



*J. B. Sawant Education Society's*  
**TIKAMBHAI METHA COMMERCE COLLEGE**

Permanently Affiliated to University of Mumbai

NAAC Accredited B Grade CGPA 2.13

Recognised under 2 f & 12 B of UGC Act. 1956

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## **Best Practices in the college (2018-19)**

### **1. Free Sports & Gymkhana Training to the Youth**

The games and various sports play important role in order to make healthy human being, viewing the importance of health and games in life, the college has adopted the practice of training the youth from the surrounding rural youth. College has spacious play grounds. The college keeps these play grounds open for all. Later on, when these youths get admission in the college and consequently contribute to the success of the sports department as well as college. As the result of this, J.B. Sawant Education society's Tikambhai Metha Commerce College started Sharad Rajaram Desai Gymkhana is well known for its sports & Gymkhana department and sports activities. Our college introduced various indoor outdoor games at college level to participate in university level.

#### **The Goal:**

- To prepare sports-persons for the future
- To train the rural youth of the surrounding villages.
- To create healthy generation.
- To provide future opportunities.

#### **The Context:**

Mangaon is located at the rural and hilly area of Raigad district. There is lack of the necessary sports infrastructure and expertise. As a result, many capable rural youths cannot get introduced to sports and gymnasium facilities in a proper way. Our college has well equipped unisex gymkhana and well developed ground of about 1.5 acre that is our unique special point. Players are practicing the various games in college campus.

#### **The Practice:**

College identifies the students interest in sports indoor as well as outdoors. They are motivated and trained to participate in sports activities at indoor as well as outdoor games in college as well as university level under the guidance of sports in charge. Free training provided in college gymkhana by trained coach. Students are honoured with medals and trophies for their achievements as well as for participation.

#### **Evidence of Success:**

These students have represented in the inter collegiate, zonal level tournament teams at the college level and have later represented at the university level.

Photos of best practice:



Gymkhana Inauguration



Gymkhana Inauguration: Shri. Subhash Desai Saheb, MLA, Maharashtra



Staff training to cycling

*A. B. Bhade*  
IQAC - Coordinator  
Tikambhai Metha Commerce College  
Mangaon - Raigad.



*[Signature]*  
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T.M.C. COLLEGE  
MANGAON-RAIGAD



## 2. Women Empowerment

### **Goal:**

Creating awareness and self-realization amongst girls especially from remote areas by providing them adequate education, rights, space and opportunities.

### **The Context:**

The socio-economic backwardness or unfavourable conditions of the region prevents girls and women to pursue higher education and smarter careers. Our institution therefore has accepted the challenge and opened an array of avenues and opportunities of their own to the girl's students, the choice to progress, succeed and excel.

### **Challenges Faced:**

Difficulty faced especially in convincing parents of minority community's girl students to send them to participate in various outdoor activities and residential camps.

### **The practice:**

Women's empowerment has five components.

- Women's sense of self-worth,
- Their right to have access to opportunities and resources,
- Their right to have the power to control their own lives, both within and outside the home, and
- Their ability to influence the direction of social change to create a more equitable social and economic order, nationally and internationally.

### **List of activities:**

Workshop on women security and safety

Self-defence workshop for girl's students only organized on behalf of student's welfare department with women development cell.

Observation of International women day

Eminent speakers, doctors, lawyers, comparators are invited to deliver lectures on various issues and challenges faced by the women.

The women development cell also offers personal counselling in career development of the girl's students whenever required.

HIV/AIDS awareness programmes.

**Evidence of success:**

- Few of our girl's students are posted for lady constable post.
- They are also working at corporate and in government offices.
- Few of them are also active in local politics and are members of Nagar-panchayat.
- Our head of the institution is a women and member of the university women development cell.

  
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