

DAV Velankar College of Commerce, Solapur

Best Practice 2022-23

SWASTHA- THE SPORTS WELLNESS PROGRAMME

The objective is to Promote overall Health , wellbeing, leveraging Physical Activity and sports ,Physical Fitness, Mental health and Social Interaction

Highlighting Features are Diverse physical Activities, skills, Past students guidance, Training, Nutrition and wellness education, Stress reduction and team building

SWASTHA- focuses Sports education, Tournaments Measuring BMI index, Exercises, Yoga, Guest lectures, Sports Quota Career Guidance, Orientation Course

Result is .National 10 winners, University level- 3 team winners in base ball, tennis, Badminton, Weight lifting. Higher Participation By Girl students

Problems encountered-Lack of Active participation, refrain from Parents, Funds

Resources required- Sports equipment, Ground, Supporting Staff

Other institution should adopt this practice for it is Beneficial to students, staff, institution and community

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**GOING GREEN- SUSTAINABILITY AND SOCIAL RESPONSIBILITY
PROGRAMME**

The main objective is to promote environmentally sustainable practices and reduce ecological footprints of Society

Highlighting Features -Lower Carbon footprint, Waste minimization, Environmental education., Projects,

THE Programme focuses on Tree Plantation, Soil Conservation, Green Education, Project Work , Organic Farming

Higher Participation By Girl students

Result is Green Campus, Environment Education to all and fitness

Problems encountered-Maintainance of Greens, Water, Funds and Manpower

Resources required-are Saplings, Tree Guards, Soil, Ground, Supporting Staff

Other institution should adopt this practice for it is Beneficial to students, staff, institution and community and being one with nature