

Best Practices of the College

1. Title of the Practice:

Capacity building of students to develop better individuals and a better nation.

2. Objectives of this practice:

Capacity building is the process where people organizations and society unleash, strengthen, create, adapt and maintain capacity over time.

The college through its academic calendar plans various activities under Saptdhara an initiative by the Gujarat government so that an individual participates in various activities to build and enhance knowledge and skills.

The college has grown into an excellent education center specializing in contemporary women's professional and specialized needs.

The extracurricular and co-curricular activities aim to develop our students' skills, capacity building, empower them with a focus on updates on national and global issues and concerns.

3. The context:

The extracurricular and co-curricular activities aim to develop students' skills, capacity building, empower them with a focus on updates on national and global issues and concerns. Emphasis is on capacity building and sensitization to help individuals, families, society, and nations. This is done through activities like community services, religious and spiritual discourses, leadership programs, peer advisory, student governance, recreation and sports, debates, and public speaking activities.

4. The Practice:

At the end of each academic year, the principal and IQAC coordinator prepare an academic calendar for the coming year in which activities to be conducted throughout the year are planned.

The academic year starts with the selection of the vice president of the student's council and all activities fall under the vice president's purview.

All activities are categorized under seven heads basically known as Saptdhara initially it was initiated by the knowledge consortium of Gujarat. The activities like community services and service learning provide so many rich opportunities for the students to deepen their understanding of others and self and these activities bring students into contact with real human problems and challenges.

Religious and spiritual activities help students to explore the inner life and to find a sense of wholeness and integrated life which will help them to face challenges when they will enter the work sector.

Through peer advising and leadership, students' responsibility, understanding of others, and self-awareness are the responsibility of advising and leading peers. There are many opportunities in college settings for students to serve as peer advisors and leaders and these roles can provide powerful moral development experiences.

Participation in student governance organization and activities students learn best by doing. There are few areas of campus life where students are given responsibilities for independence and self-governance in activities such as student government, students club, and organization. In these leadership roles, students have many opportunities to share institutional governance by creating program policies and procedures rendering fair and just decisions and bearing the

consequences for action they take.

In recreational roles, students mediate conflicts, facilitate fair play such experience can be very influential in providing self-reflection, personal ethics, and decision-making. Students' activities like debates, public speaking where they can talk, discuss arts and politics or any other relevant issues like environmental conservation, they can display craft and creations in form of exhibitions. A thoughtfully designed program can contribute to a rich campus environment that they carry forward to the workplace.

5. Evidence of success:

- Different workshops to enhance skill like teaching embroidery through experts, learning to relate body composition with different diseases, earn while learn scheme, self-defence, and yoga workshops.
- Students plan and execute different activity with the help of faculty in charges debates, song and dance competition, workshops, sports day, consumer week celebration, national nutrition month celebration, teacher's day, Independence Day, Republic Day, Vallabh Vidyanagar Day, Mahatma Gandhi Jayanti, Sardar Vallabh Bhai Patel Jayanti, Bhai kaka Day, etc.
- Participation in Youth Festival and University and state-level sports competition, NCC, etc. gives them the confidence required to deal with problems and how to solve them and adjust in all kinds of situations.
- Through NSS activities they learn to solve the communities' problems and getting sensitized in general.
- The later part of the year the students realized how big the pandemic of COVID -19 was and they did activities to boost the morale of fellow students and the general public through videos and posters. They learned to be mentally strong to face any situation.

Date	Activity	Number of student participated
18/09/2019	Community outreach programme to prepare paper bags and distributing to 30 local vendors and shops	
08/07/2019	Workshop on skill-based embroidery	27 students
02/09/2019	Treasure hunt organised by third year Food science and quality students	25 students
31/08/2019	Inter school recipe competition arranged by students of third year Foods and Nutrition department	104 students and 14 teachers from various school
18/09/2019	Students attended workshop on Body Composition Analysis in collaboration with 'In Academia' -Bombay	100 students and 18 faculty
20-21/12/2019	Students of Foods and Nutrition department attended 52 nd National Annual Conference organised by Indian Dietetic Association, Gujarat Chapter	16 students 3 faculties
23-	First of its kind an effort was done by Family Resource	10 students

24/08/2019	Department an earn while you learn scheme was introduced in collaboration with Madhubhan Resort and Spa	
24/12/2019	Students of Second year Family Resource Management presented Role Play on Problems faced by consumers in their daily life	34 Anganwadi workers and 80 students
09/02/2020	Students participated in Greenathon organised by Vidyanagar Nature Conservatory at Shastri Maidan	15 students
16/07/2019	Guru-Purnima celebration	130 students
02-09-2019	Workshop on time management and fight with yourself in collaboration Junior chamber International	20 students
02-03-2020	Annual day and talent evening	All students and staff
25-27-09-2019	Students participated in Intercollegiate youth festival organised by organised by S.P. University	
02-10-2019	Student council member took part in cleanliness drive	
30-01-2020	Annual Sports day of the college	All students and staff
15-10-2019	Sharad Utsav was organised in which all the students took part very enthusiastically with traditional Garba	All students and staff
23-01-2020	A movie was screened for students on Netaji Subash Chandra Bose- "Bose the forgotten hero"	65 students
06-08-2019	A creative writing competition was organised by Sarjanatmak Abhivyakti Dhara	51 students
26-09-2019	Under Sarjanatmak Abhivyakti dhara students participated in debate competition organised by S.P. University and our students secured 3 rd position	02 students
28-02-2020	Intercollegiate debate competition was organised under Sarjanatmak Abhivyakti Dhara	
23-08-2019	Under Kala Kaushalya Dhara on the spot painting competition was organised on the topic "Drug Addiction" and "Say No To Plastic".	03students
25-09-2019	Student took part in poster making competition organised by S.P. University -Youth festival and secured 3 rd prize	01student
05-09-2019	Under Natya dhara students made a film on Savitri bai Phule first lady teacher on occasion of teacher's day	06 students
15-02-2020	Rotary club organised a youth festival VOLCANO in which students participated in a short film making competition	06 students
01-08-2019	Under Geet Sangeet Nritya Dhara students participated in IDOL of Gujarat singing competition	06 students 02 went up to 4 th round
25-27-09-2019	Students participated in all India Inter university cross country at Vishakhapatnam, Andhra Pradesh	01 student
17-04-2019	Students were a part of university team for inter university	03 students

