

## 7.2 Best Practices

### 1. Title of Practice: Women Empowerment Through Skill Development Courses

#### *Objectives of the Practice*

In recent years, there has been a significant increase in the number of women entering both education and the workforce as education and employment / self-ventures have high significant positive relationship with women empowerment in regards decision making, control over the resources and voice. Education helps women get employment or begin entrepreneurship which makes them financially independent and economically strong which then leads to their empowerment. We are well aware that when women are empowered they reach out and empower other women. Hence the Best Practice intends to **equip students with entrepreneurial attitude, qualities, skills, and thereby encourage self-reliance and entrepreneurship among them.**

#### *The Context*

In today's fast-paced and ever-evolving world, the importance of skill education has become more evident than ever. The traditional notion of relying solely on academic qualifications is no longer sufficient to secure a successful future. In this context, developing a diverse set of skills has emerged as a critical factor for personal and professional growth. Today women are finding new opportunities for growth and development in self-ventures where skill, knowledge and adaptability are the thrust areas. It is widely accepted that gaining new skills is crucial for career growth since it increases output, employability, income and self-reliance. It is now seen as a significant and essential weapon for women's empowerment that develop them as more aware individuals, who are economically productive and independent and have sense of self-worth. Hence in accordance with the vision, the college offers future graduates with necessary skill education that can lead to self-reliance and consequently empowerment. To make the students financially empowered and skillful entrepreneurs, it is our prerogative to support and encourage our students to continue their education along with honing employment/entrepreneurship skills.

### *The Practice*

The institution recognizes the significance of skill development courses alongside traditional education considering their role in the enhancement of employability or starting a self-venture and empowerment of girl students. Since traditional degree education supplemented with skill education can lead to self-reliance and consequently empowerment, the institution has been including skill development courses in addition to the curriculum. However, the activity took a concrete form with the establishment of the Centre for Skill Development in 2016-17. The Centre runs a number of skill development courses some of which are affiliated to the affiliating University while others have been developed by the college in view of the needs of the students. The courses range from one day to one year in duration. They cover areas from employability enhancement, environment protection, hobbies, social awareness and language proficiency.

The college has been granted one diploma and two certificate courses under the UGC-NSQF scheme in 2020-21. The courses also enjoy University affiliation. The college completed one batch of Certificate Course in Yoga and Fitness despite no funding received from the UGC. But the College plans to run the courses in the near future with support from the Management and if possible CSR funding. The college has signed an MOU with the Management run Krishnakāth Institute of Skill Development and Research Centre for providing assistance to start ups.

The Centre for Skill Development is particular about providing skill development courses at a nominal fee of Rs.1000/- or less than 1000/- only as majority of the students hail from rural and weak economic background. Usually first year students are encouraged to undertake courses in Spoken English and Information Technology. In the second and third year of their undergraduate programme students are expected to undertake at least one skill development programme of their choice from the available ones per year.

The college plans to motivate the students and teachers to undertake SWAYAM courses in a robust manner. Besides, the college has been granted a testing centre by the NTA which is another positive in this respect. The college has been a SPOC of SWAYAM. The faculty motivate the students to register and complete SWAYAM courses. During COVID -19 pandemic the college conducted the course in Fashion Designing and Beauty Care in blended mode by following the COVID guidelines meticulously.

The College has planned to conduct NSDC courses by registering for a Training Centre. The parent institution is already registered for Training Partner and TC. One teacher is already TOT (Training of Trainers) certified and many more will get certification in near future.

The Centre for Skill Development also conducts workshops on Entrepreneur Development in collaboration with the Dept. of Commerce to develop entrepreneurial behaviour, introduce career opportunities, promote self-employment and better business practices in girl students.

