

## Best Practice-I

- 1) Title of the practice: Service to community to maintain health.
- 2) Goal: Extension of college resources to the society to maintain health.
- 3) The Context: The College has developed four hundred meter running track for the community, teachers and students. Maintenance of health is the main issue now a day. The senior citizens particularly find it difficult to use roads for morning walk due to heavy traffic. In our college, in the morning as well as in the evening many senior citizens as well as youths use the running track.
- 4) The Practice: Daily walking is the best exercise for health. It keeps the body away from diseases. Walking refreshes the mind and body. It increases the body's defence mechanism to fight against the diseases. The running cum walking track is one of the unique facilities provided to the society by the college. Many people from the society including women use the track for morning and evening walk.
- 5) Evidence of Success: Approximately a hundred people including women and senior citizens visit the college ground and use running track to walk on it. Some of the senior citizens are suffering from diabetes, heart diseases, asthma etc. It has been found that there is improvement in their health conditions.
- 6) Problems encountered, and resources required: Ignorance about health among the people is the main problem. Awareness needs to be created among the people through special training programmes based on health. People are unaware healthy diet. Further we need to developed open gym for senior citizens.

## Best Practice-II

- 1) Title of the Practice: Conservation and collection of wild vegetables.
- 2) Goal: To study and document the traditional wild vegetable plants in Chikhli region.
- 3) The context: Nature has lots of miracles. It is knitted with different shades of colours and variety of medicinal plants. Plants blossom in the beginning of rainy season. Without bowing seeds different types of wild vegetables grown on mountains and in forest. Wild vegetables are nature's gift for us. In tribal region people eat wild vegetables as their food. These vegetables are good in taste and have their own medicinal values. It has been observed that the traditional knowledge on wild vegetable plants is sharply declining. Unless special efforts are made to educate the younger generation about the importance, the medicinal plants may get lost in near future. The study of the medicine al plant can contribute significantly not only to the developed society but also improve food security in tribal areas as these plants are good sources of required nutrition for health.
- 4) The Practice: The collection of wild vegetable plants is the main task of this practice. To collect the medicinal plants and their medicinal value, a Regional level competition by the Department of Botany was organised. The information regarding the competition was spread through students in the nearby area. For the publicity pamphlets were distributed, the competition details were published in the regional newspaper. To get maximum participation local cable network was also used. It was open for all age groups with good knowledge of wild vegetables. As a result, 75 contestants including 50 women and 25 students participated in the

competition with their recipes of the wild vegetables. The contestants give detail information about the medicinal value of the plants also. After the examination of the plants and their recipes winners were declared. Participants were given certificates with gifts.

5) Evidence of Success: In this regional level competition 75 contestants participated with 25 different varieties of Wild vegetables. Participants explain its medicinal and nutritional values. Traditional knowledge about these wild vegetables was collected and documented.

6) Problems occurred, and resources required: The main challenge is to find and identify the wild vegetables. It is very tedious work to found and collect the wild vegetables in stipulate period because most of the wild vegetables are available in monsoon season. As an approach we visited to local people who have good knowledge of wild vegetables. Students from different villages also collected these plants and its information from local people.