



CRITERION VII

KEY INDICATOR 7.3

METRIC 7.3.1

1. Webinar on Emotional Wellness in Challenging Times.
2. Webinar on Embodying Stillness: Finding Peace Amidst Covid -19
3. National Level PowerPoint Slides Competition
4. Intra-collegiate Poster Competition
5. Inter-collegiate Video Making Competition



: MINDFULNESS LITERACY YEAR 2021 -2022 :

Coordinator : Dr D Kotwal and Convener: Dr . N RATHI

The year 2020-2021 as the 'mindfulness Literacy Year' and correlated its significance to the pandemic of COVID- 19 and amid the lockdown in an in- house online meet held in May 2020 it was declared as such. Activities which followed were all online and successful in impact and content and was equally well received.

a webinar on Emotional Wellness in Challenging Times.

1. Webinar on Emotional Wellness in Challenging Times.
2. Webinar on Embodying Stillness: Finding Peace Amidst Covid -19
3. National Level PowerPoint Slides Competition
4. Intra-collegiate Poster Competition
5. Inter-collegiate Video Making Competition
6. Inter-collegiate Mandala Art Competition
7. Reading Habits Survey was conducted
8. Vachan Prerna Diwas

A calendar of posters was developed as a memento for guests and invitees of subsequent programmes. Academic year 2020-21 is declared as "Mindfulness Literacy Year"; under this theme, the team has organized webinars and competitions. The inaugural function was a webinar on "Emotional Wellness in Challenging Times". It was conducted on 26 April 2020 for junior and senior college teachers. The resource person for the webinar Ms. Sagarika Mishra, a counselling psychologist and life coach. Feedback for the session was informative, educative and excellent.

The second webinar was organized on 29 June 2020 "Embodying stillness: Finding Peace of Mind amidst Covid-19". The resource person Mrs. Rajita Kulkarni- President Sri Sri University, Bhubaneshwar gave a detailed comprehensive concept of meditation. This



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webinar was a conversation between the resource person and the queries raised by the teachers. After the conversation, the resource person guided all the participants for a meditation session of 15 minutes. The participants expressed their opinion as an informative and serene session.

The third activity organized under the banner of Mindfulness Literacy Year was “A National Level PPT Competition”. This competition was in collaboration with the NSS Cell of Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur. Prize announcement programme was organized on 7 October 2020. Three cash prizes and 2 consolation prizes were declared. Next activity organized was “Intra-collegiate Poster Competition” in the month of October 2020. Three cash prizes were declared for the same. Apart from the three winners 9 more posters were selected and were used for printing the table top calendar of the college. In the month of December 2020 an “Inter-collegiate Video Making Competition” was organized. Eleven entries were received out of which three winners were given cash prizes. In collaboration with Maithreya Cell, an “Inter-collegiate Mandala Art Competition” for Non-teaching staff of our college and Indradhanu Cluster of colleges in the month of February 2021 was organized. Two were declared winners.



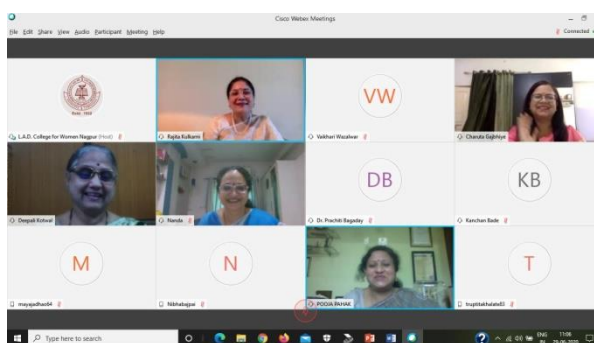
REPORT OF EMOTIONAL WELLNESS IN CHALLENGING TIMES

Webinar on *Emotional Wellness in Changing Times*

Academic year 2020-21 is designated as “Mindfulness Literacy Year.” Therefore under the umbrella of mindfulness literacy a webinar was organized on 26th April 2020 for the junior and senior college teachers .The webinar was organized on Zoom platform and was of hour long duration.

