



Rayat Shikshan Sanstha's
Karmaveer Bhaurao Patil College Vashi
(Empowered Autonomous)

**Criterion VII – Institutional Values and
Best Practices**

Key Indicator - 7.2 Best Practices

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

Best Practice I

1. Title of the Practice: Value-Based Education

2. Objectives of the Practice: The objectives of starting the Value-Based Education Program are as listed below:

- i. Development of proper attitudes, ethics and values like- love, respect, cooperation, tolerance etc. among the students.
- ii. Guide students on self-development and self-management.
- iii. Empower students to take proper decisions and make appropriate choices in challenging situations.
- iv. Promote appropriate social conditioning and contribute to nation-building.

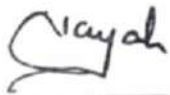
3. The Context:

Value education is rooted in Indian philosophy and culture and ingrained in every tradition of Indian culture. In the current scenario of declining value system, educational institutes can play an important role in reinstalling the common values amongst students to orient the progress and endorse the moral awareness for the welfare of humanity. Therefore, the need for a consciously planned value education program is obvious to establish formal learning. Furthermore, one of the five core values of NAAC is inculcating value systems among students.

4. The Practice:

Currently we all are experiencing major issues like stress, negativity, getting into wrong habits etc. Adopting these values which are a part of this program at the young age will be beneficial to live life completely. They understand the importance of ethics and values at this stage is going to help them to have a successful life ahead. As a part of the academics this program is going to groom the students in a right way and they learn to live the life to the fullest.




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Looking at the success of the program and its positive impact on students from academic year 2020-21, The orientation of this course consists of Start Up training containing 6 modules and Discover-1 containing 10 modules,

Sr. No.	Start Up	Discover 1
1	Connection	Heartfulness Enabled Leadership Mastery-an overview
2	Core	Discovering oneself
3	Context	Health Lifestyle
4	Choices	Time Management-1: Principles of Time
5	Causality	Time Management-2: Focus
6	Community	Befriending Stress
7	-	Peak Performance
8	-	Situational Awareness
9	-	Heartful Conversations
10	-	Heartful Relationships

Three days master classes were given to students. Master classes helped us to practice meditation in more scientific manner. Various activities were organized for the students in connection to the topics of the modules. Students were facilitated to think about various topics and the final impact of this is to increase empathy and situational awareness amongst them. We used to start our first lecture daily with relaxation practice, it helps student to concentrate on their studies, enhance their understanding and lead a better life by managing hurdles and stress.

Faculty Development Program:

- i. Forty faculty members from senior college voluntarily stepped forward to undergo a ten module training program. The training sessions were conducted by invited speakers who are renowned and highly talented in their own field of expertise.
- ii. Students Development Program: The 40 trained teachers worked on the above modules and took the program to around 1000 students of the third

year and postgraduate classes. Each module is of 1.5hour duration, and it begins with a heartfulness relaxation technique and ends with meditation. The modules are taught with lots of visuals, animations and involve a lot of interactive activities.


5. Evidence of Success:

- i. Students liked these sessions and have given positive feedback about the entire program. They understood the importance of discussion on topics that were covered in the program. Many of the students have learnt meditation, and they are practicing it. These students reported lack or reduction in anxiety and stress levels. Many conveyed that their ability of positive thinking, calmness, understanding, attentiveness and tolerance/patience has increased.
- ii. Students themselves noticed the change in their behavior. They learnt how to handle adverse situations calmly and politely.
- iii. Parents reported a change in the attitude of the students.
- iv. External examiners specifically noted the calm and composed approach of students during practical exams.
- v. Definite improvement in the overall behaviour of students is observed.
- v. Teachers who conducted the program reported substantial self-development in themselves too. From the academic year 2016-17, the Self Development Program [SDP] is being conducted for the entire strength of the college.




Sayah
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Brochure of International Day of Yoga Celebration Program for 3 days



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ISO 9001:2008 Certified Institute "Best College Award by University of Mumbai"


Self Development Programme Committee
In association with
National Service Scheme (NSS) & National Cadets Corps (NCC)
Celebrates
International Day of Yoga



DAY 1	DAY 2	DAY 3
20 th June 2022 Yoga Awareness Quiz & Surya Namaskar Competition 11.00 AM - 1.00 PM Venue : Girls Hostel	21 st June 2022 Guest Talk Ms. Neha Kerure Senior Faculty YDG Vidya Niketan 11:00 AM - 1:00 PM Venue : Auditorium	22 nd June 2022 Workshop on Pranayama Mr. Durgadas Savant Vice -Chairman Yog Vidya Niketan 11:00 AM - 1:00 PM Venue : Auditorium

Dr. L. V. Gavali (Chairman NSS) Ms. Manminder Riyat (Chairman SDP Committee) Ms. Gayatri Gaidhane (Chairman NCC) Dr. Shubhada Nayak (I/C Principal)

Launch of 21 Days Yoga Course for Students



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Self Development Programme Committee
Launch of
21 DAYS YOGA COURSE
Date : Tuesday, 21st June 2022
Treat, Mind Body Soul !!!

Ms. Manminder Riyat (Chairman SDP Committee) Dr. Shubhada Nayak (I/C Principal)

Certificate for Surya Namaskaar Competition on the Occasion of International Day of Yoga



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CERTIFICATE

This is to certify that Prof./ Dr./ Mr./ Mrs./ Ms. _____
has secured _____ place in 'Surya
Namaskar Competition' organized by Self Development Programme Committee in
Association with National Service Scheme (NSS) and National Cadets Corps(NCC) on the
occasion of "International Day Of Yoga" on 20th June 2022.

Dr. L. V. Gavali
(Chairman NSS)

Mrs. Manminder Riyat
(Chairman SDP Committee)

Mrs. Gayatri Gaidhane
(Chairman NCC)

Dr. Shubhada Nayak
(I/C Principal)

Students participating in Surya Namaskar Competition



Guest Speaker Ms. Neha Kerure from Yoga Vidya Niketan while giving talk on benefits of Yoga in day to day life



Group photo of Participants attending RWK 2022 in person at Kanha Shantivanam, Hyderabad



K.B.P.College Participants attending RWK 2022 in Meditation hall at Kanha Shantivanam, Hyderabad



K.B.P.College Participants attending RWK 2022 in Meditation hall at Kanha Shantivanam, Hyderabad



K.B.P.College Participants during tree plantation at Kanha Shantivanam, Hyderabad



Students giving EQ test



Students attending 21 Days Yoga Course



Faculty Members presenting Value Based Education in Kalina University Campus on 11 Nov 2023



5 Days residential FDP attended by faculty members at kanha Shantivanam from 7– 11 Nov 22

Nurturing Excellence through Self Exploration
(Exploring all facets of sustainability in depth - Self to Universal)

5 days residential Faculty Development program by Heartful Campus - an AICTE approved initiative of Heartfulness Education Trust (HET)

Dates :
7 to 11 Oct. 2022

Venue :
Kanha Shantivanam,
Global HQ of Heartfulness
near Hyderabad

Registration link :

<https://hfn.link/FDP>

Who can apply ?
Academic faculty, Doctoral students, PG Research Scholars, Management and administrators of Colleges/ Universities

Key highlights:

- Blend of experiential, explorative, interactive and reflective sessions
- Develop projects on sustainability
- Explore Universal Human Values
- Teach Life skills

Last date to register:
20th September 2022

Registration fee:
₹4500 per participant

For queries, email to:
campus.fdp@heartfulness.org





GPS Map Camera

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10/10/22 08:25 AM GMT +05:30



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