

D.T.E. Code - 3487



**IDEAL INSTITUTE
OF PHARMACY**

EMPOWERING INDIA THROUGH KNOWLEDGE


Affiliated by the Mumbai University & Approved by AICTE New Delhi, DTE Maharashtra.

7.2 Best Practices Activities

A Unit Of Ideal Foundation

At Village - Posheri, Taluka- Wada, District- Palghar, Maharashtra

Contact: +91-7678002000, E-mail : idealpharmacy3487@gmail.com , website: <http://idealpharmacywada.com>


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7.2 Best Practices

Best Practice No. 1

1. Title: Student Development & Social Awareness

2. Objectives:

Student development is “the ways that a student grows, progresses, or increases his or her developmental capabilities as a result of enrollment in an institution of higher education.” Student development theory aims to take into account the “cultural nature of learning, including the social, emotional, motivational, cognitive, developmental, biological, and temporal contexts in which learning occurs,” in order to support the “well-rounded development of the student.”

The Ideal Institute of Pharmacy strives to bring out the best of the students by building their confidence and developing their leadership qualities through various Personality Development Programmes and Soft Skill Development Workshops. Through these Development Programmes and Workshops helps the students to face various competitive examinations and interviews.



3. The Context

Climate Change – Climate Change will have a significant impact on our students’ lives. Students have seen the data and witnessed the changes, and are listening to the science community. Most of the students are from tribal area, as our college is located in tribal area, so these type of students have low confidence level, undeveloped communication skills etc.

Some students may have trouble with reading and writing notes and assignments. The level of writing required may be higher and in greater quantity than what was expected in high school. Some students need extra tutoring in writing, grammar, spelling, etc. Some readings may be more complex and difficult than expected. Theory subjects may require several readings and much more time than students allot. Students may develop anxiety about their performance.

4. The Practice:

The student development and social awareness practices involves various activities like health check up camp, expert lectures, seminars, workshop and field visit/industry visit etc. Skills that develop social awareness include:


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- Identifying social cues (verbal, physical) to determine how others feel
- Taking others' perspectives
- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Recognizing strengths in others
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities
- Caring about and being motivated to contribute to the well-being of one's family, friends, college, community, the environment, and the greater good.

Number of extension and outreach programs conducted by the institution through organized forums including NSS with involvement of community during the last five years

Name of the activity	Organizing unit/ agency/ collaborating agency	Name of the scheme	Year of the activity
Workshop On Superstition and its Misconceptions for villagers	NSS	Swachha Bharat Mission	2018-2019
Visit to village and interaction with tribal families	NSS	Swachha Bharat Mission	2018-2019
Road levelling work / Tree plantation work	NSS	Swachha Bharat Mission	2018-2019
Bandh construction drive at adopted area/pond cleanliness	NSS	Swachha Bharat Mission	2018-2019
Skit plays at adopted area on social issues	NSS	Swachha Bharat Mission	2018-2019
Tree bachaav drive and cleanliness	NSS	Swachha Bharat Mission	2018-2019
Educational activities for school children at ashram school	NSS	Swachha Bharat Mission	2018-2019

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Camping in village	NSS	Ek Bharat Shreshtha Bharat	2019-2020
Health checkup camp	NSS	Ek Bharat Shreshtha Bharat	2019-2020
Tree plantation	NSS	Ek Bharat Shreshtha Bharat	2019-2020
Blood Donation Camp	NSS	Ek Bharat Shreshtha Bharat	2019-2020
Anti-Plastic Warriors Rally/ Cloth Bag Distribution	NSS	Ek Bharat Shreshtha Bharat	2019-2020
Cleaning Of Village Area And School Surrounding	NSS	Ek Bharat Shreshtha Bharat	2019-2020
Colouring Of Trees	NSS	Ek Bharat Shreshtha Bharat	2019-2020
Skit Play At School & College On Clean India	NSS	Ek Bharat Shreshtha Bharat	2019-2020
Programmes on Conservation of Water/WaterHarvesting/ Watershed development	NSS	Ek Bharat Shreshtha Bharat	2019-2020
Shramadan Programme	NSS	Ek Bharat Shreshtha Bharat	2019-2020
Meri Mitti Mera Desh	NSS	Aazaa Di Ka Amritmahotsav	2023-2024
Tree plantation	NSS	Aazaa Di Ka Amritmahotsav	2023-2024
National youth day	NSS	Aazaa Di Ka Amritmahotsav	2023-2024

