



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 e 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 Maharashtrachi 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.



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Dr Devidas Golhar
Principal