

## **BEST PRACTICE - 1**

### **Community Kitchen During Covid**

#### **Goal:**

#### **Related to students**

- To provide platform to the students to reach and contribute to the cause of society constructively
- To help them to cater to the needs of society in general and students' community in particular
- To inculcate universal values like humility, camaraderie, empathy etc. in pupils
- To avail students hands on practice of reaching society and dressing up the wounds of the heart of the needy required most during pandemic
- To make students future responsible citizen

#### **The Context**

Food is the third most important thing for living beings to provide energy and development, maintain life, or stimulate growth after air and water. It is one of the most complicated sets of chemicals. Food plays an important role in the promotion of health and disease prevention. In general, it consists of essential nutrients, such as carbohydrates, proteins, fats, minerals and vitamins which are consumed to provide nutritional support for an organism and ingested by an organism and assimilated by the organism's cells to sustain health. These nutritious foods are in the form of grains, pulses, fruits, vegetables, oils, etc.

The first function of the food is to provide energy. Our body needs the energy to sustain the involuntary processes essential for the continuance of life, to carry out professional, household and recreational activities, to convert food ingested into usable nutrients in the body, to grow and to keep warm. The energy needed is supplied by the oxidation of the foods consumed.

Food is often referred as purnbrahm in India tradition. In The first function of the food is to provide energy. Our body needs the energy to sustain the involuntary processes essential for the continuance of life, to carry out professional, household and recreational activities, to convert food ingested into usable nutrients in the body, to grow and to keep warm. The energy needed is supplied by the oxidation of the foods consumed. testing time like covid 19, food becomes scarcity. Due to wide-spread pestilence many people had to lose their lives due to hunger and lack availability of basic facilities. Covid dairies screams off how values were breathing there last. Many people who were travelling back home to 'live and die' with their family members died on the way due to hunger. The situation of people residing in in slum and other underprovided area was even worse. Government their limitations and couldn't reach to 'hunger stomachs' as required. In such a trying time, NSS volunteers of the institute in collaboration to NMC, worked as an extended hand to serve to the need of the needy.

## **The Practice**

Volunteers cooked food in the premises of lower boys' hostel of RTMNU, Nagpur for almost 40 days in the first covid 19 wave. As many as 80 hands with adequate female representation worked selflessly for the humane cause. As the saying goes if you don't feed the thirsty when required it's useless to give him nectar after death. The students read the need of the time and responded with utmost sincerity and honour when needed. Volunteered went to the doorsteps of the needy with cooked meals and served with love and care by maintaining covid proper behaviour. Not only that pupil made the people in those about the covid 19 and the necessary precautions which are required to be taken to save themselves and society from the pandemic. As the covid was its apogee, the strict norms were in force in the form of complete lockdown and quarantine of the covid affected, the volunteers were given special passes to visit and serve the needy.

## **Outcome**

Due to covid it had become impossible for the poor to manage their livelihood as there was no work for the daily wagers. As a result, they had to go sleep empty stomach with their children and family members. This activity served like ray of hope for the poor and underprivileged. It provided hope, solidarity and order to their mismanaged lives during the pandemic. Moreover, it also brought smile on their smile parched lips and wrinkled faces. As a token of appreciation and reward for serving the volunteers were in a special ceremony as covid warriors by Hon'ble Minister of Higher Education, Government of Maharashtra. As government had their own limitations, this activity worked like an extended hand of the government.

## **BEST PRACTICE - 2**

### **Online Lecture Series for UG Students**

#### **Name of the activity:**

#### **Online Lecture Series:**

**Goal:** Department of English of the college organized Online Lecture Series for UG students in the subject of English during Covid 19 in collaboration with other colleges with below stated objectives:

1. To facilitate students with basic knowledge of the texts prescribed
2. To empower students with basic language skill
3. To help students to score well in the exam
4. To provide study material
5. To establish and develop digital connection and free teaching learning environment between university teachers working in various colleges affiliated to RTMNU, University.
6. To develop the sense of social responsibility among the teachers during trying times of covid.

## **The Context**

The COVID-19 crisis has forced education systems worldwide to find alternatives to face-to-face instruction. As a result, online teaching and learning have been used by teachers and students on an unprecedented scale. Since lockdowns – either massive or localised - may be needed again in the future to respond to new waves of the infection until a vaccine becomes available, it is of utmost importance for governments to identify which policies can maximise the effectiveness of online learning. This policy brief examines the role of students' attitudes towards learning in maximising the potential of online schooling when regular face-to-face instruction cannot take place. Since parents and teachers play a fundamental role in supporting students to develop these crucial attitudes, particularly in the current situation, targeted policy interventions should be designed with the aim of reducing the burden on parents and help teachers and schools make the most of digital learning. Developing strong attitudes towards learning can help students overcome some of the potential challenges posed by online learning such as, for instance, remaining focused during online classes or maintaining sufficient motivation. They are also crucial in supporting students using information and communications technology (ICT) effectively and making the most of new technologies for learning. Positive attitudes towards learning, self-regulation and intrinsic motivation to learn play an important role in improving performance at school in general, but may be especially important should online learning continue.

## **The Practice**

The online classes were conducted during the first, second and third wave of covid pandemic to help students to get through to their respective exams. Majorly the Departments of English of Rajkumr Kevalramni Mahila Mahavidyalaya , Jaripatka, Nagpur, Vasantrao Naik Government Institute of Arts and Social Sciences, Nagpur, Mahila Mahavidyalaya, Nagpur, R K Umathe College, Nagpur, JM Patel Arts ,Commerce and Science College, Nagpur, Nabira College, Katol , Manohar Kamdi College, played important role for successful organization of this student centric activity. Teachers working with above colleges and others affiliated institution, provided students with their expertise who were preparing for the university exams pertaining to their interest.

## **Evidence of Success**

The activity which started as a departmental segment of the Dept of English of V.N,G.I.A.S.S,Nagpur later incorporated other English departments of other institute affiliated to RTMNU, Nagpur.

1. Teachers used PPT method to make the learning interesting and more beneficial to the students
2. Almost all the students who attended Com English and Literature OF SEM I, II, III, IV AND V got through their exams.

3. Classes worked like a therapy for students as well teachers who were facing identity crisis during covid pandemic.

4. It provided relief to the students as they faced difficult to find suitable study material during the pandemic.

### **Problems occurred and resources required**

- Poor internet connectivity was one the main problems. Teachers used Zoom, the low internet consuming interface to overcome this.
- Links of recorded videos uploaded on You tube and the links were shared on What's App group created for the purpose.

### **The Future**

Classes in offline mode will be conducted in future in collaboration with other colleges and in other subjects too.