

7.2 - Best Practices

Best Practice-I

1. Title of the Practice: Post Covid Vaccination Programme

2. Objectives of the Practice:

In the view of Covid-19 pandemic the Miraj Mahavidyalaya Miraj has organized a “**Post Covid Vaccination Programme**” for college students in order to keep them protected from corona virus.

3. The Context:

The Health Minister of Maharashtra state, Mr. Rajesh Tope had announced about special vaccination drive for the students -age group of 18 to 25, that the Covid- 19 vaccination among the youth is the need of the hour as colleges and universities have started to open in the state from 20th Oct 2021. The Government of Maharashtra had started a week-long vaccination drive for students in the state from 25th Oct to 2nd Nov 2021, under the campaign ‘Mission Yuva Swasthya’. The teachers and students were vaccinated as part of the drive.

4. The Practice:

We have conducted following programs.

1. Post covid Vaccination Programme for the students having age between 15 to 18 years.
2. Covid-19 Vaccination programme was organized for the students of Miraj Mahavidyalaya Miraj aged over 18 years, and their parents on 29th October 2021 in the college campus from 10 am to 4 pm in collaboration with Health Department of Sangli Miraj Kupwad Municipal Corporation and National Service Scheme of our college. More than 1651 students and 21 parents were given Covishield as vaccine first and second doses as per their vaccination schedule. Later on they were asked to follow the suggestions as per doctor’s advice.

5. Evidence of Success:

Total respondents are 1651 students and 21 parents.

After the successful conducting various awareness programmes relating to the corona, its overall impact was very nice. After the post covid vaccination programs, almost all due students has been vaccinated. All staff members took corona vaccine and all were again busy to promote this program. It is qualitatively observed a very nice effect after Post Covid Vaccination Programme among the beneficiaries such as reduced risk of infection, reduced the risk of severe illness, reduced risk of the death, reduced harmful

outcomes with ICU hospitalization, reduced transmission, ultimately slowing down each times the virus jumps from one person to the next. The less the virus jumps, the less the opportunity it has to mutate. The overall impact of Post Covid Vaccination Programme was very positive. The Medical Officer of Sangli Miraj Kupwad Municipal Corporation had supported this programme.

6. Problems Encountered and Resources Required:

Many problems we have encountered during our Post Covid Vaccination Program program. The students and parents were initially not willing to take doses. But after proper guidance they became ready for vaccination.

Best Practice II

1. Title of the Practice: Yoga to Prevent Covid 19

2. Objectives of the Practice:

Yoga is a science, which teaches how to live and incorporated in daily life. It works on all aspects of the human being like physical, emotional, mental, spiritual and social levels. The word Yoga means “Unity” means the union of the individual consciousness. Our intention is to free all students; teaching as well as non-teaching staff from mental as well as physical stress. Yoga plays a role of balancing & harmonizing the body, mind & emotions. This will improve physical and mental fitness. For healthy India this is our small attempt.

3. The Context:

According to survey of WHO more than 70 percentage people are under stress. When the body is physically healthy and mind is clear, then the stress is under control. This gives the space to maintain socially healthy relationships. Yoga increases the flexibility of the spine, improves body's physical condition.

4. The Practice:

We have conducted following programs.

On 3 June 2022, International Yoga Day was celebrated in our college. On the same day at 9:30 am Yoga Guru Ujwalla Choudhari took a practical on how to enhance concentration through yoga. About 60 participants benefited from this programmes. On 21 June 2022 International Yoga Day was celebrated in our college. On the same day at 7:45 am Yoga Guru Sukumar Choudhari took a practical on Yoga. About 60 participants benefited from this programmes. On 17 June on the occasion of International Yoga Day, poster presentation was organized. About 32 Asans steps were displayed through these posters in our college. On 1 May 2022, on the occasion of International Yoga Day, a program was arranged and Prof. S. A. Patil gave guidance to the staff of the college

regarding Yogasan. On Saturday 19 June 2021, One day National Webinar on Yoga to Prevent Covid 19 was organized. Dr Anand Limaye, Yoga Teacher has delivered his valuable guidance. 6th International Yoga Day was celebrated in our college. Yoga teacher Mr. Pooja Sanjay Patil had demonstrated Yoga in front of the participants.

7th International Yoga Day was celebrated on 19 June 2021. On the occasion, National Webinar on “Yoga to Prevent Covid 19” was organized. Resource person Hon. Balkrishna Chitnis President of Vishwayog Darshan Kendra Miraj was delivered a lecture on Yoga. Another Resource person Hon. Dr. Anand Limaye Dental Surgeon delivered a lecture.

5. Evidence of Success:

After this practice we tried to communicate with the beneficiaries regarding benefits of the yoga programs. The following positive effects are observed qualitatively among the beneficiaries such as increased confidence, increased energy, reduced stress, better immunity, increased focus, improved breathing, increased creativity, better flexibility, better digestion and lesser absenteeism.

6. Problems Encountered and Resources Required:

The main problem was noticed that Most of the participants do not much aware of the exercise and so during the demonstration and practical their bodies were not so flexible. After the stipulated time we need the equipments to measure quantitative effects of yoga on the beneficiaries.

