**Best Practices:** Best Practices of the institution *(please see the format in the NAAC Self-study Manuals)*

1. **Title of the Practice** : **Food Festival** **(Silver Jubilee Year)**

**Goal:** Food Festival is the unique activity of the college organised by Department of Home Science every year since 1993 – 1994 on 14th January or Makar Sankranti Day. It is the innovative approach to develop informally the traditional culinary art of cookery. Various food specialities prepared by our students are exhibited, sold and enjoyed. It is an exercise in food catering, marketing skills, entrepreneurship and art.

**Objectives:**

1. To inculcate traditional values regarding foods, festivals, costumes etc
2. To encourage students for entrepreneurship
3. To develop self-confidence of the students to face new challengers
4. To enhance the skill for income generation and learn marketing skills
5. To arouse latent skills of the students
6. To create awareness about balanced , health and cultural values

**Context:**

The main feature of Food Festival is food stalls. The students prepare various recipes, display the recipes and sell the foods at attractive prices. Students actively involve themselves in enjoying the tasty dishes thereby encouraging others for their participation. Besides students, teachers also put the stalls which inspire the students for active participation.

**Practice:**

Food Festival is one of the major activities organized by Dept of Home Science every year. The college is celebrating Silver Jubilee of Food Festival. Food Festival was organised at intercollegiate level. The aim behind organising the activity is to promote culinary, marketing and entrepreneurship skills in students. The co-ordinator conducts orientation regarding different activities to be conducted during the festival. They are informed about various possible recipes, their display prices and marketing .Along with the food stalls the students are also encouraged to participate in various competition and exhibitions. Apart from food stalls, other stalls like jewellery, handicraft, funny games, clothing, mehandi are also set up. Various competitions like Cookery, Handicraft, Rangoli, Mehandi, Hair style, Face painting, Flower arrangement, Fancy dress etc. were organised. Our alumni also participate in Food Festival by installing their stall and visiting to food stalls to encourage present students. Some share of the profit earned through the food stalls is donated to the Students’ welfare fund. This fund is utilised for economically weaker students.

Our college is the pioneer of this activity in the jurisdiction of Shivaji University.

**Evidence of Success:**

The college has been organising this festival since 1993 successfully every year. The activity helps the students to be self-reliant and encourages them to set up their small scale enterprise. The festival makes them aware of latent marketing skills in them and their utilization in day to day life through the food stalls. The festival achieves its target by motivating the students regarding health, hygiene, healthy diet.

The festival successfully acquaints the students with Indian cuisine, its importance and the need for its conservation.

The students try innovative recipes which further arouse their interest in experimenting with ingredients, various cooking methods and processing techniques.

**Problems encountered and** **resources required:**

Due to lack of adequate infrastructure the college cannot invite interested participants from society to set up their stalls and augment the scale of the activity to provide greater exposure to the students.

**Contact Details:**

Name of the Principal : -

Name of the Institution : - Mahila Mahavidyalaya, Karad

City : - Karad Dr. Snehal R. Prabhune

Pin Code : - 415110

Accredited status : - Completed third cycle accreditation

Work Phone : - 02164 -220849 Fax No.: - 02164 – 220849

Website : - [www.mahilamahavidyalaya.com](http://www.mahilamahavidyalaya.com)

Email ID : - karadmahila@gmail.com

Mobile : 9881785290

II **Title of the Practice: Health Check up**

**Goal:**

Students’ Health Check-up and follow up has been a sustained activity of the college since 1994. The prime motive behind conducting the camp is to achieve holistic health. Various activities are organized throughout the year to ensure physical, mental, psychological and social wellbeing of students. Along with health check-up a lecture series on health, personality development camp and programmes as social awareness are organized with the help of Krishna Institute of Medical Sciences (KIMS), Karad and NGOs. The college has MoU with KIMS.

The aim behind the organization of health check-up camp is to bring awareness among girl students regarding their health, Covid-19, hygiene, nutrition, healthy child rearing practices, communicative diseases, various addictions and precautionary measures. We believe that these measures help the students to ensure the wellbeing of the society.

**The Context:**

Since most of our students come from rural area, majority of them are ignorant about health in general and they are less aware about reproductive health, hygiene, communicative disease, oral health, healthy food and dietary habits in particular. The reasons behind their ignorance are poor educational background of parents, low socio-economic status, inadequate health care facilities and information. This restrains them from discussing their health issues frankly with either their parents or teachers. Hence the college feels a need to create awareness among them regarding health.

**The Practice:**

Every year health check-up camp is conducted in a month of September or October. The doctors of IMA Karad branch, Krishna Institute of Medical Sciences, Karad and NGOS like lions and Lioness Club of Karad are invited. In consultation with the doctors, the college has prepared a comprehensive health check-up form which covers information like health issues and personal information, family background, hereditary problems, socio-economic information etc. In the week preceding the camp the students are oriented to fill in the form.

Doctors voluntarily attend the camp and give necessary consultation to the students. This is followed by an analysis of the forms and distribution of medicines to needy students. Special treatment to some students is also arranged with the help of specialist doctors who give them the necessary treatment without charging any fees. In the month of December a lecture series on Reproductive Health and Hygiene, Nutrition AIDS, Communicative diseases, Dental Health etc. is arranged. The doctors discuss above mentioned issues and try to solve their doubts and queries.

**Evidence of Success**:

Nearly 90 to 95 % students attend the camp. About 5- 10 % students are benefited by free medical assistance. The lecture series has also shown positive results. Earlier the percentage of anaemia among the students was very high. But due to orientation regarding diet, nutrition the percentage has come down significantly. Other colleges in the vicinity have also followed us in conducting the camps though they haven’t undertaken follow up activities like us. The success of the camp is observed in awareness in students about healthy habits.

**Problems Encountered and Resources Required**:

As students sincerely attend the camp and doctors co-operate voluntarily as their social responsibility the health check up camp is conducted smoothly and successfully. Many of our students who come from rural areas from the vicinity of Karad have to leave their homes very early (even 6 a.m.). Such students find it difficult to bring tiffin with them. As a result they resort to eating junk food readily available. Those who cannot afford go hungry. We face certain financial as well as other problems in providing them with nutritious food at subsidized rates.

**Contact Details:**

Name of the Principal : - Dr. Snehal R. Prabhune

Name of the students : - Mahila Mahavidyalaya, Karad

City : - Karad

Pin Code : - 415110

Accredited status : Completed third cycle of accreditation

Work Phone : - 02164 -220849 Fax No.: - 02164 – 220849

Website : - [www.mahilamahavidyalaya.com](http://www.mahilamahavidyalaya.com)

Email ID : - karadmahila@gmail.com

Mobile : -9881785290