

Best Practice

1. Title of the Practice:

ENABLING EDUCATION THROUGH FINANCIAL SUPPORT

2. Objectives of the Practice

- To provide financial assistance to needy, deserving and meritorious girl students from underprivileged families so that they can pursue higher education and ensure a bright future.
- To assist students who are not eligible for financial help from the Government, the college offers and ensures that freeship and sponsorship is available to them by approaching various philanthropists.

3. The Context

The contextual features or challenging issues that needed to be addressed in designing and implementing this practice

- The main challenge has been to effectively convince donors to generously donate for the welfare and future of needy students.
- In the academic year 2020-2021, this year due to Covid-19 Pandemic, the number of students who needed financial assistance were significantly more
- Due to reasons attributed to the pandemic, established donors of the past did not contribute to the fund
- The collection of necessary documents also posed a grave problem.

4. The Practice

The constraints / limitations, if any, faced by the best practice and its uniqueness in the context of India higher education.

- While it is mandatory for eligible students applying for free-ship to pay at least 50% of their fees at the time of admission, a student, who is unable to pay the fees in one

instalment, can apply to the Principal giving complete details of her financial situation to be granted permission to make payment in two to four instalments.

- It is worth a mention that the Freeship Committee also appealed to Alumni through a College Scheme “BMN SAATH SAHYOG ” and College Staff through a College Scheme “BMN SHIKSHA SAHYOG ” for students Freeship Donation.
- The Freeship Committee through a survey found out the needy students who are not able to attend online lectures because of siblings who are also attending online lectures or parents working from home. Hence they were not able to afford Data packs. This year the Committee, with the help of progressive-minded Donors, helped to purchase Data packs for 235 Needy Students for Online Lectures.
- To make the entire process of disbursement of donations transparent, a disbursement sheet is prepared with the donor's name, student's Name, class and signature, signature of the Principal and Hon. Secretary of the College. This Sheet is sent to the Donor.

Procedure for Freeship offered by the College Management

- Principals/Vice-Principals/Coordinators/In-charge/Class Teachers/Teachers In-charge are requested to give due publicity about the Scheme to Students during Orientation.
- Application form designed by the committee asks for details about Parents, Student's Academic Performance, Salary Certificate of Parents, Statements of the last 6 months from the Parents' Bank Passbook, Student Attendance, Class Teacher's Remark about Students etc.
- The meeting is conducted to brief members about the process of implementation of Freeship for the Academic year.
- Freeship Notice for applying for Freeship with last date of submission with photocopies of forms is given to HODs of all Departments to distribute among students in their Department in the month of July.
- The Committee collects all data related to College Donors and their yearly interest amount from the College Office in advance, before students submit their Freeship forms
- HODs are requested to submit the forms and to submit the filled consolidated data course wise for example: Home Science, BCA, MSc. etc.
- This consolidated sheet is sent to the Donors, so that Donors at a glance can get all information about the needy Students' details.
- Based on the Donors' contribution, students are given Freeship.

Procedure for SC/ST/OBC/Minority Freeships offered by State Government and Central Government of India

- The College assigns one Full time Aided Non-Teaching Staff to handle all Government Freeships of all the courses of the College.
- The College office submits regular notices for SC/ST/OBC/Minority students about the Online Application and submission of Government Freeship Forms.
- The student has to submit a printout of Online Freeship Application form along with necessary documents as per requirement of the Freeship Scheme.

INNOVATIVE PRACTICE

- Disbursement sheet is prepared with the Donor's Name, Student's Name, Class and Signature, Signature of the Principal and Hon. Secretary of the College. To make the process transparent, this Sheet is also sent to the Donor.
- Freeship Committee before granting Freeship to genuine and needy students, visits the Applicant's home.
- After the Faculty's visit to the Applicant's Home, the Investigator Feedback form given by the Freeship Committee is filled.

Enclosures:

- Freeship Application Form
- Freeship Notice for Students
- Consolidated sheet of the students form for Donors so Donor at a glance could get all information about the needy Students' details.
- Freeship Disbursement Sheet Donor wise

5. Evidence of Success

- The Freeship Best practice has brought a great sense of satisfaction as most of the students who benefitted from the donations are now proudly supporting their families financially. Freeship Committee gave donation to 103 students and disbursed the amount Rs. 10, 42, 460/-
- The timely help of providing data packs for needy students increased the attendance in Online Lectures.

6. Problems Encountered and Resources Required

Problems encountered and resources required to implement the practice

- As the College is located around slum areas like Dharavi, Kurla, Chembur, Sion, Mahim, Wadala, Koliwada etc. the demand of Freeship is more and there are few Donors.
- Around 9 Students lost the earning member of the family due to COVID 19 or other diseases like Heart attack, Cancer during this Pandemic. Many students' parents lost their jobs, as their Salary was reduced. Students were not able attend Online lectures as they were not able to buy Data Packs, Not able to pay fees etc.
- Most of the parents give less attention and importance to girls' education when compared with boys.

7. Notes (Optional)

Any other information regarding Institutional Values and Best Practices which the institution would like to include

SCOPE OF IMPROVEMENT

- Further positive progress includes the giving of Notebooks, reimbursing Travelling Expenses, Paying Exam fees etc. for needy students.
- To monitor progress and the Impact Factor Analysis sheet students who received Freeship for the last few years are prepared to convince the Donors that their money was used for a good cause.
- The Impact Factor Analysis Data should be published in the College Society's Annual Report to attract more Donors.

