



Institute of Vocational Studies

Affiliated to Guru Gobind Singh Indraprastha University and SCERT, Delhi
FC-31, Sheikh Sarai Ph- II, DDA Institutional Area,
Press Enclave Road, New Delhi- 110017, Telephone No- 01129257793-94

Best Practices 2020-21

Although many good practices are followed by Institution but few of them are remarkable. Such two best practices are:

Title of Best Practice (1): Healthy Living for Healthy Life during Pandemic

The Context: Future anxiety and stressful situations do not allow any human being to learn and grow and may cause for various major diseases among youngsters like- hypertension, insomnia and other cardio vascular diseases. Yoga is remarkably strong and accepted treatment/ measure without its adverse effects to overcome the harmful impacts of pandemic.

Since lockdown, our college considered the physical and mental health of students and staff on a high priority and conducted various Yoga and happiness based drills and programs. By adopting such healthy ways, IVS fraternity and other community members could stretch the life on normality mode. Yoga, happiness programs, and mental health activities etc. proved to be an effective measure against the adverse effects of COVID-19. As such other activities are great stress reliever and immunity boosters when followed for a healthy and peaceful lifestyle especially during pandemic. Though, academic and co-curricular activities are still going on via online mode of communication but every student and teachers joined and successfully accomplished its academic requirement without stress and future fears.

Objective of the Practice:

- Resolving stress and traumas of students and teachers due to loss of lives of their dear ones and economic hit by pandemic.
- Adopting Yoga as a tool for amelioration of stress and anxiety and strengthen the immune function.
- Adopting such healthy practices which are enabling to live a healthy and balanced life during Corona period.

The Practice: When we are all bound to live a restricted life under the constant fear of infection risks, it is natural for anyone to develop anxiety. The continuous flow of negative news, the inadequacy of daily resources, everything is adding to this growing anxiety and depression. Continuous anxiety or stress can manifest many health conditions such as high blood pressure, muscle tension, breathing issues, etc. To live through this lockdown & pandemic period, yoga and healthy living habits are the best ways to adopt for a healthy lifestyle. Such healthy living builds a strong physical, mental and spiritual health system. When combined with breathing and meditation, it acts as the best element to take care of our mind, body and soul.

Assuming the same, college took following initiatives in similar direction:

- Fitness Leadership Workshop: International Yoga Day Celebration through Zoom online platform of meeting (18th June to 21st June, 2020).
- Organization of Digital Detoxification Webinar (12th July 2020) through live You tube link:
<http://www.youtube.com/e/MindOverMatterSeriesNSSGGSIPU>
- Celebration of World Mental Health Day through MS Teams (9th October, 2020).

- Celebration of Happiness Day through MS Teams (19th March, 2021).
- Five Days Yoga Workshop and One Month Certificate Course through Zoom online platform of meeting (15th May to 15th June, 2021).

Evidence of Success: Our College has taken the initiative of establishing healthy living habits for a healthy life style during pandemic in which Yoga was centrally practiced along with happiness drive and mind relaxing activities. With the help of such practices, students and staff members were counseled and guided to build a strong and positive attitude towards life and bringing back the academic and professional responsibilities on a normal mode, though, the activities are still leading through online modes of communication but both teachers, students and their parents are motivated and capable to handle the situation. Many students and staff members got affected with infection of COVID-19 but they all successfully overcome the disease, accomplished their targets and are enjoying a healthy and happier life.

Resources Required: Yoga does not mean mere exercising but it denotes to highly organized and scientific bodily postures and Asans. For this purpose, expert trainers or Yoga teachers and suitable conditions on the part of participants like empty or filled stomach were required to perform different yoga Asans with locally available material like mat, open area like floor, roof or park for performing meditation or stretching, fresh air for breathing etc.

Coordinating with NSS cell, GGSIP University and Bharat scouts and Guides, Ministry of AYUSH, Govt. of India to provide Yoga trainer and approaching resource person was another requirement.

Good internet connectivity for accomplishment of different relaxing and happiness activities also remained necessary concerns.

Challenges:

- Availability of internet connection for smooth conduction of programmes.
- Coordinating with the NSS Cell, GGSIPU and Rajyoga Education and Research Foundation (a sister concern of Brahma Kumaris).
- Coordinating with Bharat Scouts and Guides and Ministry of AYUSH Govt. of India
- Celebration of various special days and arranging resource persons for Yoga Workshops and other programmes.

