

Best Practice I:**Title: Health Awareness Programme****Objectives of the practice:**

The human life is the most precious gift of almighty to mankind. The institution strives to nurture and sustain an environment conducive for all round development that is physical, mental and emotional. A sound mind lives in a sound body. It is our duty to keep our body fit and energetic. Only then, we can lead a fruitful and meaningful life. We aim to sensitize the students and the stakeholders that they should keep their health at the top priority and train and guide them to have nutritional diet and healthy activity routine. The purpose of practice is to develop citizens which sound mind which is ensured by healthy body.

Context:

COVID-19 is a great threat to mankind which has caused huge human loss. It is said that prevention is better than cure. So, the propagation of preventive measures from this virus is of foremost significance in the present context.

Practice:

The College has set up a number of clubs and societies to take up the cause of the health awareness and fitness programmes. The institution runs the programme of Clinical nutrition and Dietetics. The department actively engages itself to create awareness regarding Healthy diet plans. The institution has Red Ribbon club and Newton's Club which organize health awareness programmes throughout the year. The college also has a social responsibility of making people aware of the essential aspects of life especially the health. In the period of Covid-19 pandemic, the health became the prime concern of the society and college carried out this with the help of staff and students.

In the session 2020-2021 many activities related to health issues were taken up. Though it was a time of lockdown and social distancing, so majority of the programmes were conducted virtually and online. On June 21, yoga day was celebrated. The staff and students did yog-ASANAS with their families at their homes and virtually shared their snaps and videos. This way people learnt more about yoga from each other.

The nutrition month is celebrated every year in the month of September. The students were given an interesting theme 'Poshan Ke Liye Paudha'. They were inspired to grow food giving and immunity booster herb plants. They enthusiastically participated and planted saplings at their homes and shared the snaps and videos virtually. They also prepared healthy recipes to boost immunity during COVID-19. In these activities, they came up with the innovative and novel ideas.

Evidence of Success:

Online activities involve more people as it is easy to join an event at a click.

Problem Encountered:

The lockdown due to pandemic forced the closure of institution. So, majority of events were conducted online. Communication gap, poor network signals and disconnections were hurdles. Though more people were involved in online activities but practical involvement was reduced. Limited resources and time is always the biggest problem faced.

Best Practice II

Title: Use of ICT for Quality Education

Objective:

The institute has a dynamic approach to impart education through modern and innovative techniques. We aim to create highly interactive and conducive academic environment by using modern tools of ICT in teaching and learning process.

Context:

In the session of 2020-2021, the institutes were closed due to pandemic and online teaching was the only means to interact with the students. Physical distance between the teacher and the taught remained no longer a barrier by the use of ICT and online teaching apps.

Practice:

Earlier online teaching was not a common practice. Firstly, the training sessions of all faculty members to use the online teaching apps were conducted. WhatsApp groups of all classes and streams were formed wherein the links to join the class and screenshots of attendance of students were shared. And email ID to collect and compile the attendance was created. The practical demonstrations were shared through video classes and YouTube videos. Webinars and class seminars were organised online. Nutrition month was successfully conducted virtually. Activities like tree plantation, poster making, poetry and declamation etc were conducted online.

Digital awareness slides on preventive measures of COVID-19, environment, gender equity, patriotism and ethical values etc were circulated on social media. The students and faculty of Mathematics department prepared videos to create awareness regarding COVID 19. Scholarships forms of government and NGOs were filled online and the interviews of candidates for scholarships and fee concessions were conducted virtually. University exams were also conducted online. Inter college and inter class competitions like cooking and Tri-colour recipes became more interesting by using video calling.

Additional advantage of online class was recording of class. Many students kept recorded lectures saved so that they could revise them at any time.

Evidence of Success:

It was a remarkable success to address the students defeating the physical distance using online classes. It was a new experience for many of the teachers and students. This distance actually made the teacher and taught closer.

Problems Encountered:

Limited resources are always an obstacle in practical implementation of policies and strategies. Many students had small houses and less number of phones than the number of siblings who were to attend online classes. In many places the problem of weak signals of Internet, slow speed of computers, data breach and online threats etc are some of problems faced by staff and students. Due to continuous classes, sometimes people got no time for the recharge of battery of devices.