

Matoshree Vimlabai Deshmukh Mahavidyalaya, Amravati

IQAC

Best Practices for session 2020-2021

Best Practice 1:

Title - Celebration of Nutrition week

2) Objectives of the practice: -

- 1) To educate students about health and nutrition
- 2) To provide accurate knowledge and raise awareness through different competitions.
- 3) To understand importance of basic nutrients in our diet to maintain the immune system
- 4) To encourage the students to apply knowledge of food and nutrition in daily meal planning.

3) The context

In India National nutrition week is observed every year from September 1st to September 7, to raise public awareness about the nutrition and healthy eating habits so that they can maintain a healthy lifestyle. Food and Nutrition are mandatory for overall physical and mental health and ever since the pandemic of covid-19, has caused havoc awareness about healthy food and nutrition has started to spread all over. From the point of view of students for an active life with proper growth and development balanced diet is essential. Awareness needs to be created among the students about the knowledge of food and nutrition

4) The Practice

Nutrition week was celebrated in our institution from September 1 to September 7, the period when National nutrition week is celebrated. Department of Food and Nutrition and Department of Home Economics organized different competitions for students.

Due to the pandemic of covid-19 all the competitions were conducted online.

The activities conducted include -

- Rangoli competition - theme basic nutrients

Students were asked to draw the rangoli on the above theme at their home and send photographs to the teacher.

- One minute memory competition.

Here the students were shown different articles related to food and nutrition for one minute and then they were asked to write it down on paper and send the answers to their teachers.

- Jewellery making (from vegetable, fruits or food grains)

Student prepared different jewellery articles and then photographs were sent to the teachers.

- Making of one full meal diet competition-

Here the students were asked to prepare one full meal either for lunch or dinner, calculate the nutritive values and sent a photograph to the teacher.

Students from our institute as well as other Home science colleges of SGBAU participated in this competitions

- Quiz competition was organized by Home Economics department of our institution in collaboration with Shri Shivaji College Akola. A questionnaire only on nutrition and diet on Google form was given to solve. The responses were then recorded and winner declared.

Cash prize of rupees 101/- was awarded to the winner of the competition of one full meal planning and winners of other competitions presented with the certificate.

5) Evidence of success

Such competitions helps the students to learn more about basic nutrition and their importance. They also learn to apply their theoretical knowledge into their day to day life. Preparation of one full meal and asking the students to calculate its nutritional value, students truly learn the application of nutritive food in their daily diet. After interaction with teachers students were found keen in applying this knowledge to fight against covid-19. They understood the importance of knowledge of nutrition for selecting and preparing healthy food which is essential for our body for a number of reasons. Students also came forward voluntarily for discussing their nutritional problems with teachers.

Problems encountered

Due to the pandemic of covid-19 the students were not permitted to attend the college physically, all the programs were conducted online. Hence the overall participation was much less than expected.



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Best Practice 2

Title – Covid- 19 awareness programs: -

Objectives of the practice-

- 1) To create awareness and educate students and local community regarding preventive intervention techniques that would help in reducing the transmission of disease.
- 2) To remain in contact with students during the pendency of covid-19.
- 3) To take care of mental health of students.
- 4) To meet the students online during lockdown period and listen to their problems and solve them.
- 5) Awareness about the practices for sound health and hygiene.
- 6) Sharing messages to the stakeholders to boost up students and teachers to face pandemic situation.
- 7) To inform all about the covid appropriate behaviour.

3) The context -

On March 11, 2020 WHO declared Novel Corona Virus Disease as a pandemic and declared the outbreak a public health emergency of International concern on 30.1.2020 and a pandemic on 11.3.2020. The first case of covid-19 in India were reported on 30 January 2020 in Kerala. Lockdown was announced in Kerala on 23rd March and in the rest of the country on 25th March 2020.

The Covid 19 had created fear and made us realize how bad this virus turned out to be for those, who would not know what to do to save themselves when the virus has reached someone close to them. It had also put additional strain on the already challenged health system.

To meet basic pre-request at this point was to learn more about Corona virus in order to control the pandemic and also to prepare the student fraternity to fight against it. With this view in mind several programs were conducted by all faculty members under the guidance of Principal of our institution to make students aware about the pandemic.

4) The Practice -

Novel corona virus had become a pandemic involving many countries. In India nationwide lockdown were announced on 25th March 2020. At this time our institution decided to make this time as productive one by involving some of the activities. We

decided to spread awareness among the students and community and educate people to fight against it by conducting different type of activities.

Efforts of institution for preventing the pandemic did not stop here so the next activities of our institution undertook were about creating awareness for vaccination.

Due to the strict lockdown most of the awareness activities were conducted online. They include audio and video clips, messages on Whats App groups, discussion with students on zoom app, online poster making competition, National level webinar ,invited talks and International webinar

The students and faculty put sincere effort in creating awareness on the deadly disease.

5) Evidence of success-

The student staff and local community people were sensitized about the spread of coronavirus and its prevention. This was an evolving situation and timely and accurate information is critical . Educating students and staff about positive preventive measures, talking to them about their fears and giving them a sense of some control over risk of infection helped in reducing their anxiety. The campaigns have helped dispel misinformation while promoting health recommendations and medical guidelines. Students also shared this life sharing information with the rest of their community. The national and international webinars conducted also were successful by giving opportunity to hear from the learned doctors and other renowned personalities. Resource persons also shared their experiences from all over the world. Thus trying to reduce the fear and misconceptions about Covid 19.

The vaccination camp at our institution proved huge success by providing opportunity to large number of students to get themselves vaccinated.

Our institution worked on the theme "Let's what together to make India corona free".

6) Problems encountered

Most of all activities conducted to create awareness were conducted online. Since it was put out on social media there are undoubtedly many students who could not see or even had access to it. Public health education to prepare the population is successful only with the participation of maximum number of people. At times it was difficult to change the negative mindset of students and their parents to fight this deadly virus and to adopt desired healthy practices.

The responses from students were affected by the ability to recall.

List of covid-19 awareness programs conducted-

Sr. No	Name of Activity	Date
1	Regular interaction with students online message sent on WhatsApp	From March 25 2020
2	Online program-A step towards spreading awareness	26.4.2020
3	Audio clip circulated on "Factors affecting on mental health during pandemic".	06.05.2020
4	"Importance of Yoga and Pranayam to fight against covid-19" - awareness on students WhatsApp group	April 2020
5	Video on health tips on YouTube	April 2020
6	Video on spreading awareness against covid-19 including the message from Honorable President of Shri Shivaji education society	05.05.2020
7	Poster circulated online about covid-19	May 2020
8	covid-19 awareness video	09.05.2020
9	covid-19 जनजागृती उपक्रम video	10.05.2020
10	Online quiz competition on corona awareness	11.04.2020
11	Virtual meeting with the students regarding their difficulties during covid-19 pandemic counseling	12.05.2020
12	Poster making competition	12.05.2020
13	One day National level webinar covid-19 awareness - invited talk	15.05.2020
14	International webinar – "Effect of covid on human society".	17.05.2020
15	Cleanliness at Vilas Nagar during covid-19 downloading arogya Setu app, distribution of foodgrain, masks and creating general awareness among society	18.03.2020
16	Online poster circulated on "World food day" for creating covid awareness, online counseling	16.10.2020
17	Awareness about vaccination against covid-19 on WhatsApp	June 21



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