Dr. Nanda Rathi, was the Convenor and Principal, **Dr. Deepali Kotwal** organized as well as co-ordinated and chaired the webinar. Mrs. Sagarika Mishra, an e-wellness Coach and Counsellor from New Delhi was invited as a resource person. 93 participants both from the Junior and Senior College attended this webinar. The resource person gave a lucid presentation. One day before the webinar a handout was mailed to the participants and the participants were asked to get familiarized with it .During the presentation, the points on the handout were discussed. Ms. Mishra guided the participants through awareness of emotions, types of emotions ,importance of emotions, choosing of emotions, disablers of emotions, releasing of stress especially during this pandemic times, role of five senses, and quick fix for emotional wellness, shift in mind set, enablers of emotional wellness and lastly on affirmations. She ended by emphasizing that during these times, one should follow routine and be grateful for a new day. Along with the presentation she made the participants do wellness exercises. The presentation was followed by question answer session. The participants actively participated and gave feedback that the session was informative, educative and excellent. Vote of thanks was proposed by Dr. Pooja Pathak, IQAC Coordinator.

The webinar was organized under the banner of ‘Mindfulness Literacy Year’ with the active guidance of the Principal Dr. DeepaliKotwal and Vice-principal, Mrs. R. R. Yelkawar. There were around 100 participants.



ABOVE : SCREENSHOT OF “LECTURE IN PROGRESS EMOTIONAL WELLBEING ..”



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Webinar on “**Embodying stillness: Finding Peace of Mind amidst Covid-19**”.



ABOVE: WEBINAR BROCHURE



ABOVE : MRS. RAJITA KULKARNI ADDRESSING THE PARTICIPANTS



REPORT ON PPT COMPETITION ON MINDFULNESS HELD IN SEPTEMBER 2020

AND PRIZE ANNOUNCEMENT EVENT HELD ON 7TH OCTOBER 2020

A National level PowerPoint competition for students was held in the month of September 2020 in a digital format in collaboration with NSS unit of Rashtrasant Tukdoji Maharaj University , Nagpur. The topic for the Competition was “Mindfulness- Living in the Moment “. A three member jury judged the entries from across India from a total of 53 entries which were received.

The Judges for the Competition were Dr. Tutu Sengupta (Scientist) , Mrs Seema Agrawal (Interior Designer) and Mr . Koutilya Chhajed (Soft skill Trainer) . The Prizes were announced online in a Programme held on 7th October 2020. The participants and the Judges were invited for the programme scheduled at 4.30 pm . The Programme was presided by the Principal Dr Deepali Kotwal and the proceedings were conducted by the convenor of Mindfulness literacy year, Dr Nanda Rathi. At the outset Dr. Rathi briefed the audience about the competition. The Judges shared their experience about the entries and the efforts put in by the participants. Mr. Koutilya expanded on the theme of Mindfulness and elaborated on it while briefly explaining the gaps which the various approaches the participants could have covered in their presentations.

In all eight recipients were awarded Prizes and digital certificates. The first Prize winner was Devashree Diwanji, SFS College , Nagpur, the second prize winner was Sonia Chawla , Ravishankar University , Raipur while the third prize winner was Umme Hani Kulsum , LAD College. Five consolation Prize winners were also declared The first consolation prize was shared between Shristhi Vaidya , Hislop College , Nagpur and Shabarinath , V N I T , Nagpur while the second consolation Prize was shared by three recipients Kanishka Rawlekar and Shrushti Chipde, both from Hislop College, Nagpur and Yukta Chandak , SMMCA, Nagpur. Ms. Kanchan Bade introduced Dr Tutu Sengupta , Ar S kaalmegh Introduced Seema Agrawal and Dr Meenakshi Kulkarni introduced Koutilya Chhajed. The programme was hour long almost 120 staff and students attending the same . Vote of Thanks was given by Ms. Kanchan Bade.



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ABOVE : BROCHURE AND CERTIFICATE FOR PPT COMPETITION.

