

**Shiksha Mandal's  
Bajaj College of Science, Wardha**

**Best Practices (2020-21)**

During 2020-21, looking at the pandemic, college has taken initiatives to fulfil the need of the students. There were many practices to engage students via online platforms. Students have been exposed to various online edu tools. Online sessions on various topics apart from curriculum were also scheduled. Students were also engaged in some home experiments. With all protocols and directions of local authority, we could continue our best practices of last year successfully.

**Best Practice 1**

**Title of the Programme: Heartfulness Meditation: From Stress to Self-realization**

**Goal:**

Students value character awareness and become good human beings (Affective).

- Students develop rational thinking, right understanding and honest approach to life (Cognitive).
- Students learn to meditate and understand the same as a comprehensive practice to navigate their lives (Psychomotor).
- Practice! Experience!

**Context:**

Education, personal character, and meditation are important, but independent parts of a person's life, though they are very much interlinked. Meditation helps build a contemplative mind. While education helps us to develop our physical and intellectual capabilities to their optimum extent, and prepares us to thrive in a competitive world, there is one aspect of our development that does not often receive the attention due to it – the development of our inner Being. Without the synchronous development of body, mind, and heart our evolution as human beings remain incomplete. It is therefore balance in addition to excellence that the youth must strive for – the balance between mind and heart, the outer and the inner, between thinking and feeling. Modern age philosopher Osho maintain "No meditation, No life. Know meditation, Know life." This quote holds a cent percent relevance in today's time. In this modern day and age, the negative effects of stress are unavoidable. People have literally forgotten the way to live their life. They are extremely busy running after materialistic goals thereby fuelling stress every day. When greed, hatred and delusion are destroyed by wisdom, the mind becomes free, radiant, and joyful. Nirvana is the ultimate happiness, which can be achieved through meditation.

**Practice:**

Heartfulness Enable Leadership Mastery (HELM) program was designed to familiarize students with meditation assuming that such a practice will enthuse, impart individual development and wellbeing. Bajaj College of Science, Wardha through HELM offered

a way for balanced living through various meditation techniques for all undergraduate and postgraduate students in their odd semester. Due to COVID-19 outbreak, online classes were conducted via Zoom and YouTube live platform by various experts from Heartfulness Institute, Nagpur branch. The intention was to procure training and experiential learning through HELM to stimulate and facilitate development of student's personality which serves to enhance educational, social, spiritual, and emotional development. The program was conducted for the following contexts: Introduction to Heartfulness and Meditation, core, context, choices, causality, community

**Evidence of Success:**

Mental health was the need of the time during online sessions. The HELM program offered a way for balanced living through various meditation techniques. These simple and effective techniques imbued feeling of discipline, empathy, brotherhood, leading to mental, spiritual, and psychological well-being helping an individual to transform not only from within but also his/ her attitude and dealings with the society at large.

**Problems encountered:**

It was challenging to run the online sessions due to COVID-19 restrictions because of the data constraint with the students and hence it was not mandatory to attend all live sessions. As the program commenced, interested students took this opportunity and participated to boost their mental health.

**Best Practice 2**

**Title of the Practice: Computer Awareness Course**

**Goal:**

- This course aims at providing basic computer skills to all the B.Sc. First year students of the college.
- To make the students confident and skilful in handling the computers related to their academic and day-to-day works.
- To make them familiar with the Internet World.

**Context:**

The present techno-keen world requests that the students should utilize changed on the web and specialized assets to get to huge loads of data identified with their scholastics separated from the customary strategies for learning. Notwithstanding, a large portion of the students of our college are from rural areas, as such the greater part of them do not have this openness to PCs and late patterns in E-world. Our college has consistently strived for its undergraduates for their improvement every way. As a piece of this drive, the Computer Awareness Course was planned and presented from the academic year of 2017-18 for every B.Sc. First year student of the college. The course is planned in such a manner with the goal that it targets mastering the abilities as opposed to simple reasonable information.

**Practice:**

There are two variations of this course. The one variation is explicitly created for the Computer Science students which comprises of cutting-edge ideas identified with Indian IT Act, Cyber Awareness, Internet innovations, and so on, and the other variation of the course is produced for rest of the first-year students that targets giving essential PC abilities like prologue to Fundamentals of PCs, Working with MS Word and Basics of an Internet.

During the principal semester, every learner of Biology stream take part in the course and in the subsequent semester, students from Mathematics stream including the Computer Science understudies take part and gain from this course. Every batch is allotted one session per week during which they are imparted with practical skills related to computer handling and working with them. The accentuation is more on learning by doing. At the end of semester, they need to appear for a final exam comprising of multiple-choice questions and a viable assessment. Due to the COVID – 19 pandemic breakouts, the students were taught using pre-recorded video lectures using Moodle LMS. The course was conducted in online mode through the <https://firstyearbcsw2021.gnomio.com/>. The course was started from 1<sup>st</sup> November, 2020 and thereafter continued till the end of the session. 352 students were enrolled for this course.

**Evidence of Success:**

It has been seen that whatever abilities that are obtained by our understudies from this course has helped them profoundly in their scholastics. The impacts of this compulsory course that we have begun structure 2017-18 meeting could be seen from that point forward. A stamped improvement has been found with regards as far as anyone is concerned of PCs and the way they use PCs viably for their work. The course is assisting them with becoming self-subordinate with regards to PC related requirements. For instance, students all alone make their e-tasks, project reports, presentations, articles and papers, etc. for which they used to rely upon others already. Web related abilities help them for getting to different internet-based assets viably. Besides, they gain crucial contributions on the best way to shield themselves in the cyberspace which is the present need. This has likewise inspired them to get to know the information on on-going patterns in innovation.

A total of 352 students were enrolled for the course and amongst them 215 appeared for the examination. Post exam, a feedback form was circulated amongst the students to obtain their opinions about the course. The details can be summarized as follows:

**Problems encountered and resources required:**

- Due to openness and language issues, few learners need more opportunity to get a hand on the technological innovation.
- Practice is the significant issue as few students lack electronic devices or sufficient data at their place.

- Most normal issue experienced is the dread of understudies with respect to the utilization of PCs. Some of the time learners think that it is hard to recall the techno-jargon.
- Difficult to concentrate on the feeble students by giving them the additional window as they lack required facilities to rehearse at their home.