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

- Many students enrolled in for Course in Beauty Care have opened their own beauty parlours.
- Many students have received orders for bridal make-up, mehendi, saree draping, hair styles, etc.
- Most of the students of Fashion Designing Course have opened their boutiques/shops and taken orders of stitching apparels.
- Students enrolled in for Course in Cakes Pastries, Chocolates Making have started taking orders.
- Students coming from weaker financial background are supporting their family.
- Students from Certificate Course in Yoga and Fitness have opened their yoga classes.
- Students from Certificate Course in Counselling conduct awareness workshops.
- Most of the students of Balwadi Teachers Training have got jobs or opened their own nurseries.
- The courses are helping students in paying their own fees.
- Students who lacked confidence learned professional skills and are confidently running their business.
- A PWD and victim of domestic violence completed a course in Fashion Designing and is earning.

### ***Problems Encountered and Resources Required***

Economically weaker students were hesitant to enroll in for the courses. However they were given financial help from Students Welfare Fund and CSR fund.

- Economically weaker students of Certificate Course in Fashion Designing needed

sewing machine to run their business. They were informed about the government schemes – *Free Sewing Machine Scheme* and Mudra Scheme.

- The college encounters lack of funds to run the courses more efficiently and to organize business fairs.
- Due to space crunch there are limitations to develop infrastructure for the courses.

Weblink: <http://www.mahilamahavidyalaya.com/skill.htm>

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Shikshan Mandal, Karad  
**Mahila Mahavidyalaya, Karad**



**Centre for Skill Development**

**Course in Imitation Jewellery (2nd March 2018)**



**Course in Masala Making (March 6, 2018)**





Shikshan Mandal, Karad  
**Mahila Mahavidyalaya, Karad**

**Centre for Skill Development**

**Course in Beauty Care Sept. 2019**



**Certificate Course in Mahendi (2019)**



### Course in Cakes and Pastries (2019)



### Certificate Course in Fashion Designing (2019)



Shikshan Mandal, Karad  
**Mahila Mahavidyalaya, Karad**  
Yoga Teacher Course 2019-20

Basic course in Yoga 2019-20





Shikshan Mandal, Karad  
**Mahila Mahavidyalaya, Karad**  
Centre for Skill Development  
Year 2020-21

Course in Fashion Designing



## Centre for Skill Development Activities 2021-22 – Courses



**Beauty Care Course**



**Cakes, Pastries, Chocolates Making Course**



**Certificate Course in E-banking**



**Certificate Course in Fashion Designing:**  
**1. Designer Blouses,**  
**2. Salwar Kameez - types**

## Centre for Skill Development Activities 2021-22 – Courses



**Certificate Course in G.I. S.  
Counselling**



**Certificate Course in Psychological**



**Tally with GST  
(Course of Community Development Centre,  
SUK)**



**Certificate Course in Yoga and Fitness  
(UGC-NSQF)**

## Centre for Skill Development Activities 2021-22 - Courses



**Certificate Course in Information Technology**



**Balwadi Course (Shivaji University,  
Kolhapur Affiliated)**

## Centre for Skill Development Activities 2021-22 Entrepreneurship Development Activities



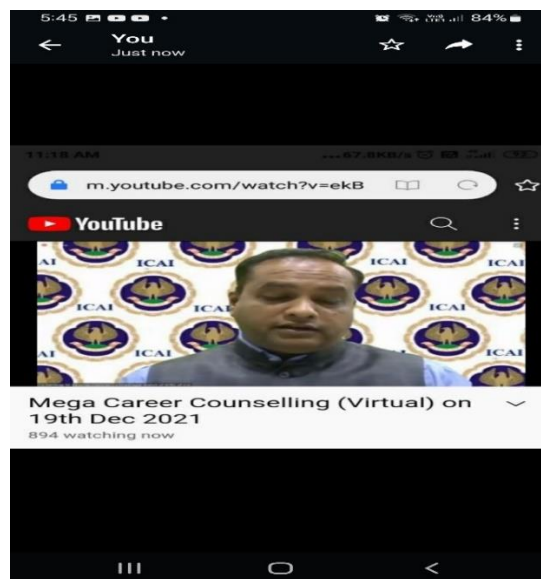
**Women Entrepreneurship Opportunities**  
Smt. Bhagyashri Dol



