

### 7.3.1 - Portray the performance of the Institution in one area distinctive to its priority and thrust within 200 words

The COVID-19 pandemic, also known as the coronavirus pandemic, is the ongoing global pandemic of coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The new virus was first detected in December 2019 during an outbreak in the Chinese city of Wuhan. Attempts to contain it there failed, allowing the virus to spread to other parts of Asia and later around the world. The World Health Organization (WHO) declared the outbreak a public health emergency of international concern on January 30, 2020 and a pandemic on March 11, 2020. As of March 10, 2023, the pandemic has claimed more than 676 million people. The offline education system suffers havoc from 20<sup>th</sup> March 2020 to almost at the end of 2021 and at the beginning of 2022. We adopt online teaching methodology through Google meet, Skype, Teachmint, Zoom platform for teaching, LMS for uploading notes and lecture. Offline examination methodology also remain closed over those period of time, blended mode of examination was introduced instead. So it was big challenge for us to back the student in previous track and to deals with stress related issue they acquired during the pandemic period.

We did several measures to cope with it:

**Covid-Vaccination Camp:** A vaccination camp was held at Mathabhanga College on 30<sup>th</sup> September, 2021 where around 492 students got their first dose. The Teacher in Charge of Mathabhanga College, Dr. Sulagna Dutta, said, “At Mathabhanga College we not only take care of our students’ academics but their all-round development as well. We are happy to provide this lifesaving facility to them. The vaccination camp was successfully ended with the numerous supports from the Nodal Officer of the program Sri. Surajit Das, teaching staff, non teaching staff of Mathabhanga College, Health Department and Administration of Mathabhanga subdivision. The second dose and precautionary dose of vaccination subsequently they get from Mathabhanga sub division hospital. Vaccination was happened in such way that college reopens with most of the students, teaching and non-teaching staff fully or partially vaccinated. Very few evidence of contamination after college reopening with the virus was observed.





**Precautionary measurements:** After the colleges reopening several precautionary measurements were taken, wearing of mask was compulsory, frequent hand wash, sanitization, awareness poster was circulated throughout the college.



Student slowly and steadily adopt the normalize situation. Before the exam college authority arranged a yoga camp to reduce the stress related issue they may face due to offline exam.

**Stress Relief Camp through Yoga:** Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a three days Yoga Camp was organized by IQAC Mathabhanga College in collaboration with NSS unit from 23<sup>th</sup> May 2022 to 25<sup>th</sup> May 2022. The camp was attended by the students, faculty members and staff members of Mathabhanga College with great passion. The yoga instructor, Mr. Bibek Singha Sarkar, took yoga session with great dedication. The Students, teachers and non-teaching staff participated with full interest, enthusiasm and eagerness. The session began by seeking the blessings of the Almighty by chanting the Swarswati Bandana. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of all. The Teacher in Charge, Dr. Santanu Chakravorty, motivated the students, staff and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The IQAAC coordinator Prof. Aparna Biswas briefly describe the importance of Yoga in modern life and she also elaborate how yoga relief mental stress of the students. The three day session concluded with an interactive session between the instructor and the participant in which the queries were addressed satisfactorily. The session was very refreshing, reviving and relaxing. Every day at the end of the programme there was an arrangement of Tiffin and refreshment. All the participants are felicitated by the participant certificates



In this way we fight the aftermath situation of Corona pandemic.