LIST OF ENTRIES (PPT COMPETITION)

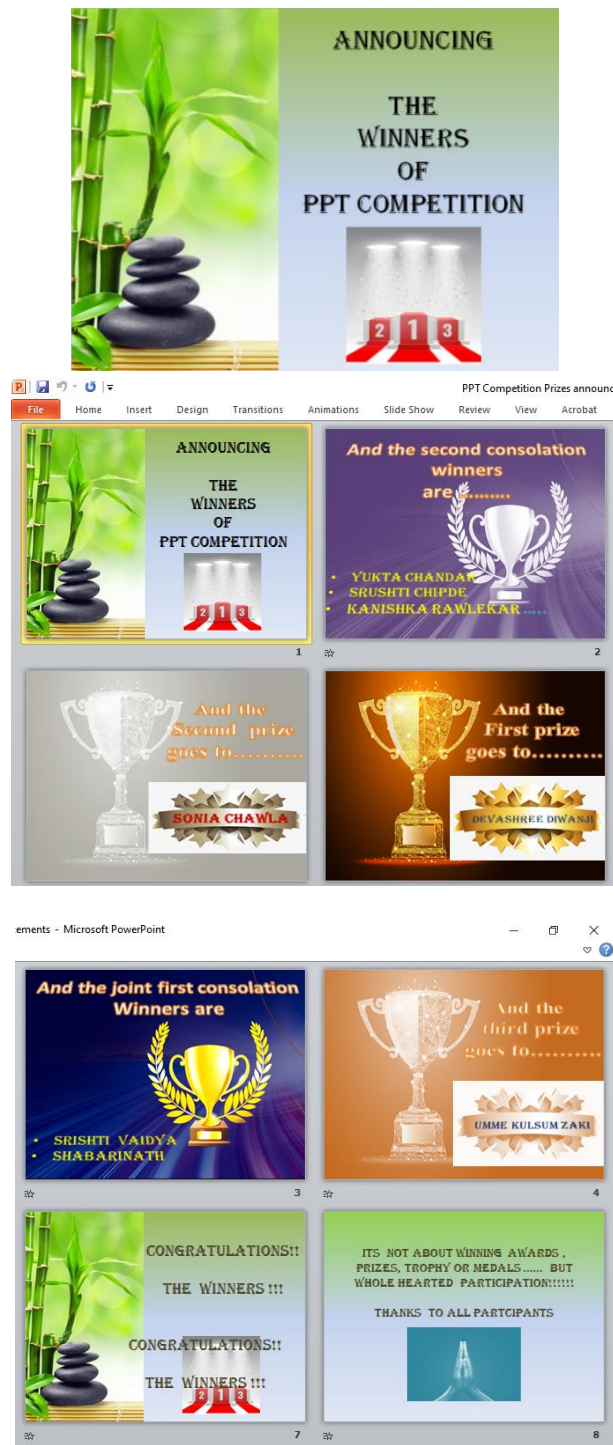
S. NO	NAME OF STUDENT	ENTRY CODE	DATE RECEIVED	NAME OF COLLEGE
1	MANSHA SAWAL	ENTRY 01	14-Sep	LAD COLLEGE, NAGPUR
2	MEHVEISH SHEIKH	ENTRY 02	16-Sep	LAD COLLEGE, NAGPUR (BID III)
3	ANAGHA YARNAL	ENTRY 03	21-Sep	LAD COLLEGE, NAGPUR
4	SANJANA KAMBLE	ENTRY 04	25-Sep	LAD COLLEGE, NAGPUR
5	PALLAVI SHERKURE	ENTRY 05	24-Sep	LAD COLLEGE, NAGPUR
6	EESHODAYA GUPTA	ENTRY 06	25-Sep	LAD COLLEGE, NAGPUR
7	SHARAD CHOUKSE	ENTRY 07	30-Sep	D B SCIENCE COLLEGE , GONDIA
8	SONIA CHAWLA	ENTRY 08	30-Sep	PANDIT RAVISHANKAR SHUKLA UNIVERSITY
9	RUKAIYA BURHANI	ENTRY 09	30-Sep	GH RAISONI COLLEGE OF COMMERCE , SCIENCE AND TECHNOLOGY , NGP
10	GAURAV MHASKE	ENTRY 10	30-Sep	P WADHWANI COLLEGE OF PHARMACY , YAVATMAL
