



MARATHWADA MITRA MANDAL'S  
**COLLEGE OF COMMERCE**

Affiliated to Savitribai Phule Pune University, Re-Accredited by NAAC with "A" Grade  
ISO 9001:2015 Certified, Awarded as Best College by Savitribai Phule Pune University  
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**Practice No. 1 for AY 2021-22**

**Title: Effective Interventions to ensure the mental well-being of students, especially post-pandemic under the institutes`Connect` Activity.**

**Objectives:**

1. The post pandemic teaching and learning process has witnessed a drastic change with regards to the emotional aspects of the students. The mental well being of students has become crucial to achieve the desired academic learning objectives.
2. The college has effectively addressed this challenge and with the consultation of psychologists and counselors, initiated a program called `Connect`. A team of teachers and student volunteers are entrusted with the responsibility of channelising students who require special attention for counseling.
3. Intervention for positive change among the needy without affecting his/her natural behavioral settings through various activities.
4. Mental well being of the students through holistic development.

**The Context :**

1. The pandemic has not just changed the teaching learning methods but also the mental state of the students. The urgency of gaining digital skills at their domestic end and at the same time need to maintain the learning pace were a challenge.
2. The changed ecosystems created a mental pressure with uncertainty in the process of education.
3. Online learning challenges of students prompted the college to map and analyze the issues; for this reason `connect` came into existence.
4. This intervention is a need of the hour and has shown positive results as a whole.

**The Practice :**

1. **Student Forum** : Students were provided with online and on-campus forums to channelise their interests and energy in various curricular, co curricular and extra curricular activities. Students expressed their thoughts and ideas and expressions which were published on the college blog and ensured their well being. The forum has promoted creative and critical thinking among the students.

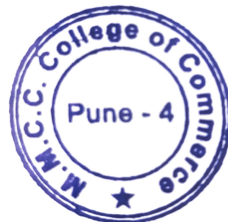
2. **E Content** : The lectures were conducted in online/offline mode and teachers published the content on the college website for asynchronous teaching learning practices that facilitated students with remote learning. The college thus ensured a positive mindset of students and maintained a balance between teaching and learning practices brought on by the pandemic.
3. **Connect between student and teacher** : Students were connected with college and teachers through Google Classroom and communication groups to ensure smooth conduction of academic and other activities. College followed affiliating university guidelines on examination to enable students to appear for offline examination in due course of time.
4. **Student 'Connect' Initiative** : Priyadarshini Yuvati Manch and Students Development Cell organized 'Sources of joy' (A Program for Mindfulness) with an interactive session by counselor. The objective was to facilitate students to become aware of small things in life that give them joy. The idea helped students identify and acknowledge these small joys that make their lives qualitatively better and richer.
5. **Art of Living** : Online 'Art of Living' sessions were conducted for the wellbeing of students and their holistic development. The session educated the students aware of stress and the importance of meditation and '*Pranayama*' (A type of Meditation) for stress management.
6. **Promotion of regional sports and folk arts** : On the occasion of Maharashtra Din, the college celebrated Maharashtra Lokdhara to promote regional folk arts like *Bharud*, *Mallakhamb*, *Povada*, *Bhajan Kirtan* and *Gopalkala*. These activities created awareness among the students for regional heritage and the Indian Knowledge System.
7. **Promotion of national unity and national integrity** : Students participated in 'Walk of Unity' by depicting the culture of Indian states in the traditional attire including Folk songs, dance, with group performances. The event brought the students together through group activity and team work.
8. **Environmental concerns for healthy mind** : Students are assigned group survey based projects for generating environmental awareness as part of their curriculum. They organized the 'Red Dot' importance in nearby schools. The NSS students participated in a healthy and clean river movement - 'My River, My Valentine' where they cleaned the river bed as part of the Pune Municipal Corporation cleaning drive. These activities provide students with a sense of responsibility and belongingness and ensure their well being.
9. **Say No to Alcohol and Yes to Milk** : On 31st December 2021 awareness rally on de-addiction was conducted to promote "*Daru nahi Dudh Pya*" (Say No to Alcohol and

Yes to Milk). NSS Volunteers with teachers spread awareness on the importance of `Milk` at the Goodluck Chowk (A place at F.C Road Deccan Pune).

**Evidence of Success:** We received direct and indirect feedback from the students that the `Connect` initiative is making a difference. Their curricular and extra curricular participation has improved with a positive attitude. It is contributing positively in their overall development. The interaction amongst students of different academic programs has generated creative ideas and technical discussions between them.

**Problems Encountered and Resources Required :** In the quest for aiding and benefiting students, our institution has encountered basic problems as mentioned below.

1. Time management and coordination was a challenge for the first half of the academic year due to Covid restrictions. Students were faced with the challenges of online learning and evaluation and had restricted person to person interaction.
2. The second half of the academic year was an immediate shift to offline teaching-learning. It took some time to settle down with regular offline teaching learning hence the rate of student participation was low.



A handwritten signature in blue ink, appearing to read "Dr. Devidas Golhar".

Dr Devidas Golhar  
Principal



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### Practice No. 2 for AY 2021-22

**Title: Student centric co curricular & community outreach programs with special emphasis on assimilating regional and national pride as part of `Azadi Ka Amrit Mahotsav`.**

#### Objectives:

1. To promote and practice the motto, 'Welfare of Masses', the college groomed students for co curricular and community outreach programs as part of the `Azadi Ka Amrit Mahotsav` celebrations.
2. To undertake social responsibilities by serving needy, poor and deprived classes of society through vaccination drives as part of social outreach programs.
3. To aim at holistic and continuous development of students with focus on gender equity, value education and health awareness for a better community.
4. To provide a platform for student activities that promote interdisciplinary learning for societal concerns in alignment with the vision of NEP 2020.