**Financial Management & Career in Finance**  
Shri. Chetan Godbole



**Workshop on Entrepreneurship Development**



**Mega Career Counselling (Webinar)**  
CA Shri. Nihar Jambusaria  
CA Shri. Motil Oswal (WIRC of ICAI)

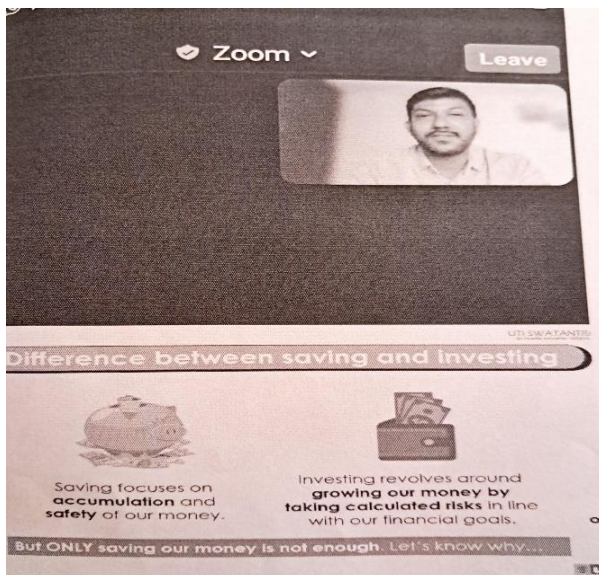
## Centre for Skill Development Activities 2021-22- Entrepreneurship Development Activities



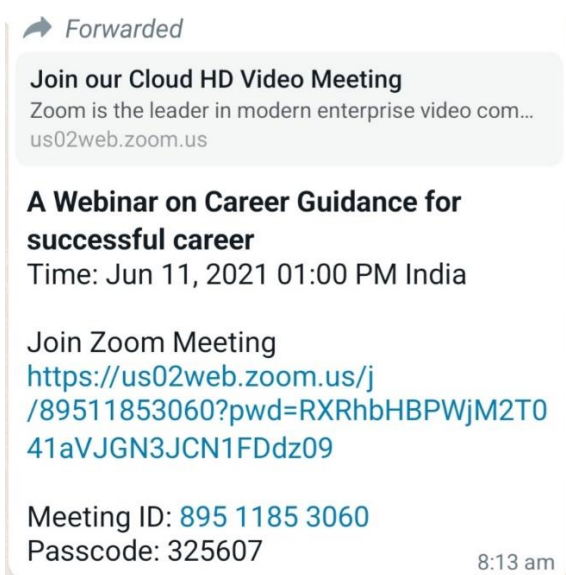
**Workshop on Entrepreneurship Development  
Shri. Sandip Lokhande**



**Money Management and Career  
Opportunities- Post Covid Scenario  
(Proficient Minds under sponsorship of BSE)**



**Mutual Funds and Career Opportunities  
Shri. Rahul from Proficient Minds  
(Sponsored by UTI)**



**Smt. Arti Chaturvedi  
Jaywant institute of Management**

**Shikshan Mandal, Karad**  
**Mahila Mahavidyalaya , Karad**  
**Department of Commerce**  
**Certificate Course in Introduction to Income Tax**  
(Centre for Lifelong Learning and Extension, Shivaji University, Kolhapur)



**Shikshan Mandal, Karad**  
**Mahila Mahavidyalaya , Karad**  
**Department of English**  
**Certificate Course in Spoken English**





**Shikshan Mandal, Karad**  
**Mahila Mahavidyalaya , Karad**  
**Department of Commerce**  
**Certificate Course in Laws for Women**



**Shikshan Mandal, Karad**  
**Mahila Mahavidyalaya , Karad**  
**Department of Economics & Commerce**  
**Certificate Course in E-banking**



**Shikshan Mandal, Karad**  
**Mahila Mahavidyalaya , Karad**  
**Department of Psychology**  
**Certificate Course in Balwadi Teachers' Training**



**Shikshan Mandal, Karad**  
**Mahila Mahavidyalaya ,Karad**  
**Certificate Course in Beauty Care**



**Shikshan Mandal, Karad**  
**Mahila Mahavidyalaya , Karad**  
**Certificate Course in Information and Communication Technology**



