

7.3.1 – Provide the details of the performance of the institution in one area distinctive to its vision, priority and thrust in not more than 500 words

### **Helping students to deal with Covid-19 Pandemic**

Till Dec. 2019 very few could have imagined a world in which stepping out without covering our face or eating dinner outside or hugging a friend would feel like a luxury from the past. The effects of Covid-19 pandemic were unthinkable. It had an impact on mental health and psychological conditions of everyone. The students also perceived the impacts of Covid-19 crisis in early 2020 on various aspects of their lives. MKSSS's Smt.Hiraben Nanavati Institute of Management and Research for Women always strives to mentor the students on all fronts. The institute gauged that due to this new normal during the pandemic the students may experience boredom, stress and frustration. Thus the institute tried to help the students on this front. The pandemic has led to the adoption of particular hygienic behaviours (e.g. Wearing masks, washing hands) and discouraged certain daily practices (leaving home and shaking hands). During pandemic the institute weekly conducted an online survey of students, making them aware about - e.g., wearing masks, washing hands, practicing daily exercises, use of sanitizers, drinking ayurvedic kadha and maintaining social distance. Through e-mail and whatsapp messages, does and don'ts during Covid-19 were circulated among students. The institute prepared a video orienting students on importance of precautions during Covid-19. Conscious initiatives like international yoga day celebration, training for mask preparation at home, making the students and staff download the Arogya Setu App on the mobile phone by orienting them the importance of the app and guiding them 'how to download the app' and 'use it' were taken by the institute.

The institute shifted its teaching-learning-evaluation process on ICT mode. But perceiving the difficulty and dilemma which the students and parents may face, the institute prepared a handbook with key messages and actions related to Covid-19 precautions, detailed information of teaching learning and evaluation at HNIMR during pandemic to reduce their anxiety.

HNIMR felt that in this situation of uncertainty the students will be most worried about their career post the pandemic. The institute is also equally concerned about the career of its students and wished that the pandemic should not become hurdle in their bright future ahead. During the pandemic time also the institute organized numerous corporate sessions to groom them and make them industry ready.

During Covid-19 pandemic students experience anxiety also due to having a relative or acquaintance who is infected with Covid-19. Spending a quarantine time was a task. At regular intervals the mentors had discussion with the students to understand their state of mind and counseled them on one to one basis. Also through survey the students were asked in case they wish take help of counsellor. Even the student welfare officer was involved in this process and extended hand to provide help to students as well as parents as far as counselling is concerned. A mental health program on 'Peaceful and blissful me' was held for the students to create awareness & keep them engaged resourcefully during the pandemic.