practice is leading towards encouragement and empowerment of the women through active participation in sports activities. This practice incorporates

- i. Coaching,
 - ii. Training,
 - iii. Counseling,
- Participation for the overall development of the women participants at college level.
 - This practice will prominently focus on confidence, personality development, temperament, global competency, new skills in sports, eliminate socio-cultural barriers etc.
 - This practice providing a concrete platform to the women participants. This practice providing sort of life skills to the women participants.
 - They are acquiring time-management skill, team building, confidence building and gaining mental and health well-being also.
 - The coaching, training, counseling and practice session playing a vital in the holistic development of the rural women participants of college. In counseling the department also conducts “Yoga and Meditation” sessions for the women participants to create mindfulness and balance temperament among them.
 - The department of physical education is implementing the schedule of coaching, training, counseling and practice sessions with assistance of the IQAC.
 - In coaching the department introduces women participants the major sports events with rules and regulation and it creates aptitude among them to choose the game as per interest. Training facilitates provides the women participants health and temperament. During training they acquire skill and confidence of execution of the game. It builds their confidence in right spirit. The department invites professionals to train women participants of the college. It benefits to uplift their standard in games. In counseling process, the college discusses and helps the women participants and their parents also. It strengthens the bond between parent, students and institution.


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EVIDENCE OF SUCCESS:

- 1) Students are participating at University, Inter-zone, as well as district level sports competitions of indoor and outdoor games.
- 2) With the assistance of practice many of the students have benefited and participated actively.
- 3) Number of women participants is increasing regularly.
- 4) The coaching, training, counseling and practice session playing a vital in the holistic development of the rural women participants of college.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:

No problem encountered.




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Sports Photos



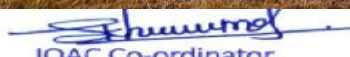
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