**Shikshan Mandal, Karad**  
**Mahila Mahavidyalaya , Karad**  
**Certificate Course in Fashion Designing**



**Shikshan Mandal, Karad**  
**Mahila Mahavidyalaya , Karad**  
**Certificate Course in G.I.S.**



**Shikshan Mandal, Karad**  
**Mahila Mahavidyalaya , Karad**  
**Certificate Course in Psychological Counselling**





**Shikshan Mandal, Karad**  
**Mahila Mahavidyalaya , Karad**  
**Certificate Course in Travel and Tourism**





**Shikshan Mandal, Karad**  
**Mahila Mahavidyalaya, Karad**

**Centre for Skill Development**

**Paper Lantern Making Workshop (Oct. 10, 2022)**



**Eco-friendly Ganesh Idol Making Workshop (July 30, 2022)**



Shikshan Mandal, Karad  
**Mahila Mahavidyalaya, Karad**



**Centre for Skill Development**

**Rakhi Making Workshop (Aug. 08, 2022)**



**Workshop on Food Preservation (March 2, 2023)**



**Best Practices**

Food  
Festival

2018-19

To

2022-23

## 7.2 Best Practices

### 2. Title of Practice: Food Festival

#### *Objectives of the Practice*

The Indian culture is rooted in its variety of food. The Indian food habits are unique, not only in their tastes but also in their cooking methods which reflect the diversity in Indian culture, particularly in its diverse culinary skills. And if the culinary skills are blended with business skills, they can open doors for career opportunities in food entrepreneurship. With this very vision, the Department of Home Science of the college has been organizing Food Festival since 1993-94 with an innovative approach to -

- Develop culinary skills in students
- Encourage students for entrepreneurship within the Indian food processing sector
- Enhance marketing skills for income generation
- Display diverse cuisines to celebrate diversity within the college
- Arouse the latent skill of the students
- Promote Campus Engagement

#### *The Context*

Over the past few years, the food processing and art and craft sector in India has experienced substantial growth and emerged as a significant player in the global market. While making a substantial economic impact, these industries hold promising prospects for entrepreneurship, especially for women who wish to engage themselves in self-employment activities and be self-reliant which is perfectly in assonance with the vision of the college. Considering this, the college endeavours to boost the young girls and women towards the food business and also to raise awareness in them about setting up their own business units, educate citizens about women-led entrepreneurship and the importance of traditional homemade food.

Moreover, the rise of online platforms has revolutionized the way people buy and sell homemade food and artifacts. Since there is an increasing demand for homemade, healthy, hygienic food and hand crafted products, the college believes that an event like Food Festival is an opportunity for students to exploit social media platforms to showcase their skills and gain recognition.

### *The Practice*

India known for its cultural diversity is also a paradise for food connoisseurs. Encashing this very X factor of India, our college has been celebrating the Food Festival that not only enjoys cultural diversity and promotes inclusive atmosphere in campus but suggests openings for entrepreneurship to students as well. Our college is the pioneer college of this activity in the jurisdiction of Shivaji University, Kolhapur and has been a sustainable activity of the college since 1993-94. In 2019-20 the college celebrated its Silver Jubilee by organising Inter-Collegiate Food Festival.

The preparation begins with the coordinator holding a meeting with the committee members to finalize the programme. Orientation session is held regarding different activities to be conducted during the festival. Students are informed about various possible and salable food items, display, serving etiquettes, and marketing strategies. Display of name of the food item and their price is must on their table. The Festival begins with inaugural function wherein an eminent personality in the city is invited to chair the function. The coordinator introduces the Festival's objectives and appeals for the enthusiastic participation of students and teachers.

Various food items prepared by the students are exhibited, sold and enjoyed. It is an exercise in food catering, marketing skills, entrepreneurship and artistry in students. It is a brilliant blend of traditional and modern culinary art of cookery. The main attraction of food festival is food stalls put up by students and teachers. The students prepare majorly Indian and 'indianized' continental recipes, and sell them at affordable prices. Students can use the Nutrition lab of Home Science Department for preparing their dishes. Every care is taken to dispose of the waste material. The food stalls win prizes on the basis of their sell. Alumni and NGOs too are invited to boost the confidence of the student participants. The cuisines, their recipes and display, prizes, the profit after the sell and the jolly atmosphere inspire other students to participate in the next year's festival. The department of Home Science donates some share of the profit earned through the food stalls to the Students Welfare Fund.

