Best Practices of Sophia College – 2020 - 2021

1. Title of the Practice - Health and well - being of the stake holders

 Objective – Focus on health, fitness and happiness of the stake holders. To achieve that seminars, workshops, webinars are proposed to be conducted to ensure physical and mental well- being of the stake holders.

The Context - COVID 19 pandemic has taken its toll on the physical and psychological health of the staff and students. A number of staff members and students lost close members of their families. Many students went into depression and needed professional help in coping with the stresses of the forced isolation and alienation coupled with the 24x7 togetherness with the family in small homes. No real interaction with peers and friends had made the college experience very different to the vibrant life that the campus used to offer.

The Practice
Since the year under discussion was clouded by lockdown, the efforts to reach out to the students was mostly online.

- A webinar on 22nd May, 2020 on Stress management for students was conducted. The resource person was Dr. Monali Chopade, Assistant Medical Officer, MCGM and Coordinator of all BMC COVID-19 Hospitals.

- The Department of Psychology in collaboration with the IT Department organized an Online One Credit Course *'Covid times: Mythic Realities, Changing Frames.'* (A practical course in Conceptual Psychology).

- A session on 'Mental Health Amidst The New Normal' was organized on 28th January, 2021. The session was conducted by Priyanka Dalvi, a training coordinator for a field action project of the Tata Institute of Social Sciences (TISS), with an emphasis on acknowledging mental ill-health and tracing the continuum of mental ill-health and wellbeing. Emotions ranging from hopelessness, to resilience, pervasive sadness to resourcefulness, or withdrawal to socially engaging and being active were discussed in the session.

- A session "Managing Time with Online Lectures" was organized on 15th October, 2020 for the students in collaboration with the counselling Center of the College. The resource person was Ms. Deepika Bhandari, the College counsellor

- On 26th September 2020 a webinar was organized on 'The Hangout – Promoting mental wellbeing and self- care' by Mr Sam Koshy, (Director) and Mr. Preejo TJ (Learning Consultant) of The Movement.

- Owing to the hardships faced by one and all in the trying times of the pandemic, a video was screened in connection to the topic 'Positive Emotions'. The video by The Science of Happiness described an experiment in gratitude which encouraged students to practice expressing gratitude to their loved ones more often to keep negative emotions at bay and improve resilience in times of stress.

- Discussions were held in class for students to discuss how the pandemic and online nature of class has affected them. Feedback and areas of improvement were noted.

Challenges:

The pandemic restrictions for movement, provisions for offline resources, and technical difficulties associated with online sessions proved to be challenging.
However, we managed to get a good number of students to participate in these programmes .

2. Title of the Practice - Development of E content/ Creation of resource material for E – learning

Objective - In view of the pandemic and lockdown it was envisaged that creation of resource and E-Content for the subjects taught by various departments of the College would be of immense value both in the current situation and for use later.

The context

A major lacuna currently is lack of E-learning platforms like Virtual Labs, where learners can gain the experience of practical experimentation without any direct physical involvement or bench work. Departments were encouraged to prepare videos of some experiments from their syllabus. It was also proposed that the SOPs created will be compiled into an E-manual and will be uploaded as a ready resource and reference.

The Practice

In order to be able to develop and create resource materials for e-learning, the college helped in creating a suitable e-platform for all stakeholders.

- ZOOM Licenses were purchased.

- Edu ids were created for all the staff and students.

- Google classrooms were created for all the classes.

- Training sessions were held for the staff to help in the transition from offline to online mode.

- Staff attended many Faculty Development Programmes to prepare themselves for the challenges to e-learning.

- E-learning translated into generation of e-content in Youtube channels which not only reached the classes but the masses.

- There was increased visibility in social media with, classes having their own pages.

- Examination pattern was changed to adapt to the new normal – MCQ'S along with descriptive questions were added.

- Students and clubs conducted & connected through online mode.

The Challenges:

- Connecting with students was a problem sometimes.
- Availability of devices And technical infrastructure and knowhow.
- Internet connectivity issues was yet another challenge.

However, the practice provided us and the students with new possibilities in elearning and it is an asset for future to explore possibilities of blended and hybrid models in teaching-learning