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## Best Practice I:

### Title of the practice: 'Certificate Course of Yoga' (Department of Sports)

**Objective of the practice:** To enable the student to have good health, To practice mental hygiene, To possess emotional stability, To integrate moral values., To attain higher level of consciousness.

**The context:** As everyone knows the importance of yoga the Art of practicing Yoga helps in controlling an individual's mind, body and soul. Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. It involves movement, meditation, and breathing techniques to promote mental and physical well-being. There are several types of yoga and many disciplines within the practice. Hence, by remembering the importance of yoga our college started the course of Yoga.

**The practice:** History of Yoga, Aims, Objective, Asthangyog Yoga , Asanas, Pranayama, Meditation all are theoretical and Practical's and actual Training program was introduced to all registered students. The training program was scheduled for 06 months (5 days in a week). Yogic exercises were introduced to the participants approximately over 1 hour and 30 minutes in the morning. All the participants were encouraged to attend the session regularly. The yogic exercises were taught by the experts. The training program consisted different steps such as- warming up (5 minutes), suryanamaskar (15 minutes), asanas (20 minutes), parmayam (15 minutes), om chanting (05 minutes), shavasana (20 minutes), and talk method (10 minutes).

**Evidence of success:** All the participants attend the sessions regularly. The yogic exercises were taught by the experts. The training program consists different steps such as- warming up (5 minutes), suryanamaskar (15 minutes), asanas (20 minutes), parmayam (15 minutes), om chanting (05 minutes), shavasana (20 minutes), and talk method (10 minutes). After completion of 06 months training program exam will be conducted and get certificate to passed students.

**Problems encountered:** Due to regular teaching hours and practical schedule, the students get difficulties in morning attendance.

  
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## Best Practice II: (Department of Zoology)

**Title of the practice:** Arranging lecture on Women empowerment and health care during menstrual cycle on the occasion of 'Savitri bai Phule Birth Anniversary'. By Department of Zoology, YPSC, Solankur

**Objectives / Goal :** To create awareness about bad health practices and changing social view during menstrual cycle in rural women.

**The context :** It is very necessary to create awareness about menstrual cycle in rural India. People must think about science and physiology behind menstrual cycle . Women and adolescent girls feel guilty during those days. This miss understanding must be eliminated from the society to give better life to women with dignity

### The practice :

The Solankur village is situated at the base of the mountain range of western ghats. Many people living in lower socio economic status, and below poverty line. Illiteracy of women make them to accept old traditions. So they hesitate and feel guilty during periods. It is necessary to teach them about physiology behind menstrual cycle The women empowerment by all aspects is very important for our nation to bring changes and development in rural India. Savitribai phule was an Indian social reformer. She played very major role in improving women's rights during British rule. It is honor to deliver lecture on Women empowerment and health care on the occasion of her birth anniversary.

### Evidences of success :

1. All college girl students were present to listen lecture.
2. Girls asked various questions and all doubts were cleared.
3. Especially A group girl students were happy by knowing science and physiology behind menstrual cycle.

### Problems encountered and resource required:

Students from A group don't have knowledge about human reproduction This type of chapters must be implemented in the syllabus from seventh standard. Visual aids are required to elaborate the things.

  
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