However, the festival is more than just a gathering for food. It is also an exhibition of the latent talent in students in regards art and craft. The competitions like mehendi, rangoli, hair-style, handicrafts, flower arrangement, hand writing, cookery, traditional dress, organized during the festival showcase and encourage the artistic talent in the students. The theme based competitions and exhibitions aim at appreciating the artistry, opening business opportunities, motivating other students for participation and giving an everlasting memory to

the students. The committee members provide financial assistance to needy students to encourage their participation.

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

The Food Festival has encouraged many of the student participants to open their own enterprises like bakery, parlour, mehandi business, etc.

- Many students got mehandi orders after Mehandi Festival.
- The Festival gave an opportunity to the students to know their hidden skills.
- The Cookery Competition being theme based succeeds in preserving Indian food culture.
- The college has been successfully practising Indian Knowledge system introduced in NEP 2020 for almost 31 years through Food Festival.
- The festival has been a memorable moment for students and alumni.
- Being inspired by our Food Festival, the Rotary Club of Karad has started its own Rotary Food Festival.
- The Festival has reached our students' household as students get help of their parents in preparing the food item. Some parents help their wards at the food stalls in preparing and serving the food items.
- The students of M.V.Patil Kanya Mahavidyalaya, Islampur with whom the MOU has been signed participated by setting their stalls.

### ***Problems Encountered and Resources Required***

The college celebrates the event of Food Festival and organizes various competitions by conquering many challenges. The enthusiasm of the organizing committee and students eventually make it a successful.

- The Festival could not be organised due to COVID 19 in 2020-21. However, the department of Home Science organised an Online National Cookery Competition on " Immunity Boosting and Nutritious Recipes during Lockdown" in collaboration with M.V.Patil Kanya Mahavidyalaya, Islampur. Nearly 188 participants presented their innovative recipes.
- Budget constraints: The department of Home Science has to make optimal use of available resources for the event. It is a challenge to work with in a limited budget.
- Time management: Faculty and the students have to work beyond the academic time to prepare for the event.
- The students of peripheral villages have to be encouraged for participation.

- The limited infrastructure and lack of support staff is a challenge.
- Due to lack of adequate infrastructure the college cannot invite interested participants from society to set up their stalls and augment the scale of the activity to provide greater exposure to the students.

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Shikshan Mandal, Karad

Mahila Mahavidyalaya, Karad

Glimpses of Food Festival 2018-19



## Mehandi Festival



SILVER  
JUBILEE  
**25**

Shikshan Mandal, Karad

Mahila Mahavidyalaya, Karad

Glimpses of Food Festival 2019-20



शिक्षण मंडळ, कराड संचालित  
**महिला महाविद्यालय, कराड**  
**सौम्य महोत्सवी**

**आशा मन्त्रालय**

<p>मेहंदी स्पर्धा</p>  <p>दिनांक-२१-१-२०२० स.१०.३० वाजता</p>	<p>पाक कला</p>  <p>दिनांक-२२-१-२०२० स.१०.३० वाजता</p>	<p>रंगोळी स्पर्धा</p>  <p>दिनांक-२३-१-२०२० स.१०.३० वाजता</p>
<p>पुष्परचना स्पर्धा</p>  <p>दिनांक-२२-१-२०२० स.१०.३० वाजता</p>	<p><b>फूड फेस्टिवल २०२०</b></p>  <p>दिनांक-२३-१-२०२० स.१०.३० वाजता</p>	<p>पोस्टर स्पर्धा</p>  <p>दिनांक-२२-१-२०२० स.१०.३० वाजता</p>
<p>फनी गेम</p>  <p>दिनांक-२३-१-२०२० स.११.३० वाजता</p>		

समन्वयक  
डॉ.इला डी.जोगी  
(गृहशास्त्र विभागप्रमुख)