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5. Evidence of Success

The Ideal Institute of Pharmacy organized NSS camp at Ambhai village, Pali, Tal- Wada for 7 days. During camp students performed various activities which are as follows;

- **Health checkup camp**

The Ideal Institute of Pharmacy organized NSS camp in which health check up camp also organized. Various tests were conducted like Blood pressure, blood sugar level, blood group etc.

- **Tree plantation / Colouring Of Trees**

The students, agreed to plant trees in the campus of the college. Various types of tree saplings, like peepal, cinnamon, neem and eucalyptus, were planted in the village premises. Students talked about how planting trees helps to regulate the temperature and absorb all the carbon dioxide from the air.

Anti-Plastic Warriors Rally/ Cloth Bag Distribution

Ideal Institute of Pharmacy organized NSS camp at Ambhai village, Pali. During that camp students performed various activities like tree plantation, blood donation camp, ban on use of plastic etc. Plastic bags cause many minor and major ecological and environmental issues. The most general issue with plastic bags is the amount of waste produced. Many plastic bags end up on streets and subsequently pollute major water sources, rivers, and streams. Initiatives include to prevent use of plastic bag issue; Through rally our students motivated people's that plastic is how much harmful for us and our nature. Students also distributed cotton bags to retailers and other people's.



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- **Blood Donation Camp**

The students as well as villagers also involved in blood donation camp. Institute provided all the necessary requirements to students for blood donation camp. Student volunteers gave a speech on blood donation necessity and motivated peoples to actively participate in blood donation camp.

- **Skit Play At School & College On Clean India**

The students performed skit play on clean India at Ambhai school and college. Through skit students explained importance of cleanliness. Students also explain what will be the effects of garbage like viral infection or any serious illness.

- **Skit on Beti bachao beti padhao**

The students performed skit play on **Beti bachao beti padhao** for generating awareness and improving the efficiency of the welfare services intended for girls in India. Beti Bachao, Beti Padhao campaign is a national initiative jointly which aims to address the issue of the declining child sex ratio image (CSR).

The main objectives of Beti Bachao, Beti Padhao Yojana include:

- To prevent gender-biased sex selective elimination.
- To ensure the protection and survival of the girl child.
- Ensuring education and participation of the girl child.

- **Train the students by conducting Expert Lectures, seminars and workshops**

The Ideal Institute of Pharmacy organized different Expert lectures for development of students. Expert session provide platform to students to express their ideas and view. Student gets benefit to relate theoretical with practical inputs of field.

6. Problems Encountered and resources required

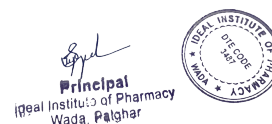
Some students are native from tribal region, those students have lack of confidence and communication skills, so these students need more time to explore their skills. Our staff always motivate them regarding academics and extra curricular activities.

Resource person:

Dr. Sonali Uppalwar

Principal of Ideal Institute of Pharmacy, Wada

Contact no. 7976244046





Best Practice No. 2

1. Title: Women Empowerment

2. Objectives: Women constitute 70% of the total faculty strength of the college.

- Creating an environment through awareness programmes to enable the students to realize their full potential for learning and solving their problems independently.
- To provide job opportunities for Women preferentially.
- • Involving social activists and Government officials to enlighten the students on human rights and fundamental freedom for equal rights and opportunities.
- Organizing debates and discussions on gender equality to enable the students to realize gender sensitization, thus leading to more equality and harmony in family and society.
- • Development of vocational and technical skills among the women students by providing special training to enable them to become independent earners of their living. Participation in Seminars, workshops, FDP's etc.
- Organizing the Guest lectures for women students by women doctors for guidance of women-related health problems and conducting awareness programmes on the importance of sanitation, personal hygiene and prevention of seasonal diseases.