1. Title of the Practice

Promoting Sports and Fitness Culture among students on campus

2. Objectives of the Practice

The objectives / intended outcomes of this “best practice” and the underlying principles or concepts of this practice

- To promote overall well being of students through sports and fitness activities on-campus as well as in the online mode
- To provide an environment for physical development of the students & staff
- To encourage students to participate at intercollegiate/ State/ National & International level competitions

3. The Context

The contextual features or challenging issues that needed to be addressed in designing and implementing this practice

Considering the importance of sports and fitness in overall wellbeing of women students, the Committee undertook a project to enhance the sports and fitness culture using a holistic approach. Through initial observations and brainstorming, major areas of concerns were identified which majorly were related to busy academic schedule, lack of motivation, unhealthy lifestyle related habits. Apart from the student’s limitations, the college too has had limitations like limited infrastructure, limited coaching facilities and restrictions on the activities to be conducted during lockdown. These were followed up with a structured survey to systematically explore the reasons for limited participation in sports activities. The findings were as follows:

4. The Practice

The constraints / limitations, if any, faced by the best practice and its uniqueness in the context of India higher education.

Phase 1 - The on-campus strategies experimented were related to

- Improved infrastructure

- Provision of sports equipment and safety gear
- Internal and external coaching facilities
- A sports hour was integrated into the academic time-table
- Annual sports day was extended to a week
- Formation of the first-ever students' Sports Council led to strengthening the team spirit and encouraging ownership and participation from students

Phase 2 - COVID pandemic led to the exploration of alternate strategies for online activities.

- Synchronous activities:
 - Online fitness sessions
 - Coaching by professional trainers and Peer-to-peer mentoring
 - Webinars on sports, fitness, and nutrition-related aspects to increase health awareness
- Asynchronous activities:
 - Digital channels were opened like sharing demonstration videos for practice
 - Participation in competitions for the digital annual sports festival

5. Evidence of Success

The Sports Committee of the college undertook a 2-year research-based project to enhance the sports and fitness culture using a holistic approach.

- Sports equipment, uniform, and safety gear were provided which resulted in a tremendous increase in winning percentage from 21% in 2018-19 to 35% in 2019-20
- Students participated in intra-college, inter-college, state-level, and national-level competitions; students have won prizes as well
- Through the Peer-to-Peer Training, students with sports expertise became trainers for other students on campus. Interestingly, 6 students became trainers for Yoga, Chess, and Badminton
- By making a shift from Annual Sports Day to Annual Sports Week, there was an increase in the number of events offered leading to 81.6% increase in participation

- By inculcating the sports hour into the academic time-table, more students participated in the regular Yoga and Fitness sessions
- Fitness Fiesta (Live Yoga and Full Body Workout) was conducted on the Zoom platform by eligible students for the students under the Sports Student Mentor initiative. There were 82 beneficiaries in this 2-week initiative. The outcome was not only beneficial for the participants, but also for the student trainers, who developed their confidence and skills to take it up on a larger scale outside the college
- Due to the online workout sessions, the participation increased by 82% for Yoga and 2.5 times for Full Body Workouts
- Digital communication channels (WhatsApp & Instagram) were used to send out regular updates as well as relevant information. After this, 90% of students surveyed reported that they were getting regular updates about sports and fitness activities.
- Online Annual Sports Week was held with competitions in Yoga, Full Body Workout, poster and meme, and interactive webinars were organized for health and nutritional awareness, diet counselling for eating habits and reproductive health. All participants reported an increase in awareness after the sessions

6. Problems Encountered and Resources Required

Phase 1 (Offline):

Due to limited space students are unable to practice regularly for physical sports that require adequate space. Available grounds nearby the institution are usually tied up with their scheduled activities, giving our students less chance to practice for tournaments.

Phase 2: (Online)

- Although the sports hour was introduced in the academic timetable, students attendance was not up to the mark
- Not all students who attend the regular fitness sessions kept their videos on
- The programs were dependent on students' having internet access. Thus, issues like limited data pack, connectivity issues, sometimes limited their participation

7. Notes (Optional)

Any other information regarding Institutional Values and Best Practices which the institution would like to include.

- Our approach of applying a multidisciplinary perspective to sports and fitness has helped to bring in holistic initiatives to enhance sports and fitness culture in the college. Our team comprised professionals from Sports/Fitness, Science, Nutrition, Human Development, and Computer Applications.
- Dr. BMN College won third prize in the 15th Best Educational Quality Enhancement Team (BEQET) President Award 2020 for the project "Sports and Fitness Culture: Quality Enhancement through a Holistic Approach" at the 12th D.L. Shah Memorial lecture organized by National Centre for Quality Management (NCQM), Mumbai
- Sports committee members Dr. Jahnvee Joshi (Author, Asst. Prof, Dept. of Human Development) and Ms. Paulomi Desai (Co-author, Senior Lecturer, SDC in Physical Fitness & Weight Management) presented the research paper titled 'Sports and Fitness Culture - Quality Enhancement through a Holistic Approach' for the International E-Conference Sports Industry during COVID-19 under the theme 'Sports Management in Educational Institutions' organized by Sports and Management Research Institute (SMRI), Thiruvananthapuram on 30th July 2021.