

Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati

Internal Quality Assurance Cell

Best Practices for session 2021-22

Best Practice 1:

Title of the Practice - 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.
- 5) To develop skill in recipe making competitions.

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

During year 2021-22 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.

Students actively participated in it. The activities conducted include -

- Nutrition Queen Competition. The queen is decided using the norms of height, weight, B.M.I., Clinical examination, diet survey, Haemoglobin percentage and general knowledge of Nutrition.
- Recipe Competition (online mode)
- Guest Lecture, by dietitian Mr. Chitranjan Yadav on 'Identification of SAM (Severe acute malnutrition) child.'
- Guest lecture by Jyoti Gujar on 'Post Covid-19 diet'

Winners were awarded with Cash prize, books and are presented with the certificate.

5) Evidence of success

Such competitions help 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 nutritious recipe 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 understand 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 come forward voluntarily for discussing their nutritional problems with teachers.

Problems encountered-

At times students do not take such important activities seriously.

Many a times as the students come to college travelling by S.T. Bus, it effects on their attendance.

Due to low economic conditions of family, they hesitate in taking part in competitions.

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

Best Practice- 2

Title of the Practice: Preparation of Wall Magazine

Objective:

1. To initiate writing tendencies in students.
2. To Provide platform to the students to express their creativity.
3. To inculcate reading and writing habits among the students.
4. To attract students' attention on current incidents.
5. To encourage students to read widely.
6. To involve each and every department to participate.
7. To make students computer (NET) friendly.
8. To inform engage, inspire and entertain a diverse readership including alumni, Faculty, students, parents and other friends of college.
9. To nurture the aesthetic skills among the students.

The Context:

Our institute is a multi-faculty institute, offers different courses in Home Science, Humanities, Science and Commerce. The students here are from varied academic, economics and regional background. Most of the students come from nearby rural areas.

Many times, there are opportunities in the college for students of varied academic fields to share their knowledge and take part in common areas of interest along with their specific academic courses. Thus, to cater this we started with " Wall Magazine" activity. It is common platform to let all students knew about the ongoing activities of their respective fields. It also allows students to share and showcase their talents with everyone by taking part in these activities.

The Practice:

A Committee comprising faculty members is formed to execute the activity. The committee has decided the size and general format of wall magazine. At very beginning of session a time table for the session is fixed and circulated to all staff members. as per the time table each and every department / teacher has to prepare the wall magazine with the help of students and display it on boards, in the corridor. Four wall magazines of different subjects are displayed at time on boards and are kept there for the month, Principal of our institute takes special interest in this activity and encourages, guides the students to take part in it. All the staff members, students come, read and also discuss the topics covered in it. During the annual social gathering all the magazine were displayed for reading on single platform.

Evidence of Success:

It is observed that students from all the department and subject willingly participate in the activity. The topic covered in the textbook are developed in detail, adding new dimension to the content and certain topic can be discussed by regular post on an open section.

Students themselves read, discuss on topic selected which helps to increase interaction between students and teachers.

Wall Magazine provide an important platform to enable students to express their creativity and inner feelings. It helps to build self-confidence and practical understanding in students, which is not possible through the one side lecture of the teacher in classroom.

And above all the magazine endeavors to reflect the values and the quality of institute by itself. so, efforts are made in part of students also, to select the topics very cautiously.

Problems Encountered:

Students' participation in searching on information on internet is not satisfactory. Many a times students do not show their active willingness in executing the activity.


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