3. The Context

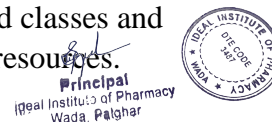
The women students, in the beginning were not enthusiastic to participate in the deliberations.

Some parents and staff vehemently opined that the awareness / sensitization programmes defeated the very purpose of sending their wards to college.

The various legal protective provisions for women were misunderstood as undue favour meant to belittle men.

4. The Practice:

Discrimination against women even in the 21st century is a devastating reality. That is why 'gender inequality' has been a matter of serious concern across the globe and within the countries. India still has a long way to go before achieving gender equity and empowerment of women. Especially, the rural areas are ravaged by the miserable conditions of abject poverty, illiteracy, ill-health and superstition. The college girls account for 40 of the total strength and most of them come from rural areas. The majority of these girls belong to the weaker sections including scheduled caste, scheduled tribes, other backward classes and minorities without proper access to education, health and other productive resources.





Therefore, they remain largely as the marginalized poor and socially excluded. Joining a degree college in the town and acquiring higher education involve money and higher things. So the poverty-stricken and tradition-bound parents reluctantly admit their daughters to colleges.

Being the most vibrant and dynamic segment, the youth including girls, is our most valuable human resource. We cannot afford to neglect our female force to be the victims of discrimination, exploitation and segregation.

So the college resolved to empower female students and staff to face the vicissitudes of life boldly and successfully for a life of peace, harmony and dignity. To achieve the aim, the college established a **Gender Sensitization Cell** with a Chairperson and members of cell. The Coordinator and the members of the unit decide the conduct of awareness sessions during leisure hours sensitizing the girls to know why and how they are given subservient role in spite of their equal or even more abilities than their counterparts. They also plan for organizing various awareness programmes / seminars /workshops and interactive sessions. The Principal along with the Coordinator monitors the implementation of the plan.

The Coordinator and the members are responsible for the implementation of the programmes. The Gender Sensitization Cell is working for the protection of women's rights and actively empowers women creating conditions for gaining confidence in their abilities. It aims at curbing the social evils like eve-teasing, ragging and dowry system providing necessary counselling and guidance by professional women counsellors, social and rights activists, enlightened academics, so that the women students and staff become aware of unjust gender discrimination, the human rights, the legal provisions available for their protection, importance of higher education for higher enlightenment, mental and physical fitness, for supporting and guiding girls the institution has a girls mentoring cell.

All these activities were done with the guidance of Principal Dr. Sonali Uppalwar being Chairperson of Gender Sensitization Cell.

This organization also installed sanitary napkin vending machine for girl students.

The Cell also arranged an interactive session with well-known Dr. Prachiti, Ideal Ayurved College for Women's.

5. Evidence of Success

Women Staff and student got inspired by various awareness and gender sensitization programmes. They sensitized the present women students on gender issues to relieve them of their negative feelings of inequality, diffidence and shyness in varied socio-cultural contexts. The modest and diffident students were reluctant to cross their academic borders affecting the successful conduct of awareness programmes. Active participation of girls in women cell activities for enhancing creativity and thought process for women empowerment is the outcome of the efforts of faculty and student leaders.


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● Women's Day Celebration

Women's day was celebrated on 08th march, 2023 with great pomp and ceremony in the institute the seminar hall were decorated with floral rangoli and every woman staff was felicitated with a rose bud and a Cadbury chocolate slab.

All ladies were then led in prayer by the male teacher who later presented a power-point highlighting the need to respect women and look into their every need and fulfill them on a priority basis.

