

Rayat Shikshan Sanstha's
KARMAVEER BHAURAO PATIL COLLEGE, VASHI

Best Practice I

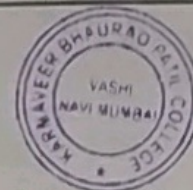
1. Title of the Practice: Value-Based Education

2. Goal: 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.

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.

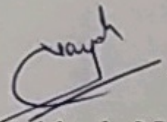
5. Evidence of Success:

- 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 practising it. These students reported lack or reduction in anxiety and stress levels. Many conveyed that their tolerance/patience has increased.

- ii. Parents reported a change in the attitude of the students.
- iii. External examiners specifically noted the calm and composed approach of students during practical exams.
- iv. 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.



Approved By,


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I/C Principal