

2020-21

Practice -1

1) Title of the Practice

Online Training Program on Yoga and Meditation

2) Objectives of the Practice

To provide health guidance and proper training of Yoga and meditation to the working and non-working men and women.

3) The Context

Covid Pandemic posed several health and mental challenges before the world. To invigorate and revitalize the physical and mental health of the people, the training program was designed with sufficient morning Yoga and meditation practices. More than 150 participants joined and got benefited every day to this training program.

4) The Practice

One month Long Online Yoga and Meditation training program was jointly organized by the NSS department of the college with four other colleges from 15th Sept. to 25 Oct. 2020 and institutions where staff members of the above colleges, students and people took participation. Every morning the training batches of Yoga ran for one hour which was joined by the participants through Google Meet. Month long training and practice of Yoga and meditation resulted in sound health benefits and confidence boosting of the participants.

5) Evidence of Success

The coordinator of the program and the participants were given certificates of the participation and cooperation. Dr Aruna Thool was felicitated for organizing such a fruitful training program.

Practice -2

1) Title of the Practice

A Webinar on Diet in Covid Pandemic.

2) Objectives of the Practice

To provide health guidance and proper diet planning for the challenging period of Covid-19 Pandemic.

3) The Context

Covid Pandemic posed several health and mental challenges before the world. To invigorate and revitalize the physical and mental health of the people, an online Webinar on Pandemic Diet and health precautions was organized by the Home-Economics department of the college.

4) The Practice

As it was a Pandemic year, the Home-Economics department of the college organized an online workshop on the theme of "Diet to Boost Immunity in Covid-19 Period" on 30th Sept., 2020. The girl students of the college participated enthusiastically in the workshop to learn about the diet plan in the pandemic situation and about how to keep their immunity strong enough. Prof. Dr. Kalpana

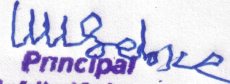
Raut, HOD of Home-Economics, and Dr Lata Gabhane, Sihora College, Sihora delivered their scholarly talks on the diet plan, precautions against Covid infected patients, using masks and sanitizers, keeping social distancing, and frequent washing of hands with soap or handwash. The participants were also asked to prepare Covid awareness posters, graphics, and slogans and to spread awareness in their locality about the same.

resulted in sound health benefits and confidence boosting of the participants.

5) Evidence of Success

The coordinator of the program and the participants prepared videos and posters of the health and diet planning in Pandemic period. The same were posted on social media and recorded in files to submit in college.




Principal
S.G.B. Mahila Mahavidyalaya
Tumsar