

Padmashali Shikshan Santha's
(Telugu Linguistic Minority Institution)
A.R. Burla Mahila Varishtha Mahavidyalaya, Solapur

BEST PRACTICE- 1
IMPROVING BETTER HEALTH IN COVID-19 PANDEMIC

1] Title of the Practice: *Improving Better Health in COVID-19 Pandemic*

2] Objectives:

- 1] To bring awareness about COVID-19 Pandemic
- 2] To build confidence, attentiveness, steadfastness and concentration through meditation,
- 3] To create focused attitude by removing fear, distraction, anxiety and uncertainty,
- 4] To bring physical, mental and spiritual harmony in the society,
- 5] To bring peace and prosperity in the society.

3] Context:

In the COVID-19 Pandemic, human beings from the globe suffer more from physical strain and mental stress. They face the traumatic experience due to unfathomable disease. People encountered with mental problems like depression, anxiety, grief, uncertainty and violence. Stress has become a normal part of life. Even technology brought great harm to the universe which created noise and chaos. People are grappled with unclear expectations, uncertain situations and insecure life. In COVID-19 pandemic, people suffered a lot not only with economic crisis, but physical pain, mental trauma, moral degeneration and spiritual sterility.

By incorporating mindfulness and meditation into daily routine, students can relieve stress, improve their memory. Yoga and meditation brings physical, mental and spiritual harmony. Yoga brings physical vitality and Meditation brings bliss which reduces stress, improves memory, enhance better sleep, heals many physical and mental pains and cures psychosomatic disorders.

4] The Practice:

In the COVID-19 Pandemic, the society was in the physical, mental and economic crisis. The institution, in collaboration with Yoga Association, Solapur and Art of Living, Solapur Centre organized online meditation program for the society in every day. This was conducted the whole year round and we received very good response from people from Eastern Region of Solapur.

On the occasion of International Yoga Day, A *Three Day Workshop* was conducted online on *Yoga and Meditation for Better Health*. 200 students and 20 teaching and non-teaching staff participated in this program.

The institution also conducted workshop on *Stress Management through Meditation* for the students at the time of examination which healed the students from the burden of new arrival disease and examination. *Workshop on Naturopathy and Immunity Boosting in COVID-19 Pandemic* has been organized. 500 students and 20 teaching and non-teaching staff have been benefitted by the workshop.

Our students participated in *National Level Online Yoga Competition*. The institution also started *Online Certificate Course on Yoga and Meditation*. 25 students successfully benefitted by the certificate course.

The institution organized an *International Webinar on Role of Social Media during COVID-19 Pandemic*. It was streamed on the YouTube on 2nd October, 2020. 1500 students, teachers and people around the globe participated in the webinar.

COVID-19 Vaccination Drive has been organized at the college in collaboration with **Solapur Municipal Corporation and Civil Hospital, Solapur**. 100 NSS students participated in the vaccination drive.

5] Evidence of Success:

Students were greatly benefitted by the meditation programs, a certificate course, and workshops. Yoga and Meditation increased academic performance. Students who maintain this lifestyle have the benefit of increased energy and more self-assuredness to help them plow through assignments and task quickly. Meditation gave complete rest to the students that helped them to become more alert and attentive in the online class. It leads them to whole chain of positive events like confidence building, self-assurance and feeling light and fresh. This practice improved good physical and mental health, self-care in COVID-19 Pandemic.

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BEST PRACTICE- 2
SMALL SCALE INDUSTRY TRAINING PROGRAMS

1] Title of the Practice: *Small Scale Industry Training Programs*

2] Objectives:

- 1] To identify persons with entrepreneurial quality,
- 2] To motivate the students to train them through structured training course,
- 3] To enable the students to set up their tiny and small scale industrial ventures,
- 4] To improve the productivity/profitability of existing entrepreneurs,
- 5] To provide them an insight in the latest developments in the area of industrial development.

3] Context:

Solapur is well known for textiles, miles and small-scale industry. Eighty percentage of our students trace back their cultural origin in small scale industries. They are from working / labour class families. The students of our institution come from skilled labours in small scale industry. The institution generates latest skill, knowledge and successful strategy of small scale industry to the students who come from shantytowns.

4] The Practice:

We arrange small-scale industry training programs for our students. They are trained to make artefacts like soft toys, candles, soaps, lotions, perfumes and agarbattis. Many of our students set up their small scale business and earn a livelihood. In addition to this we also train them in beauty parlor course and fashion designing. Experts from industries, miles and textiles guide our students and improve their skill. The institution integrated formal training and learning with informal learning process in the workplace.

5] Evidence of Success:

The institution provided opportunity to gain skills, knowledge and experience of the small scale businesses. Students of our institution started working in small scale industries, in fact they started their own innovative initiatives with small profit at local level. The primary role of small scale business is to reduce the risk and cost of private capital industry. This practice is proved apparent and significant in job creation and productivity growth in low capital. It made our student more self-esteemed and economically independent.