Outcome: Due to the pandemic and global lockdown, education, work, employment, businesses and the economic condition, everything has been severely affected and generated huge stress among people from all sections of society, especially students at different levels. Although, we cannot recover the damage but emphasis laid by our college on healthy habits and lifestyle showed remarkable outcomes on the personal and professional lives of students and staff members both, like:

- Development of positive attitude towards life.
- Development of courage to face the challenges posed by pandemic.
- They learned to cope up with trauma and stress of such problematic situation and brought themselves back to the work.
- Helped themselves along with family and community to fight against COVID- 19.
- Notable performance and achievement by students.

Title of Best Practice (2): Corona Awareness Campaign

The Context: The novel corona virus disease 2019 (COVID-19) presents an important and urgent threat to global health and its effect is expected to get even worse in the middle- and low-income countries where the health system is weak and fragile. Timely access to accurate information and public awareness on prevention methods is one of the feasible interventions in these countries. Public awareness on disease prevention is important to mitigate the pandemic. Major prevention methods recommended by the WHO include regularly and thoroughly cleaning hands with an alcohol-based hand rub or washing them with soap and water, maintaining social/physical distancing, avoiding touching eyes, nose and mouth, and different protection measures based on the situations. Even though, after national lockdown, everyone is involved with college activities virtually still, it is considerably necessary to develop awareness among all stakeholders to alleviate the situation. Assuming its moral and national responsibility, IVS decided to spread awareness about COVID-19 virus and creating volunteers to awaken the society with correct information. In this line IVS initiated various awareness drives and campaigns regarding the spread of infection, precautions and measures to overcome the effect of disease.

Objective of the Practice:

1. To spread awareness about the spread of infection, precautions and measures to overcome the trauma of disease.
2. To motivate the students and staff members to follow the precautionary health norms in their day to day life.
3. To support the nation and society in mitigating the pandemic.
4. To enable the IVS society to identify the symptoms of the virus and adopting necessary measures without getting panic.

5. Developing an optimistic attitude towards the future and better conditions by working together.

The Practice: Institute of Vocational Studies has been a leading college in combating the global pandemic by spreading awareness and actively participating in the efforts made to fight with the disease up to University level. In this context, our college initiated following campaigns and ventures:

- Publication of poems written by students on the positive note beside existing pandemic, “This too shall pass” and “Corona ne Sikhaya Hai” in University Digital Magazine EDUSPARKS VOLUME 4.0- a special edition published by University School of Education, GGSIPU on Environment (July, 2020).
- Organization of Webinar on: Beyond the Pandemic: Reinventing Horizons (16th July, 2020).
- Mask Making Activity (21st August 2020).
- Online Corona Virus Awareness Campaign (16th October, 2020),
- Corona Awareness Programme (21st May, 2021).

Evidence of Success: Poems written by B.Ed. students were published in special edition of University’s digital magazine and was highly appreciated which motivated other students and teachers too and developed positivity among all. Organization of webinar on Zoom online meeting platform acquainted students with various digital skills and enabled teachers to have digital literacy. Mask making activity and corona awareness campaigns also enabled all stakeholders to cope up with pandemic with high positivity and supporting each other in hard times.

Resources Required: The focus of the institution was to spread awareness about the mental well-being of the students where there was difficulty to connect with the

students so the institution initiated a digital platform for conducting various events, students were connected to online platform through MS TEAMS, ZOOM etc. for some events some physical material was used i.e. cotton cloth especially in mask making competition. Students used some materials for poster making competition such as chart, drawing sheets etc. students also used PPT, MS PUBLISHERS, CANVA app for various poster making competitions.

Challenges:

- Coordinating with resource persons for concerned duration.
- Smooth internet connectivity and availability of Zoom meeting platform by all stakeholders.

Outcome: Students and teachers could effectively face the challenges of Covid 19.

- Students and teachers could develop positive attitudes towards situation under Corona virus.
- Student and teachers developed digital literacy and digital skill during Covid 19 and are efficiently handling tech devices.
- Students enthusiastically connected with other institutes through different online mode of communication.
- Students developed creative and innovative skill and values like dignity of labor by preparing mask.