

Abhay Yuwa Kalyan Kendras  
अभय युवा कल्याण केंद्र संचलित,  
**ARTS MAHILA MAHAVIDYALAYA, DHULE (M.S)**  
**कला महिला महाविद्यालय, धुळे.**

आमोलागर देवपूर, धुळे-424002 (महाराष्ट्र)

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2019-2020

**Best Practices First**

**1. Title:** Yuvati Sabha. Seven Days Judo Karate and Taikwando training Programme

**2. Goal:** - To provide girl students a platform to develop the self defence skills and make them self-reliant persons.

**3. Context:** Yuvati Sabha contributes in empowering girl students and make them capable to participate in the national mission of women empowerment. Every year college organizes the training programme of 7 days. In this academic year the programme was organized during 17 Feb to 24 Feb 2020 in which total 55 students get benefited. The training was conducted by the expert Mr. Hemant Kulkarni and his team.

**4. Practice:** • To make girl students adopt several skills and get wider scope to develop personality. • The training makes the student to face the critical situations if they get acquainted with. It makes them independent. • The training helps to change the stereotype condition of the women and make them strong enough to be a confident personality.

**5. Evidence of Success:**

- The students get selected for the inter university tournaments of Taekwondo.
- The girl students get train in defensive skill.
- It develops the personality of the students in their day today life.
- It increases cardio vascular fitness.
- It increases focus and concentration.

**6. Problems encountered and resources required:** As it is a Girl's college, they are not ready easily to join this programme due to fear because many people think that learning Martial Arts promotes violence. The training requires quality mats for doing the practices easily.



**IQAC Co-Ordinator**  
A.Y.K.K's Arts Mahila  
Mahavidyalaya, Dhule





**Principal**  
AYKK's Arts Mahila Mahavidyalaya  
Debour Dhule

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**Best Practice-Second**

**1. Title - To Motivate women/girls for higher education.**

**2. Goal - To provide the equal right to the girl student make them above for self-defence.**

**3. Context -** Our College is a single women college in the city affiliated to North Maharashtra Uni. Jalgaon. As ours is a women college the girls from the nearby villages prefer to take admission in our college due to secure atmosphere of the college. The college allows them to take admission with minimum fees. The flexible mode of fees for the economical poor students is convenient way makes them to be part of expected educational flow. Sport, N.S.S. DSW develop their all rounded personalities. Our faculties personally look their needs help them to select the special subjects. Even our student feels free to communicate with the non-teaching staff.

**4. Practice -** The flexible mode to fees structure is convenient to the below poverty line students. Our faculties help the poor students for the exam fees. The syllabus is completed within allotted time. Our library has needed text books reference books.

**5. Evidence of Success:** • College has taken up a responsibility of imparting quality education to students belonging to backward and rural area and farming communities of the region.

• Due to facilities provide in college most of our student intake are from backward and economically weaker section of the society.

• We provide various scholarships and free ships to students easily under the government schemes.

**6. Problem Resources Required –**

• There is a need to motivate more students from rural areas to pursue higher education.

• After marriage, girl students face difficulties in higher education due to domestic responsibilities

• To convince the students who passed HSC about importance of Arts stream as the students have deeper interest in professional courses to organize more lectures for the development of woman students. Knowing the above problems the college tried to solve as much as possible.

**I.Q.A.C. Co-Ordinator**  
A.Y.K.K's Arts Mahi  
Mahavidyalaya, Dh



**Principal**  
AYKK's Arts Mahila Mahavidyalaya  
Dhule, Dhule





आपला महाराष्ट्र

बुधवार १९ फेब्रुवारी २०२०

# अभय महिला महाविद्यालयात विद्यार्थिनींना कराटे प्रशिक्षण

धुळे, दि.१८- येथील अभय युवा कल्याण केंद्र संचालित कला महिला महाविद्यालयात कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विद्यापीठ जळगाव विद्यार्थी विकास विभाग व अभय महिला महाविद्यालय विद्यार्थी विकास विभाग युवती सभेच्या स्वयंसिद्धा अभियान विभागांतर्गत ज्युडो कराटे तायकॉदो प्रशिक्षण शिबिरास नुकताच प्रारंभ झाला.

महाविद्यालयाचे प्राचार्य डॉ.रामचंद्र माळी यांच्या हस्ते प्रशिक्षणाचे उद्घाटन करण्यात आले. यावेळी सावित्रीबाई फुले यांच्या प्रतिमेचे पूजनही करण्यात आले. अध्यक्षस्थानी उपप्राचार्य प्रा.बी.के. पाटील होते. याप्रसंगी त्यांनी विद्यार्थिनींना मार्गदर्शन केले. प्राचार्य डॉ.रामचंद्र माळी यांनी महिलांना



स्वतःला सिद्ध करा असा संदेश या शिबिरातून दिला. उपप्राचार्य प्रा.बी.के.पाटील यांनी विद्यार्थिनींना हिंगणघाट येथील झालेल्या दुर्घटनेचे उदाहरण देवून असे प्रकार विद्यार्थिनींशी पुन्हा घडणार नाहीत याची काळजी घेतली पाहिजे, प्रसंगी दोन हात देखील केले पाहिजेत. या शिबिरातून कौशल्य आणि तंत्र अवगत करून एखाद्या प्रसंगी त्याचा वापर करावा, असे आवाहन त्यांनी केले.

प्रशिक्षण शिबिरात ५५ विद्यार्थिनी झाल्या सहभागी झाल्या आहेत. सकाळी आठ ते ७.३० ते ९.०० या कालावधीत हे शिबिर घेण्यात येणार आहे. शिबिर आठ दिवस घेण्यात येणार आहे. शिबिराचा समारोप दि.२४ रोजी करण्यात येणार आहे. धुळे जिल्हा तायकांदो संघटनेचे सचिव हेमंत कुलकर्णी व प्रशिक्षक संजय जमदाडे हे प्रशिक्षण देणार आहेत. त्यांच्यासोबत राष्ट्रीय खेळाडू

कु.प्रेरणा जगताप व कु.वैष्णवी मनीखेडकर यांनी प्रशिक्षणात विविध कौशल्य व तंत्र करून घेत आहेत. प्रशिक्षण शिबिराचे प्रास्ताविक प्रा.ए.ए. पाटील यांनी केले. सूत्रसंचालन युवती सभा समन्वयक प्रा.डॉ.मनिषा पवार यांनी केले. आभार कु.नम्रता पारधी हिने मानले. यावेळी प्रा.आर.ए. वाघ आणि सदस्या प्रा.संध्या पाटील तसेच सर्व प्राध्यापक व बहुसंख्य विद्यार्थिनी उपस्थित होत्या.