

BEST PRACTICE-1

1. Title of the Practice:

COVID-19 LOCKDOWN AND THE EFFORTS FOR THE WELL BEING OF THE STUDENTS– ORGANISING ONLINE LECTURE SERIES

2. The Context that Required the Initiation of the Practice (100-120 words):

THE sudden outbreak of Covid-19 and its wide spread chaotic effect on human life in the initial months of the year 2020 couldn't be unnoticed. Colleges were suddenly closed, examination postponed for indefinite times, families suffered horribly and the youngsters were in a state of fix and panic. The widespread environment of fear, uncertainty and anxiety following the waves of the pandemic didn't only disturb our social life but had also aggravated financial snags for most of the families. Job market was badly affected and the consequences can be distinctly felt. Those were the difficult times for both the students and their parents; our youngsters were standing on a doorway where paths to their desired careers seemed to be blurred and misty. In this situation the educational institutions had a greater responsibility to bear. Isolation, social distancing, suspension of social life, stay home stay safe strategies had already caused adverse effects to the mental and physical well being of the students. Most of the youngsters were subjected to stress and anxiety fuelled by uncertainties associated with the pandemic. The brunt of unexpected, ensuing causalities could hardly be washed out from the young sensitive minds. The cautions taken in the society to keep them protected and the subsequent sense of loneliness and depression needed to be tackled very patiently.

3. Objective of the Practice (50-60 words):

In lieu with the above environment the college planned An Online Lecture Series to prepare the students for the adverse effects of the pandemic and keep them connected to the educational environment. We needed to keep our sails ready to sail ashore safe. Our youngsters knew the art of being connected but it couldn't mitigate the traumas enclosing the social life in those days. A close communion with the family and friends in the times of crisis is essential to tackle the ensuing conditions. The efforts to enrich our students with positive energy through yoga and exercise, arts and creativity, friendly conversation with the elders to discuss their dilemma was urgently required to bring fruitful results.

4. The Practice (250-300 words):

IN the initial stages of Covid-19 when the students weren't familiar with the online modes of learning, the college drafted the schedule of an Online Lecture Series on the most crucial subjects of the times:

1. The first lecture was delivered by PadamShree Pt. Rajeshwar Acharya 'Prabhav Rang' on the topic '*Janjeevan ki Alokamrit Kala Sadyatra*' (जनजीवन की आलोकामृत कला सदयात्रा). He enlightened the students with his scholarly views saying that Art is a journey from '*Asto ma sadhamay to Tamso ma jyotirgamay*' (अस्तो मा सद्गमय से तमसो मा ज्योतिर्गमय). It will help us embark on the path of glory after the gloomy times of Covid-19. We can strengthen our heart and soul with Indian spiritualism to confront the challenge of Covid-19. Our arts will help us recover from the brunt of the pandemic.

2. In the second lecture, our guest orator Dr. Tushar Singh, Astd. Prof. Psychology, B.H.U. Varanasi prepared the students for their mental well being during the days of the Covid-19 lockdown. He speculated over the subject: **Approach towards Mental Health & Life During Covid-19** and instilled the students with positivity to cope up with the challenges ensuing from it.

3. The third lecture on the subject **Effectiveness of Yoga on Immune System** was delivered by Dr. Rishi Tripathi, Associate Prof. Physical Education, V.S.S.D.College, Kanpur. He illuminated the young minds with his reflections on Yoga and the significance of Pran Vayu for strengthening the mental faculties. He insisted that Corona Virus can be encountered effectively through yoga and strong immune system. Hence, he motivated the girls to practice Yoga regularly for a healthy existence.

4. In the fourth lecture of the series entitled **The Relevance of Changing Social Values and Covid-19**, Dr. Poonam Saxena, Associate Prof. Sociology, Govt. Degree College, Faridpur emphasised that the disregard for natural environment and uncurbed growth of technology brings grim consequences. The outbreak of Corona Virus has taught mankind the significance of value-based social relations and positivity. She strongly suggested that the dismal environ of the pandemic can be conquered with positivity and constructive social environment.

5. Obstacles Faced if any and the Strategies to Overcome Them (150-200 words):

It was really challenging to motivate the students for connecting online in the days when everything was uncertain. There was no perspective regarding their examination and the continuation of their studies. Moreover, most of the families were undergoing the trauma directly or indirectly. Hence it was difficult to turn their minds towards these positive activities. However, our organising committee very speculatively chalked out the plan to target a greater audience and sway them for an effective outcome. The teachers motivated the students through social media to join the event which once started, naturally drew the participants as they could better understand and came across ways for more effective handling of the situation in those morbid times.

6. Impact of the Practice (100-120 words):

The purpose of the series was to help the students encounter the environment of uncertainty boldly and instil positive energy into them. Another very significant motive was to prepare the girls gradually for the online teaching- learning process and direct them to creativity which was crucial to withstand the widespread negativity and despair during the pandemic. As a result of the lecture series the students continued to get connected with the institution. They responded very positively in the days to come. Our volunteers of N.S.S and Rangers units and other students helped to raise a positive social environment through participation in all the initiatives taken by the Govt. like preparing people for Ayush Kavach, Arogya Setu, making and distributing masks and the like. The students gradually learnt to continue the teaching- learning process in the online mode.

7. Resources Required:

For the success of this practice of preparing a healthy environment during the pandemic the institution primarily required the commitment of the concerning faculty that is human resource. Another essential human resource was our students who were to be reached out for the desired effect. The availability of the internet facilities and related devices like smart phones or laptops with the participants was also required for the result wished for.

8. About the Institution

i. Name of the Institution: V.R.A.L. Rajkiya Mahila Mahavidyalaya, Bareilly

ii. Year of Accreditation: 2016

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