



Nirmala Memorial Foundation College of Commerce & Science

Permanently Affiliated to University of Mumbai
Accredited by NAAC with B++(First Cycle), ISO 9001:2015 Certified,
Recognized under Section 2(f) & 12B of the UGC Act, 1956,
Awarded with India's Education Excellence Award in 2018

D.S. Road, Asha Nagar, Thakur Complex, Kandivali (East), Mumbai – 400 101. Tel.: 022 69436400

BEST PRACTICE II

Title of the Practice:

Wellness of Mind is Wellness of body

Objectives :

To provide an ecosystem where students, staff, and other stakeholders can thrive and perform efficiently and effectively.

The Context :

Workplace wellness for the mind and body is crucial. Employers can develop a healthier, happier, and more productive staff by putting an emphasis on the connection between mental and physical well-being.

The Practice :

The college has wellness centre with appointment of qualified counsellor. Frequent seminars and workshops are organised to counsel students and staff members and to train them on how to deal with health issues and have good health regime.

Evidence of Success :

Appreciation by stakeholders on the continues efforts made by IQAC on wellbeing programs.

Problems encountered :

Need for regularity in practicing mediation by stakeholders.



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WELLNESS OF MIND IS WELLNESS OF BODY

1. International Yoga Day

The NSS Unit of Nirmala memorial foundation college celebrated a yoga day on 21st June 2022 on the occasion of International Yoga Day in college campus. Large number of students attend the session. As the session began, volunteers were given a brief introduction and importance of yoga in everyday life. They taught us how to treat our body with various relaxing movements and guided our mind with thoughts of strength, stability and gained some knowledge about yoga in depth. There were various yoga asanas that were taught to students. Overall the experience was blissful. The event ended with a vote of thanks by one of the NSS Volunteers.





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2. HIV Aids peer training workshop at Mdac

The event "HIV Aids peer training workshop at Mdac " was about the symptoms of HIV / Aids. And the method and materials and prevention of HIV / AIDS is as easy as ABC.

A= Abstain

B= Be faithful

C=Condoms .

HIV can be prevented through sensitization and creating awareness among the people and its adverse effects on family and society. It was a beautiful opportunity to attend this event.





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3. Workshop on Wellness of Mind is Wellness of Body

The Internal Quality Assurance Cell of the college organised a workshop Har Ghar Dhyaan, a campaign under the aegis of Azadi Ka Amrit Mahotsav by the Ministry of Culture through Art of Living.

The workshop was held on Monday, 3rd April, 2023 at 11.00 a.m. at 706 mini auditorium. The resource person is Ms. Jignasa Pandya, the Art of Living Meditation Coach.

In this session, learners learnt about how to develop inner strength and resilience through meditation, and tips for incorporating meditation in daily routine for a healthy lifestyle.

A total of 59 students benefited from the program.





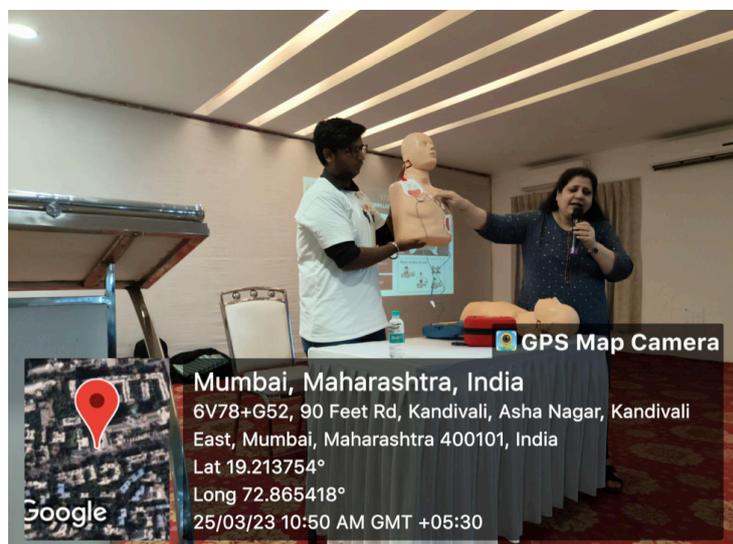
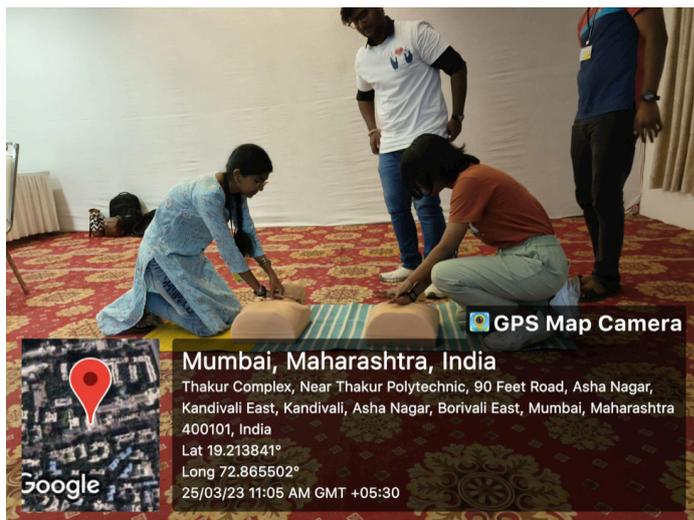
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4. Awareness and Training on Sudden Cardiac Arrest Resuscitation

The Internal Quality Assurance Cell in association with Revive Heart Foundation, had organized a workshop on “Awareness and Training on Sudden Cardiac Arrest Resuscitation” on Saturday, 25th March, 2023, from 10:30 am in the college auditorium. The session was conducted by Ms. Sumaiya Raghavan and her team, a certified trainer on First Aid heart saving. The workshop was conducted by experienced trainers who have in-depth knowledge of first aid and CPR techniques. During the workshop, participants learn how to assess the situation and how to provide immediate care to the patient. This includes understanding how to check for breathing, pulse, and other vital signs. A sum of 120 students, 28 staff members and 12 non teaching staff members benefited from the program.





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5. An educational session (seminar) on “Signs of Identification on Counselling Need for Students”.

The Internal Quality Assurance Cell organised an educational session (seminar) on “Signs of Identification on Counseling Need for Students”.

The session will take place on Tuesday, 30th August, 2022 from 12.30 pm in the mini auditorium.

Guest speaker was Ms. Riddhi Doshi Patel, (our own inhouse counselor) who oversees the health, wellbeing and welfare of our college students.

Teachers got insight from the session on how to recognise the signals that a student needs therapy. Additionally, the seminar offered advice on how to behave in front of pupils under various situations.