Gender equality was highlighted under the theme "be bold for changer" by Mr. Lokesh Vyas sir.

Rangoli competition also conducted on theme "Beti bachao".



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● Job opportunities

The Ideal Institute of Pharmacy, Wada always give preference to Women faculty as well as Women non-teaching staff. As our institute is located in tribal area, we provide Jobs preferentially for women's. It will help in development of rural area. Institute also provides facilities for womens like Hostel facility, Sanitary napkin vending machine, CCTV for the 24*7 protection of women's etc.

● Guest lecture on Personality Development

Guest - Mr. R.C Rai, Principal of Ideal Institute of Law

An amazing one day personality development program on 11th September 2023 has been organized by Ideal institute of pharmacy,wada the program was inaugurated by the chairman of ideal foundation Mr Abhishek jain sir and our guest Mr Anil patare sir ,head master of vikramgad college.

The main contents of the training program were displayed on Presentation Prepared Mr. Rai Sir, Principal of ideal institute of law. The one day session were focused on below mentioned topics. 1) Goal Setting 2) Time Management 3) Correcting the way 4) Listening Skills 5) Team Work.

● Fire fighting Demo

The fire fighting programme was held on 12th Sept. 2023 to overcome the issues and doubts related to fire extinguisher. As most of the women's are shy and uncomfortable to be a bold in any activity. The Ideal Institute of Pharmacy organized a demo on fire fighting by Mr. Rajesh Tiwari sir ,city fire services, Boisar. All teaching, Non-teaching staff and students were benefitted by fire fighting demo. Mr Rajesh tiwari sir started the seminar on Fire Fighting Training and gave the detailed discussion that fire training is designed to equip



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students with the knowledge and necessary skills to extinguish a fire, using a variety of techniques covered in the course. Upon completion of this course participants were able to extinguish fires with the use of a fire extinguisher, evacuate an installation on fire apply the theory of the fire triangle in preventing fires at worksites.




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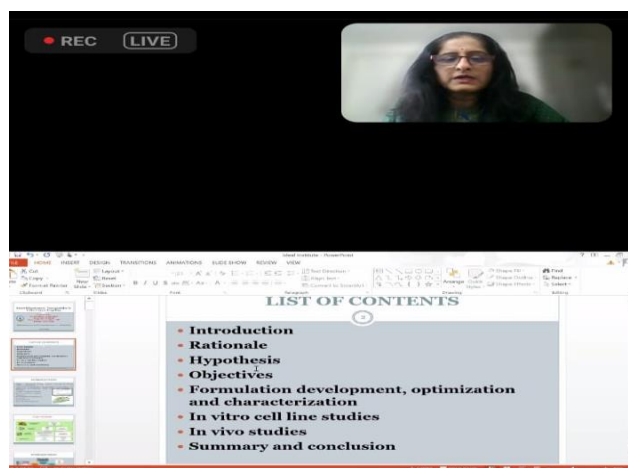


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- **National Conference on current trends in drug discovery and development on date 20th and 21st Oct.2023.**

On 20th and 21st October, an online conference was held at the Department of Pharmacy in Ideal Group of Colleges. The main objective of



this National Conference is to motivate students to take participate in Poster presentation programme, it will definitely helps in development of student skills. Most of womens also participated in poster presentation.

Dr. Sushma Talegaonkar Madam Associate Professor Department of Pharmaceutical, New Delhi was invited by Ideal Institute of Pharmacy for that conference.

Also, Professor Supriya Scindye Madam was also invited and she gave very good information about National Conference on current trends in drug discovery.

The conference was attended by the principal of Ideal Institute of Pharmacy, Dr. Sonali Uppalwar madam and all the teaching staff of the pharmacy department. The conference was moderated by Miss Mayuri Bhoir madam.

6. Problems encountered and resource person


No any circumstances were found in college campus related to Women's safety.


Resource person:

Dr. Sonali Uppalwar

Principal of Ideal Institute of Pharmacy, Wada

Contact no. 7976244046


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