11	SAKSHI VERMA	ENTRY 11	30-Sep	SMMCA , NAGPUR
12	VAIDEHI GOTEY	ENTRY 12	30-Sep	SMMCA , NAGPUR
13	PRATIBHA THAKWANI	ENTRY 13	22-Sep	LAD COLLEGE
14	AKANKSHA DAMBHARE	ENTRY 14	23-Sep	SHANKARLAL KHANDELWAL COLLEGE , AKOLA
15	RUCHIKA MOHADIKAR	ENTRY 15	28-Sep	SFS COLLEGE , NAGPUR
16	BHANUPRIYA RAMTEKE	ENTRY 16	30-Sep	LAD COLLEGE, NAGPUR
17	KANISHKA RAWLEKAR	ENTRY 17	28-Sep	HISLOP COLLEGE, NAGPUR
18	ASMITA CHAKRABORTY	ENTRY 18	28-Sep	BALAGHAR BIJOY KRISHNA MAHAVIDYALAYA , UNIVERSITY OF BURDWAN, WEST BENGAL
19	SRISHTI VAIDYA	ENTRY 19	28-Sep	HISLOP COLLEGE, NAGPUR
20	MAHIM SABA	ENTRY 20	29-Sep	D.R.B SINDHU MAHAVIDYALAYA NAGPUR.
21	GAURI CHANDAK	ENTRY 21	29-Sep	LAD COLLEGE , BID IV
22	YOGESH BADE	ENTRY 22	29-Sep	C P AND BERAR COLLEGE, NAGPUR