One Day National Webinar on "Yoga to Prevent Covid 19"

Font Paragraph Drawing Editing

YASHWANT SHIKSHAN SANSTHA'S
MIRAJ MAHAVIDYALAYA, MIRAJ
Department of Physical Education and Sports
Organized
One day National Webinar on
"Yoga to Prevent Covid 19"
On the Occasion of 7th International Yoga Day


INAUGURAL SPEECH
Hon. Prof. SHARAD PATIL (SIR)
EX.M.L.A. & M.L.C
CHAIRMAN
YASHWANT SHIKSHAN SANSTHA,
SANGLI


CHIEF GUEST
Dr. Anand Limaye
B.D.S.


PRESIDENT
Dr. Balkrishna Chitambar
PRESIDENT, VISHWAYOG
DARSHAN KENDRA, MIRAJ-
SANGLI

DAY OF WEBINAR:
Saturday
DATE OF WEBINAR:
19th JUNE 2021
TIME OF WEBINAR:
08 : 00 AM

E - Certificates will be issued to all participants after feedback submission.

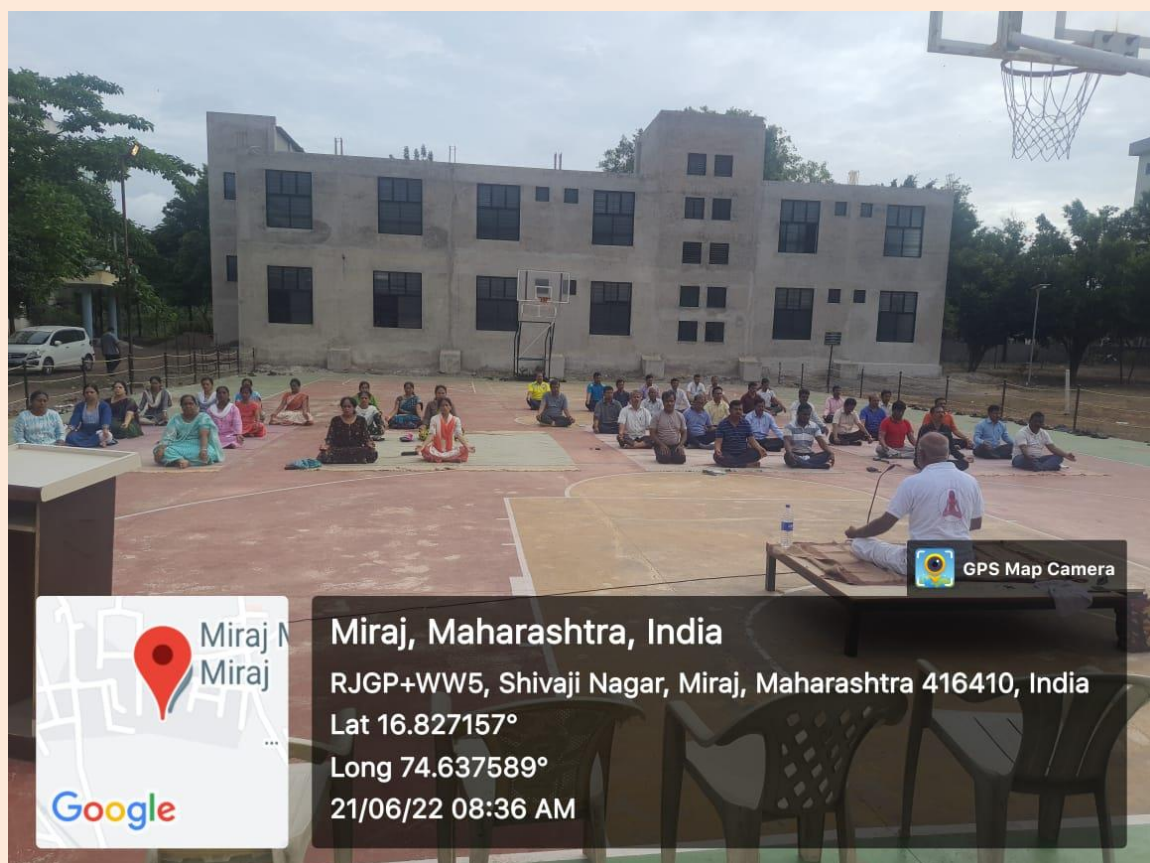
Notes Comments 72%

Yashwant Shikshan Sanstha's
Miraj Mahavidyalaya, Miraj
(Affiliated to Shivaji University, Kolhapur, Maharashtra, India)
Department of Physical Education & Sports
Organized One Day National Webinar on
"Yoga To Prevent Covid-19"
On the occasion of 7th International Yoga Day
Certificate of Appreciation
This is to Certificate is presented to
Dr. Anand Limaye
Yoga Teacher
For sharing his valuable knowledge as a guest speaker and Demonstrator in
National webinar on "Yoga To Prevent Covid-19" Organized by Department of
Physical Education & Sports, Miraj Mahavidyalaya, Miraj on 19th June 2021


Mr. Sanjay Patil
Director of Physical Education
Miraj Mahavidyalaya, Miraj


Dr. Prakash Patil
I/C Principal
Miraj Mahavidyalaya, Miraj

One Day National Webinar on "Yoga to Prevent Covid 19"



One Day National Webinar on “Yoga to Prevent Covid 19”

