

Best Practice – I

‘PROMOTION OF MALLAKHAMB: AN INDIGENOUS SPORT OF MAHARASHTRA’

Goal: To promote Mallakhamb and train students to achieve excellence in it.

Context: Just like wrestling, Mallakhamb has the roots in the soil of Maharashtra. Initially it was played as complementary to wrestling. Now a days it is being played as an independent sports type, but still it is overshadowed by the other popular, even more costly sports like cricket, football etc.

Mallakhamb is such a type of sports which enhances physical abilities and skills like agility, mobility, concentration, endurance and will power. So, for last 30 years, our institution is committed to do sustained efforts to promote Mallakhamb by providing facilities and Coaching of higher level, so that students should excel in it.

Practice: Our Institution works right from the root level. The physical directors of our senior and junior wings who are recognized Mallakhamb coach visit secondary schools in Warana Region along with their team, explain the importance and give presentations of Mallakhamb. Even coaching camps are organized in these schools. Students develop interest about Mallakhamb at the early age. When they get admitted in the institution, they avail guidance and expertise of the directors of physical education. Coaching camps are organized and eminent experts in the field are invited to train the students.

Students get opportunities to present their Mallakhamb skills at Zonal, Inter-zonal and National level. Such Players are provided with free hostel accommodation in the hostels and concession in the college fees.

Success:

Our institution has achieved stupendous success in the form of having hold on the prestigious ‘R. P. Powar Mallakhamb Trophy’ of Shivaji University for last 30 years in Row. Many of our players are a part of the Mallakhamb Team of Shivaji University which is winner of All India Inter-University Mallakhamb Trophy for last 30 years in Row. Every year our Mallakhamb players are honored with Colour Awards, Sportsman Awards and National Level Sports Scholarship.

Due to Mallakhamb there is enhancement of physical and mental abilities, our players have succeeded in competitive examinations also, by scoring almost 100% marks in Physical Fitness. Many of our players are placed in police services. Four players are placed as DYSP, more than 25 are PSI and many more are working as police. Training of Mallakhamb has proved beneficial for the career of students.

Problems:

Still there is no grandeur to Mallakhamb and attitude of the society and parents is quite hostile towards Mallakhamb. Our institution has to convince the parents personally to allow their wards, particularly girls to play Mallakhamb.

Facility of Mallakhamb (Pole) is not easily available everywhere, so the players have limitation on practice. It is necessary to increase number of Mallakhambs in the institution and advanced foam mats are necessary to prevent injuries.

Best Practice – II

Title of the practice:

‘CYCLE BANK FOR GIRL STUDENTS’

Goal: To Promote women education particularly in rural area.

Context: Warana region where our institution is situated comprises of near about 70 villages and some hilly settlements. Majority of our students come from such places. Facilities of S. T. bus is available but very often it does not suit to the college timings. Even students have to walk miles together to reach the nearby bus stand, as there is no provision of state transport to the settlements where they live. Very often students have to travel by private transport which is more expensive and inconvenient, particularly for the girl students. It has been noticed that because of the inadequacy of transportation facility, parents from rural area do not allow their daughters to have higher education.

Establishment of Cycle Bank Scheme for the girl students is a novel concept to provide easy and almost cost free transportation facility to girl students and promote the noble cause of ‘women education’.

Practice:

The scheme started in 2009 -10 with 21 cycles donated by alumni association of the institution.

At the beginning of every year applications are invited by the girl students living in the radius of 10 KM, from our institution. The final selection of the beneficiaries of the scheme is done through personal interview. The beneficiaries have to pay 100/- Rs. as the maintenance charges and the cycles are handed over to the girl students for the academic year. The beneficiaries use these cycles for to and fro transportation to the institution and also for their personal use. They have to return them at the end of the academic year.

Success:

The cycle bank scheme rests on the growing support of society. Every year there is addition to the number of cycles in the scheme and they are donated by the stake holders, industrial and educational institutes in Warana region, alumni and even faculty members. In the year 2014-15 there are 84 cycles in our Cycle Bank Scheme including four cycles donated by Shivaji University.

The beneficiaries of the scheme have shown good attendance in the college which has reflected into their good academic performance. Their parents have also given feedback about the scheme. They are happy that their wards now travel independently and are saved from the hustle of public and private transport and can concentrate on their studies.

As cycling is one of the best exercises, the beneficiaries have developed physical fitness and saves fuel also.