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23	SWAPNASISH DEY	ENTRY 23	29-Sep	BALAGHAR BIJOY KRISHNA MAHAVIDYALAYA , UNIVERSITY OF BURDWAN, WEST BENGAL
24	PRANALI ZARGAR	ENTRY 24	29-Sep	OAMC , BETUL
25	NUPUR DHOMNE	ENTRY 25	29-Sep	LAD COLLEGE , BID III
26	ROSHNI VASWANI	ENTRY 26	30-Sep	LAD COLLEGE
27	SHABARINATH	ENTRY 27	30-Sep	VNIT , NAGPUR
28	LOMAKSHI MANKAR	ENTRY 28	30-Sep	LAD COLLEGE, NAGPUR
29	POORWA ANDHARE	ENTRY 29	30-Sep	LAD COLLEGE , NAGPUR
30	KOMAL DODANI	ENTRY 30	30-Sep	LAD COLLEGE , BID II
31	GARIMA MURARKA	ENTRY 31	30-Sep	LAD COLLEGE BID III
32	VARSHA SACHANANDANI	ENTRY 32	30-Sep	LAD COLLEGE ,NAGPUR
33	UMME KULSUM ZAKI	ENTRY 33	30-Sep	LAD COLLEGE , NAGPUR
34	MUSKAN D KHATWANI	ENTRY 34	30-Sep	D B SCIENCE COLLEGE, GONDIA
35	SHIPRA SHUKLA	ENTRY 35	30-Sep	SHANKARLAL KHANDELWAL COLLEGE , AKOLA
36	YUKTA CHANDAK	ENTRY 36	30-Sep	SMMCA , NAGPUR
37	YASHASHREE SHENDE	ENTRY 37	01-Oct	LAD COLLEGE, NAGPUR
38	PRAJWALI KALE	ENTRY 38	01-Oct	SMMCA , NAGPUR
39	ROSHNI POHARE	ENTRY 39	01-Oct	SHANKARLAL KHANDELWAL COLLEGE , AKOLA
40	ROSHANA N POHARE	ENTRY 40	01-Oct	SHANKARLAL KHANDELWAL COLLEGE , AKOLA
41	CHANCHAL SHAIWALE	ENTRY 41	25-Sep	SHANKARLAL KHANDELWAL COLLEGE , AKOLA
42	SHWETA SHAIWALE	ENTRY 42	01-Oct	SHANKARLAL KHANDELWAL COLLEGE , AKOLA
43	NIKITA SAKHARE	ENTRY 43	30-Sep	Rajkumar Kevalramani Kanya Mahavidyaly Jariptka Nagpur
44	PRITI KOCHETA	ENTRY 44	29-Sep	SMMCA , NAGPUR
45	SRUSHTI CHIPDE	ENTRY 45	30-Sep	HISLOP COLLEGE NAGPUR
46	ARWA BALAPURWALA	ENTRY 46	01-Oct	LAD COLLEGE , NAGPUR
47	MAYURI GOUR	ENTRY 47	01-Oct	
48	ALIZA AHMED	ENTRY 48	01-Oct	LAD COLLEGE, NAGPUR
49	CHETAN GOYAL	ENTRY 49	29-Sep	D B SCIENCE COLLEGE, GONDIA
50	AASTHA OSWAL	ENTRY 50	30-Sep	LAD COLLEGE, NAGPUR (BID III)
51	DEVASHREE DIWANJI	ENTRY 51	30-Sep	SFS COLLEGE , NAGPUR
52	ABHISHEK SINGH	ENTRY 52	30-Sep	RAISONI COLLEGE
53	AKANKSHA PAL	ENTRY 53	30-Sep	SMMCA , NAGPUR
1	JUDGE 1			TUTU SENGUPTA
2	JUDGE 2			SEEMA AGRAWAL
3	JUDGE 3			KOUTILYA CHHAJED