to 22-11-2019	Kho-Kho tournament at Akola Maharashtra	
04-12-2019 to 07-12-2019	Students were a part of university team to play at interuniversity Kabaddi competition held at Amravati, Maharashtra	02
18-06-2019	Yoga training was conducted for college students prior to international Yoga day celebration	All students
29-08-2019	In accordance with Fit India Movement a self-defence workshop was organised in collaboration with Pratibha Academy, Anand	53 students participated
13-22-09-2019	A combined Annual training camp was organised by 13 th Battalion NCC at Khambhat in which NCC students successfully completed the course	10 students
16-26-07-2019	NCC Students successfully completed Army Attachment Camp held at Ahmedabad	02 students
26-01-2020	NCC Students had the opportunity to attend Pre RDC and Republic Day Parade at New Delhi	02 students
20-22-02-2020	NCC student had the opportunity to participate in Basic Skiing Course at Pahalgam Jammu and Kashmir	01 student
24-30-01-2020	NSS students attended camp at JHOL Village	
15-02-2020	Under Placement cell students had the opportunity to attend Mega Placement Camp organised by Government of Gujarat	154 registered 30 participated
24-04-2020	During Covid-19 pandemic NSS volunteers made an awareness video on do's and dont's to be followed during pandemic along with some nutritional tips	
	Video song was made by NSS Volunteers Ek Choti Si Koshish to keep the flame of hope burning in hearts of citizens	
08-05-2020	A webinar was conducted on Covid-19 Role of Youth and Volunteers.	

6. Problems encountered and resources required:

The problems faced by the institutions were:

- Being Girls college and many enrolled students from nearby villages could not participate in the program as they could not find time to practice or stay back due to transportation issues as the frequency of bus services was few.
- Many students from particular sect-like Rabari, Darbars, Muslim students were not allowed to participate in extra-curricular activities if they were conducted outside especially youth Festival, sports or debates, etc.
- The few intellectual students found it a hindrance in studies as they thought doing extra and co-curricular would take up their time and not perform well in exams.
- The college has provision to provide all resources so as such no problem was seen in this area.

Best practice:2

1. Title of the practice:

Promotion of extension practices, improving skills and nurturing entrepreneurship through teaching and learning imbibed in the curriculum.

2. Objectives of this practice:

The syllabus is designed in such a manner that it aims towards building the skills of students to experiment with the knowledge acquired, apply the concept to strengthen the learning process. Skill-based learning is about planning, implementing, and analyzing skills gained through the knowledge-based learning method.

The curriculum helps students to motivate to think logically, apply the insights.

Skill-based education in all departments of home science sparks

- Creativity
- Develop critical thinking
- Enhances collaborative problem solving
- Builds effective written and oral communication
- Hones leadership

Entrepreneurship helps the students to create innovative built entrepreneurial values and awareness. Students learn about new schemes and facilities available to new entrepreneurs. The aim of introducing the course is to develop skills and successfully initiating expanding, diversifying, and managing the business enterprise with a focus on understanding real-life business.

3. The context:

As a part of the vision-mission of our college, we aim to enrich professionally and personally students of a rural and urban area. By providing knowledge to improve social responsibility through extension activities, we provide a rich opportunity to deepen understanding of others and bring students into contact with real human problems.

4. The Practice:

A lot of new processes have been adopted by the institution to promote skill-based learning, entrepreneurship, and extension activities.

Experiments in all fields of home science, medical nutritional therapy planning diets using videos to study concepts, dress designing and making, interior designing, and exhibition is conducted so they have an opportunity to earn while learning.

Students learn different art forms, color techniques, preparing artifacts, and having a balwadi as a laboratory they get a chance to practice their skills while handling children.

Various visits are planned like in blind school, old age homes, food processing industry, hotels, building sites, etc. students are given projects where they conduct surveys and prepare new product in the field of Food Science, dress designing, models for houses, artifacts, games for children, etc which gives them the confidence to take a step further once they graduate from college.

Students take part in NSS and NCC camps, conduct demonstrations on adulteration and foods in Anganwadi, interact with children in schools, do role plays in slum areas, old age home, etc. They participate in various seminars, conferences, organize events in which they are in charge to show their skills, develop entrepreneurship and learn social responsibility.

5. Evidence of success:

The success story is:

- Earn while learn scheme.
 - Visit old age homes, blind schools, building sites, food processing industry.
 - Certificate courses in Sports Nutrition, Interiors, and Fashion Design.
 - Small research in seminar subject.
 - Development of novel foods by Food Science and Quality Control Students.
 - Through various activities like NSS, National Nutrition Month, Mothers Milk Week, Consumer week, conducted demonstration, role plays lectures, for the general public.
- All these activities help in the development of skills and take a step forward for entrepreneurship.

6. Problems encountered, and Resource required.

Support of the community is less, and stakeholder participation is required.