

**Bhairvnath Shikshan Mandal's
Bhairvanath Vidnyan Mahavidyalaya,
Khutbav – 412203 (Tal - Daund, Dist – Pune)**

DEPARTMENT OF BOTANY

ORGANIZED

Best Practice

DO YOU KNOW ME! ACTIVITY

- **Objectives –**

1. To understand the economical and medicinal uses of plant.
2. To identify locally available plants identification.
3. This activity to student interested in plant care.
4. Apart from the student of the botany subject the students of the other subject also understand the important of this activity.
5. To introduce plant nomenclature and classification.
6. To become familiar with basic plant morphology.
7. The plant is selected syllabus oriented and it is to identify through this activity.

- **The context –**

After completing the background knowledge activity (formative assessment), the teacher can review plant information. The teacher will lead a class discussion where students will use their background knowledge to make connections of medicinal plant and their medicinal and economical uses.

The teacher can also share a real chart with students and have the students look closely at the parts of the plant as they discuss why each part is important. If possible, students could look at plants in small groups and identify the parts.

- **Challenges-**

1. Collect the plant and its information about known and unknown species of plant.
2. It's very challenging to bring interest about this practice.
3. To collect plant species of various area and prepared the poster.
4. Give knowledge about this plant.
5. For plant identification flora not available.

- **The Practice**

DO YOU KNOW ME! Activity was conducted under the botany department. This activity conducted during on 1st August 2019 to 1 January 2020. In this activity F.Y.B.Sc Students was participated. This activity was conducted under the guidance of Prof. Satav Dipti.

According to this activity, identification, classifications, medicinal uses and economical use of plants are studied. After this the information should be taken by the student writing on the card sheet and the photo of the plant was displaying. These card sheets were displaying on the board. In addition to this, the plant was placed in the pot to the front side on stitched card sheet. This plant was displayed on notice board for 15 days. During this time the responsibility of caring for the plant was given to the student who made the card sheet. The name of the student was written on the card sheet. In such a way, DO YOU KNOW ME! Activity repeated on per 15 days.

The Practice and Evidence of Success

1. Through this activity, students identified unknown species of the plants
2. Students got about medicinal and economical uses of the plant.
3. students learn locally available medicinal plants and its uses

4. The students got the common name of the plant and the botanical name.



2) 'Sahajyoga for overall prosperity'

• Objectives -

1. To make society physically, mentally and spiritually fit through sahajyoga.
2. To Explain the sahajyoga to the students
3. To teach sahajyoga through Lectures and Practically.
4. To Creating awareness about the sahajyoga and use of the students and the villagers.

- **The context –**

Many people around the world find it happiness and mentally wellness thought sahayyoga they are implemented day-to-day life. sahayyoga is being implemented on a large scale.

Considering the various benefits of sahayyoga, sahayyoga Sansthan, Pune and Bhairavnath Shikshan Mandal'S Bhairavnath vidnyan mahavidyalaya, khutbav have signed a Memorandum of Understanding and has implemented a syllabus for providing information related to easy access to the college. The students of students, teachers and Khutbav villagers are taking advantage of these initiatives

- **Challenges -**

1. By participating in the activities of the students easily and making regular use of them
2. Explain the ease of the students through various speaker to help the students understand easily
3. To increase the participation of the students and the villagers by introducing the sahayyoga meditation center in the college to encourage the students of the college.

- **Implementation of this practice**

From the academic year 2019-20 of Bhairavnath Bhairavnath Vidnyan Mahavidyalaya, Khutbav '**Sahajyoga for overall prosperity** ' is being implemented. The program started with seven days' syllabus for '**Sahajyoga for overall prosperity**'. This syllabus consisted of the primary identification of ease, the spiritual significance of naturalization, how to meditate, and benefits of meditation. Students, teachers, and non-teaching staff participated in this course.

After knowing the ease of use through this certificate of syllabus and understanding the importance of its students, it was necessary to set up a convenient meditation Centre in the college. Through this, *Sahajyoga Kendra*

has been started in the college through Physical Education and Sports Department.

Through this initiative, on Monday evening 4.30 to 5.30 pm, community attention, teacher, non-teaching staff and students are collectively meditated. On Tuesday, 1.30 pm to 2.00, students, teachers and non-teaching staff are collectively meditated.