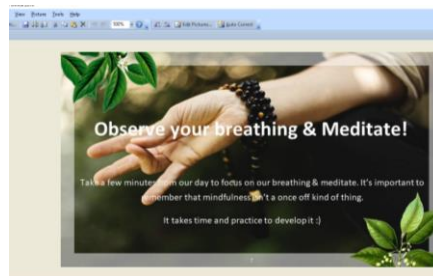
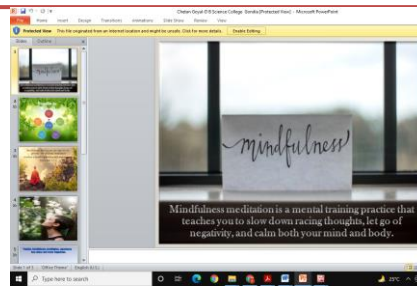
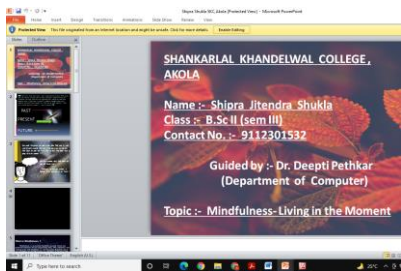


ABOVE : DECLARATION OF WINNERS

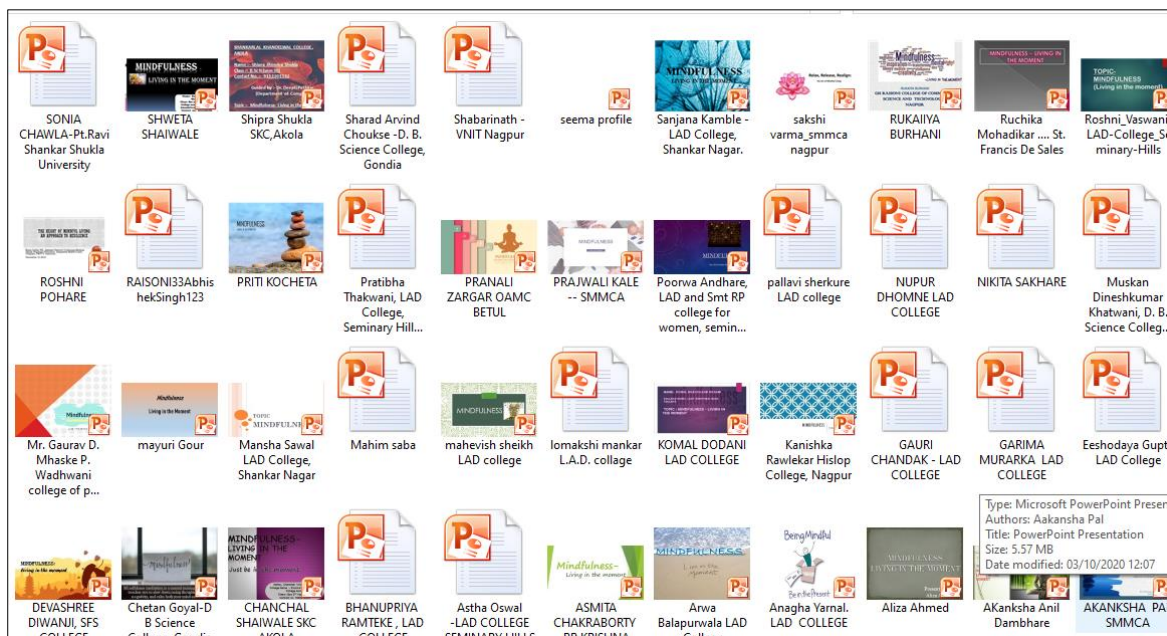
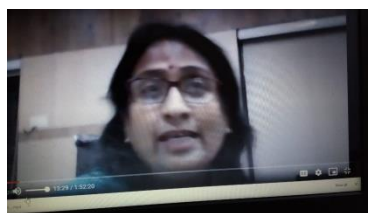
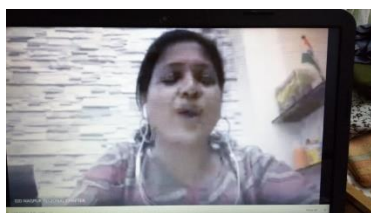


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ABOVE ENTRIES OF PPT – PRESENTATION



ABOVE : JUDGES INTERACTING WITH THE PARTICIPANTS AND AUDIENCE AND ENTRIES



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WOMEN'S EDUCATION SOCIETY'S
LADY AMRITBAI DAGA COLLEGE FOR WOMEN OF ARTS, COMMERCE &
SCIENCE AND SMT. RATNIDEVI PUROHIT COLLEGE OF HOME – SCIENCE AND HOME
SCIENCE TECHNOLOGY SHANKAR NAGAR NAGPUR – 440 010. (M.S.) INDIA
(Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur)
(Recognized U/s 2(f) & 12(B) of the U.G.C. Act, 1956)
Identified as College with Potential for Excellence (UGC)
(Accredited "A" Level 2003, Re-Accredited "A" level 2011, again
Re-Accredited "A" Level 2016 by NAAC, Bangalore)
Phone No. : Principal Office : 2246623, 2247192 Fax [0712] 2246945
E-mail : ladcollege2018@gmail.com, Website : www.ladcollege.ac.in

Estt./2020-21/ 361

Date : 06.10.2020

NOTICE

Under the Mindful Literacy Year 2020-21, we have organized a National level PPT Competition. The Prize distribution ceremony is being held at 4:00 p.m. on 07.10.2020. Following this there will be guest lecture on **Law of Attraction** by C A Shishir Turkar. The link for the same will be sent on 7 October 2020. All the teachers are advised to attend the programme.

