



The Jalgaon Education Society's  
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### BEST PRACTICES

2021-2022

The Title of Best Practice -----Personality development Hand gesture Yog Mudra

#### Objective of Practice

- 1 Carrying the practices of Hand Gesture Yoga Mudra is to develop emotional and intellectual personality development among the students.
- 2 Carrying the practices of Hand Gesture Yoga Mudra is to develop spiritual personality development among the students.
3. Hand Gesture Yoga Mudras are also used to monks in their spiritual practices of ritual meditation and concentration
4. Hand Gesture Yoga Mudras are also used to monks in their spiritual practices of ritual meditation and concentration.
5. Hand Gesture Yoga Mudras are believed to generate the inner power that invokes the deity.
6. Through the Hand Gesture Yoga Mudras are suppose to develop the overall personality via the personality traits like communication, Team work, problem solving tactics, time management, critical thinking, decision making, stress management, adaptability, conflict management, leadership development, creativity, resourcefulness etc.

**Context** - Health is wealth in human life. In the modern age people are living stressful life. Most of the people have been loosing mental peace health. In such critical situation Indian scriptures and ancient sciences have suggested practice of yoga to maintain mental and physical health and well being.

## **Practice**

In our institute we are doing the practices of yoga through various modes. Mudras are a non-spoken approach of the way of communication and self expressions. Yoga Mudras are of various types like Hasta Means Hand Mudras, Mana means Head or Brain Mudras, Kaya/Sharir Means Body postural Mudras, Bnadhas Means the locking system like Mulbandh Uddayan bandha, Jalandhar bandha, Jivha Bandh etc, Adhara Mudras means Perineal the complete body mudras starts from Perinium to the Brain. Carrying the practices of Hand Gesture Yoga Mudra is to develop emotional and intellectual personality development among the students. Hand Gesture Yoga Mudras are the symbolic signs through figure pattern retaining the efficacy of spoken word utilizes to evoke the mind ideas signify the divine powers or the holy being themselves. The contents of Hand Gesture Yoga Mudras are the foundation of the use of fingers in various modes. On the other Hand, Hand Gesture Yoga Mudras are constitute of a greatly styled from of gestural communications. Hand Gesture Yoga Mudra is an external expression of 'Internal Body Resolves.' Hand Gesture Yoga Mudras are suggesting that such non verbal communications are most powerful tools than the verbal words. Hand Gesture Yoga Mudras were used and found in the Buddhist sculptures and painting of Ancient India, Tibet, China, Korea and Japan. Hand Gesture Yoga Mudras are indicating the realistic simple way of nature and the function of divine being represented. Hand Gesture Yoga Mudras are as a consequence gestures which symbolize the divine manifestation. Hand Gesture Yoga Mudras are also used to monks in their spiritual practices of ritual meditation and concentration. Hand Gesture Yoga Mudras are believed to generate the inner power that invokes the deity. Through the Hand Gesture Yoga Mudras are suppose to develop the overall personality via the personality traits like communication, Team work, problem solving tactics, time management, critical thinking, decision making, stress management, adaptability, conflict management, leadership development, creativity, resourcefulness etc.

**Evidences of success** - Students developed mental health and physical health. Concentration increased in the students.

## Best Practice 2

### Title of the Practice - Communication Skill in Marathi

#### Objectives of the Practice

1. To develop writing skill of the students.
2. To study and practice official proforma and correspondence.
3. To develop imaginative writing.
4. To understand the nature of newspaper writing.

**Context** - Language is the means of the communication. Students are expected to communicate fluently verbally and in written communication. Hence to develop this faculty of the students workshop is organized to provide them and opportunity to develop regional language skills and make them able to correspond to various offices.

**Practice** - The workshop was organized by the Department of Marathi on 4 April 2022. Near about 200 students were registered and participated in the workshop. Head of the Department of Marathi Prof. P.C.Gawai, in his lecture told the students the importance of language and scientific and perfect writing of Marathi Language. In the second session Prof. S.M. Ingle, in his lecture brought to notice of the students the importance of communication and office correspondence. Prof. G.V. Kulkarni, Prof. S.M. Mule and Prof. P. P. Chavan also guided the students and told them importance of reading newspaper its various forms of writing such as column writing, front page news writing, report writing, etc. Through this workshop the students were inspired to develop their writing and communication skills and to create the imaginative literature for annual magazine of our college 'Arghya'.

**Evidance of Success** - Students voluntarily participated in the workshop and acquire knowledge of good communication and writing. Most of the students created and sharpen their genius of writing submitted poems and stories to be published in 'Arghya'.

  
Principal,  
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