

Best Practice No. 2:

1. Title of the Practice: Mental Health and Awareness.

2. Objectives:

- 1) To create awareness among students about mental health.
- 2) The activities Yoga, Meditation for mental health for students.
- 3) To inculcate value system among students through Practice of Mindfulness.

3. The Context:

Students from different background took admission in our college. They sometime unable to express their problems openly. Sometimes the students burdened by family issues. They are unable to concentrate on their study. Sometimes students had battle with other students. They are unable to control their anger or handle emotions.

4. The Practice:

College students who were introvert unable to deal cope with difficult situation may commit suicide. The college teacher counsels students. The Mental Health Day is also celebrated in the college. It is very necessary that students keep their mind engaged in some ethical work or study. Mental health is very important for students because they are the future generation of society. The mindfulness practice they need in their life therefore college signed an MOU with Vipassana Research Institute for five years.

5. Evident of Success:

Our college arranged a visit to Vipassana Research Institute along with students. The students were amazed to see the Vipassana Research Institute and attain a fifteen minutes meditation session. Then the college signed an MOU with Vipassana Research Institute for five years. Students along with teachers visited the Vipassana centre. It was a very useful experience for them to control their mind and experience the practice of mindfulness. The college organised Metal Health Day, suicide prevention day, Human Rights Day and teachers counselled students through communication.

6. Problem Encountered and Resource:

The extroverts who undergo meditation feel lonely. After the gap in the practice of meditation students are unable to control their mind and easily get angry.


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Visit to Vipassana Research Institutue



Dhamma Giri Meditation Center




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Counselling on Stress Management



Positive Attitude




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महाराष्ट्र MAHARASHTRA

2023

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MEMORANDUM OF UNDERSTANDING

BETWEEN

INTERNATIONAL MEDITATION CENTER DHAMMA GIRI, IGATPURI

&

**NASHIK SHIKSHAN PRASARK MANDAL'S
ARTS AND COMMERCE COLLEGE, IGATPURI**

FOR

MENTAL HEALTH AWARENESS AND VARIOUS ACTIVITIES

Memorandum of Understanding Between

INSTITUTIONS FOR COOPERATION, PROMOTION & NETWORKING OF INSTITUTIONAL QUALITY ASSURANCE CELL FOR STANDARDIZATION OF POLICIES & PROCEDURES

1.0 PARTICIPATING INSTITUTIONS

- 1.1 The Parties intend by this MOU to establish a mutually beneficial partnership.
- 1.2 This MOU will address the basic relationship, roles and responsibilities of the Parties but leaves for later agreement the more precise terms that will constitute the substance of the partnership.
- 1.3 The MOU also provide scope of adding further colleges in future.

2.0 PURPOSE

The Parties enter into this MOU for the primary purpose of Co-operation Promotion and Networking of IQAC's of respective colleges to standardize policies, procedures and to collectively work out areas for better academics and administration and to bring a qualitative change in organizations with IQAC playing a Pivotal role. The purpose of this program is to create awareness among students about mental Health . The faculty and Students will be expected to travel to the partner meditation Centre during the academic year. The faculty with students will learn to meditate, to understand the need of mental health. a class, meet with other faculty members in order to discuss future potential projects, give an open lecture to the other faculties of the concerned college.

3.0 AUTHORITY

The MoU will primarily be governed by the respective principal of the colleges in their campuses. The IQAC Coordinators/ nominees will be the authority to represent and express the college. The collective decisions made will be implemented by the IQAC Coordinator.

4.0 ROLES AND RESPONSIBILITIES OF THE PARTIES. The Parties intend to undertake the following activities pursuant to this MOU:

4.1 Parties agree to:

4.1.1 Work jointly on the issues related to need of Mental Health.

4.1.2 Have necessary agreements/MoU's needed for conducting activities in colleges;

- 4.1.3 Share information with confidentiality as the main clause which does not harm the participating organizations;
- 4.1.4 Create better working environments and Buddhism practices through joint working;
- 4.1.5 Create easy and better documentation procedures; to promote non violence
- 4.1.6 Conduct activities needed by the organizations together such as Guest Faculty Exchange Programme/ FDP/Workshops.
- 4.1.7 To promote mutual understanding in each other's institutions and to provide genuine inputs;
- 4.1.8 To create variety of types of feedback mechanisms to promote colleges to go for better governances.
- 4.1.9 To prepare an IQAC Calendar of events for better governance and to adhere to schedules.
- 4.1.10 Any other activity of common interest that promotes quality in the working of the organization.