Dr. Deepali Kotwal

Dr. Deepali Kotwal

Principal
Lady Amritbai Daga College For Women
of Arts, Commerce & Science And
Smt. Ratnidevi Purohit College of Home Science
& Home Science Technology, Nagpur-10

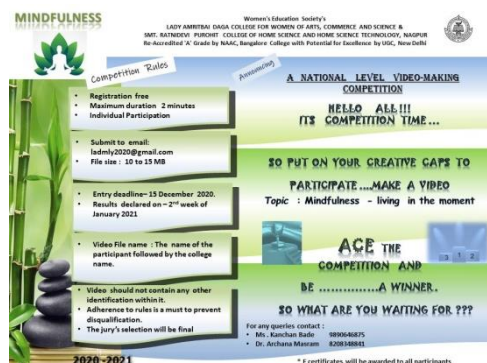
- Cc to : 1] Vice Principals (Sr. College) Shankar Nagar & Seminary Hills Campus
for information.
3] Librarian for sending mail to the teaching staff members.
4] Notice File
5] Master File



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VIDEO COMPETITION :



Video Competition

List of Participants

Entry No.	Name	College	File Size (MB)	Duration (min)
1	Honoch Souturu	VNIT	10.5	1:17
2	Yogita Khubele	LAD	24.5	2:00
3	Shreya Tickle	LAD	12.6	1:50
4	Bhakti Golani	LAD	12.5	1:06
5	Purva Gedam	LAD	14	1:28
6	Akash Majumder	VNIT	14.7	1:59
7	Sushmita Takarkhede	LAD	12	1:58
8	Riddhi Gadewar	LAD	22.9	2:14
9	Varsha Sachanandani	LAD	10.3	45 sec
10	Diksha Jamaiwar	Nikalas Mahila	13.1	1:49
11	Khushi Kadu	Shivaji Science	140	1:57
12	Poorva Bopche	SMMCA	13.3	1:40
13	Zainab Zirapurwala	LAD	12.3	1:32



Poster Competition

An Intra-collegiate Poster Competition” in the month of October 2020. Three cash prizes were declared for the same. Apart from the three winners 9 more posters were selected and were used for printing a table top calendar.



MANDALA ART COMPETITION

In the month of December 2020 an “Inter-collegiate Video Making Competition” was organized. Eleven entries were received out of which three winners were given cash prizes. In collaboration with Maithreya Cell, an “Inter-collegiate Mandala Art Competition” for Non-teaching staff of our college and Indradhanu Cluster of colleges in the month of February 2021 was organized. Two were declared winners.





READING HABITS SURVEY

- **Reading Habits Survey** was conducted in the months of July 2020 and August 2020 under the theme **Mindfulness**. Eighty four participants from different fields participated in this survey.

Reading Habits Survey

The online readers survey through google form was conducted in the month of July and August 2020 under the theme Mindfulness from Department of Library. Due to COVID Pandemic situation everybody stayed compulsorily at home. To cope up with this situation reading is the best remedy. The main objective of the survey was to get know how people spent their time, if they read something then what kind of reading they prefer, and how reading helps them to be positive in this situation.

Result and Analysis

- Most of the working women participated in the survey.
- People read books more on mythological biographical, novels, historical, General knowledge, newspapers and magazines.
- English and Marathi are the most preferred languages.
- Most of the people connect their emotions with reading and gives them happiness, confidence, updated and so on.
- In pandemic many people switch to digital reading as they do not have hard copy of books at their homes.
- While feeling stressed, people use to read books for relaxation.
- Very few people buy books for their own reading.
- The survey results that many people spent their free time with reading books.
- The conclusion was to reading gives immense satisfaction and quality time to readers in COVID pandemic, and also helps to come out of fear of COVID.

- **Vachan Prerna Diwas** to commemorate the Birth Anniversary of Dr. APJ Abdul Kalam on 15th October 2020.
- **Book Review** : An audio visual presentation was held online under the theme of **Mindfulness Literacy Year 2020**. Eight book reviews were presented at the occasion by the Senior and Junior College staff members, **Dr. Ruta Dharmadhikari, Dr. Aboli Vyas, Dr. Vathsala Srinivas, Dr. Shilpa Sarode, Dr. Vijayanti Asolkar, Ar. Surashmie Kaalmegh, Nidhee Meshram and Dr. Shubha Sathe**. The programme was jointly conducted by **Dr. Shivani Balkundi** and Asstt. Librarian, **Mrs. Vrushali Bhalerao**.