#### The Context :

1. In today's globalized world and competition, gaining technical skills and practical knowledge has become vital so as to reach the pinnacle of success. With this perspective college undertakes training programs to impart hands-on experience for our students. In the process of such experiential learning, the students collect factual data and practical inputs while interacting with the experts.
2. We believe in all round development of students by educating them about the latest market trends, techniques and managing complexities. Resource persons from various fields are invited to share their words of wisdom, expertise and life skill experience with the students.
3. Celebration of `Azadi Ka Amrit Mahotsav` is a positive intervention to arouse patriotic emotions and develop a sense of societal concern and national integration. In accordance, the college planned and conducted a year long personality development and computer literacy programme as part of social outreach.

#### The Practice:

Our institution strives for the welfare of all stakeholders keeping in mind our own mission: 'equity, justice and contentment of all our stakeholders. College participated and celebrated

Azadi ka Amrit Mahotsav through a series of programs on the promotion of national pride, integrity and community outreach programs.

1. **Celebrating Cultural Diversity of India** : An innovative initiative - 'Walk of Unity' was organized for the promotion of national integrity on the occasion of Azadi Ka Amrit Mahotsav`. Students showcased different states of India symbolically and culturally where they performed folk songs, dance and presented the culture. Students learned about leadership skills, creative thinking, teamwork, and presentation skills during the program.
2. **Celebrating Folk Culture of Maharashtra** : On the occasion of Maharashtra Day (1st of May) and Azadi ka Amrit Mahotsav, the college organized a cultural program called `Maharashtrachi Lokdhara` that represented the cultural confluence of Maharashtra. Students performed various folk songs, folk music, folk arts of Maharashtra popularly known as bharud, mallakhamb, povada, mardani khel, lezim, dhol pathak, granth dindi, gopalkala etc.
3. **Aapla Ghar (An Orphanage)** : College conducted an year long personality development and computer literacy programme for the students at the orphanage, 'Aapla Ghar', situated on the outskirts of Pune. Every Saturday, college faculty members and student volunteers visited the children. They gained communication skills, writing skills, art and craft skills, performing skills, teamwork, stage management, computer literacy in office automation tools etc.
4. **Covid Vaccination** : As part of Azadi ka Amrit Mahotsav and in tune with the institution motto, 'Welfare of Masses', the college organized covid vaccination drives at campus for community outreach.
5. **Red Dot:** Girl Students of college generated awareness on appropriate sanitary waste management as part of cleanliness and health issues related to women's hygiene. They visited schools and explained the importance of 'Red Dot' that informs the waste collectors of sanitary waste.
6. **Realization of Copyright** : A webinar was conducted as part of Azadi ka Amrit Mahotsav regarding original content creation An independent practicing advocate based at Pune, guided students from various colleges of Maharashtra in the webinar on the importance of trademark, copyrights & patents and its relevance in the future through the webinar.
7. **Teachers forum** : To ensure the well being of teachers, a series of special activities were conducted in which topics like `My favorite Book` or `My Favorite Song / Movie` were discussed in groups informally. The teachers were recognized for their work on `International Employee Appreciation Day`.

8. **`Sources of joy`** : Priyadarshini Yuvati Manch and Students Development Cell organized an interactive guest session with a student counselor on the occasion of Azadi Ka Amrit Mahotsav. The objective was to facilitate students to become aware of small things in life that give them joy especially during post pandemic. The idea was to make students identify and acknowledge these joys that make their lives qualitative better and richer.
9. **My River, My Valentine** : As part of Azadi Ka Amrit Mahotsav, the college in collaboration with Nehru Yuva Kendra and Pune Municipal Corporation participated in the "Swachh Bharat Abhiyan" where NSS volunteers cleaned the river bed to generate environmental awareness and healthy living.
10. **Say No to Alcohol and Yes to Milk** : On the occasion of Azadi Ka Amrit Mahotsav, an awareness rally on de-addiction was conducted to promote "Daru nahi Dudh Pya" (Say No to Alcohol and Yes to Milk) at the Goodluck Chowk (A place at F.C Road Deccan Pune) to promote community well being.
11. **Samvidhan Divas (Constitution Day)** : As part of Azadi Ka Amrit Mahotsav and on the occasion of Samvidhan Divas (Constitution Day 26th November 2021), NSS organized a guest lecture on Samvidhan for democratic awareness.
12. **Social Awareness Campaign** : College conducted a Social Awareness Campaign on the occasion of "Azadi Ka Amrut Mahotsav' on Fundamental Rights and Duties of citizens.
13. **Poster making competition:** Under the celebration of Azadi ka Amrit Mahotsav and on occasion of Teacher's Day; college students participated in a poster making competition. The competition promoted creative and critical thinking on topics such as Dream world, Friends in Space and Pride of India.
14. **Reel Making Content** : On the occasion of Republic Day and celebration of Azadi ka Amrit Mahotstav the college organized a reel making competition with a theme on Patriotism.

#### **Evidence of Success:**

The holistic development and community outreach activities paved the path for the multi-faceted development of the students in various arenas of life. The SDC and NSS along with various other clubs have nurtured the talent among the students. The inculcation of core values and professional ethics has made it possible to behave responsibly and to react cautiously towards different social issues. Celebration of `Azadi Ka Amrit Mahotsav` created a positivity among the students.

## Problems Encountered and Resources Required :

In the quest for aiding and benefiting students, our institution has encountered basic problems as mentioned below.

1. Time management and coordination was a challenge for the first half of the academic year due to Covid restrictions.
2. The second half of the academic year was an immediate shift to offline teaching-learning. It took some time to adjust to get back to the conventional learning process.



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Principal