4.2 The parties agree to:

4.2.1 Work in the collaboration for a tenure of 5 years from the date of signing

- to arrange for periodic assessment or specific academic programmes or projects
- to stimulate the academic environment for promotion of quality of teaching learning and research in higher education institutions
- to encourage self-evaluation, accountability and innovation in higher education
- sharing infrastructure to promote mental health awareness.

4.2.2 During Visit

- Each faculty is expected to participate in the programme for the academic year.
- The concerned faculty will be treated on DUTY LEAVE and shall be given the Letter of Invitation along with the necessary schedule and details as well as Thanking Letter from the concerned college.
- Visiting faculty with students will participate various Activities.
- Yoga, Health and Meditation for mental health and peace.
- Visiting faculty with students will meet with various departments to learn about the practice of Mindfulness.

This MoU would promote the functions expected.

4.2.3 To promote core values of NAAC

- Contributing to National Development
- Fostering Discipline among Students
- Inculcating a Value System among Students
- Promoting the need of Mental health
- Quest for Mindfulness.

5.0 AGREEMENTS. In order to foster the successful completion of this MoU, the Parties agree to the following terms and conditions:

1. Each Party pledges in good faith to go forward with this MoU and to further the goal and purposes of this MoU, subject to the terms and conditions of this MoU. The Parties shall attempt to resolve disputes through good faith discussions.
2. Either Party may withdraw at any time this MoU by transmitting a signed writing to that effect to the other Party. This MoU and the partnership created thereby shall be considered terminated 60 days from the date the non-withdrawing Party actually receives the notice of withdrawal from the withdrawing Party. In case of an abrupt withdrawal when the event is to start or is in process the Party must cooperate to fulfil the event and make it successful.
3. The Parties agree that if withdrawals at any time from this MoU previous student data submitted by will remain with the parties. If the data is to be used it will be used with mention and would be communicated to the concerned Party before use. Sensitive data cannot be used.
4. By mutual agreement, which may be either formal or informal, the Parties may modify the list of intended activities set and/ or determine the practical manner by which the goals proposes and activities of this MoU will be accomplished. However, any modification to any other written part of this MoU must be made in writing and signed by both the Parties and their designees.
5. Nothing in this MoU shall be construed to authorise or permit any violation of any government, state or local/ UGC or University Law imposed upon the Parties.
6. The Parties will not compel each other that could lead to any legal hassle. Every Party has right to share the information they feel worth sharing. It is no binding on the Parties to share each and every information.
7. The issues with intellectual property right can be shared only with prior permission of the concerned Party.

6.0 TERMINATION. Unless terminated by a written agreement executed by either Party, this MOU shall remain in effect.

7.0 AUTHORIZED SIGNATORIES. The Parties hereby agree to the said MOU, which shall be effective

*The First Party Authorities and Principal of Respective colleges & IQAC Coordinators.

SIGNATURES OF THE AUTHORITIES

Sr. No.	Name of the Organization	Signature of the First Authorities	Signature of the Authorities	College/Meditation Centre Seal/Stamp
1.	Dhamma Giri, International Meditation Centre, Igatpuri, Nashik <i>Vipassana Research Institute</i>			
2.	Nashik Shikshan Prasarak Mandal's Arts and Commerce College, Igatpuri, Nashik	Mrs. Pratibha D. Hire  (Principal)  INCHARGE PRINCIPAL Nashik Shikshan Prasarak Mandal's Arts and Commerce College Igatpuri, Dist-Nashik	Miss. Bhagyashree. S. More  (IQAC Coordinator)  IQAC Co-Ordinator Nashik Shikshan Prasarak Mandal's Arts and Commerce College Igatpuri, Dist-Nashik	