कार्याध्यक्ष  
डॉ.कल्पवती एन.ताटे

प्रभारी प्राचार्य  
डॉ.सेहेल आर.प्रभुणे





**Cookery Competition**



**Rangoli Competition**



**Mehandi Competition**



**Traditional Dress Competition**





Shikshan Mandal, Karad  
**Mahila Mahavidyalaya, Karad**  
**Glimpses of Food Festival 2020-21**

The Department of Home Science could not be organize Food Festival 2021 due to COVID 19. However, the department of Home Science organised an Online National Cookery Competition on " Immunity Boosting and Nutritious Recipes during Lockdown" in collaboration with M.V.Patil Kanya Mahavidyalaya. Nearly 188 participants presented their innovative recipes.

**Google Form Link**

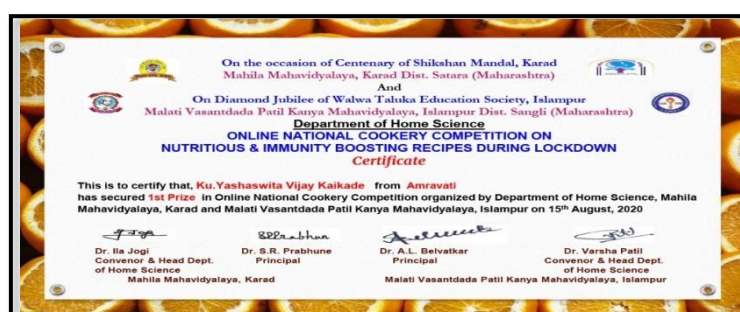
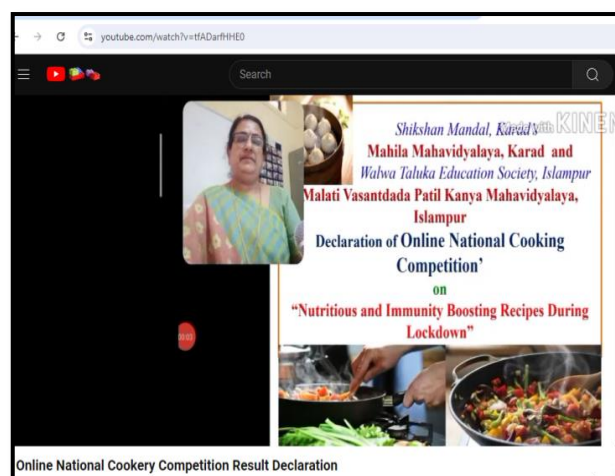
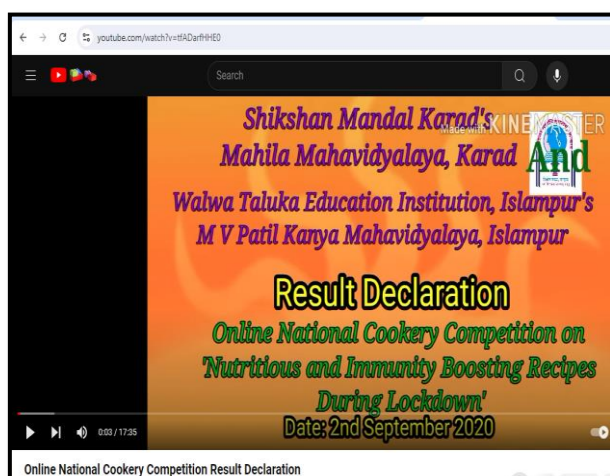
[https://docs.google.com/forms/d/1PBKUWKbH1BdMkY7nCgUFZfNheSxx1kU5XYkABn032Ho/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1PBKUWKbH1BdMkY7nCgUFZfNheSxx1kU5XYkABn032Ho/viewform?edit_requested=true)

**Result Declaration : You Tube Link:** <https://www.youtube.com/watch?v=tfADarFHHE0>

**Display of Dishes Sent Online**



**Screenshots of Result Declaration**



Shikshan Mandal, Karad  
Mahila Mahavidyalaya, Karad  
Glimpses of Food Festival 2022-23

