

# DR. AMBEDKAR COLLEGE

## Deeksha Bhoomi, Nagpur

### HRD CELL LECTURES SERIES 2019-20 REPORT

DR.AMBEDKAR COLLEGE,DEEKSHABHOOMI

**IMPORTANT NOTICE**

**Dtd: 22-05-2020**

All the teachers (regular as well as ad hoc) of all Departments are hereby informed that HRD lectures are being arranged Online on Zoom from 25<sup>th</sup> to 27<sup>th</sup> May 2020 by the College. The details of the lectures are mentioned below.

**All teachers are therefore required to download the Zoom App immediately and get informed about how they can join the lectures. The Meeting Id and Password shall be notified. Please note that it is MANDATORY for all teachers to attend all the three lectures on the dates and time notified below**

1. **Monday, 25th May 2020 at 4:00 pm**, Speaker Dr Sudhir Bhave, Topic: Maintaining psychological well-being and positivity amidst the present crisis
2. **Tuesday, 26th May 2020, at 4:00 pm**, Speaker: Dr.Avinash Patilkar, Topic: The Changing Scenario of Education Delivery System in the coming years post pandemic: Issues and Challenges
3. **Wednesday, 27th May 2020, at 5:00 pm**, Speaker: Dr Y S Deshpande, Topic: How to maintain Health and Build Immunity during the COVID 19 crisis. (Please note that on this last day the timing is 5:00 pm)

**ONLINE ATTENDANCE OF ALL TEACHERS IS COMPULSORY**

Sd/-  
Principal  
(Prof.R.V.Patil)

The Human Resource Development Cell of Dr. Ambedkar College Deeksha Bhoomi, Nagpur organized a spate of online Guest lectures from 25<sup>th</sup> May to 27<sup>th</sup> May 2020 which focused on the current Pandemic scenario and ways and means to overcome it. The first lecture on 25<sup>th</sup> May 2020 dealt with ‘**Maintaining Psychological Well Being and Positivity amidst the Present Crisis**’ by Dr. Sudhir Bhave, a noted Psychiatrist of Nagpur city. The crux of his talk was that one has to maintain one’s sanity and peace of mind in the lockdown period of Covid -19, for, the present crisis and situation is new for everybody. He stressed on the 7 hrs

sleep for the mind and body to get relaxed. Meditation also brings positivity and relaxation. Dr. Bhavne advised about rational thinking, spending quality time with family, having group dinners. Instead of spending time on the mobile one should develop skills that one is lacking in or develop a hobby that makes you happy. One should do acts of kindness. It is good to be informed he advised but don't spend too much time watching the news for it brings in negativity.

The second lecture on 26<sup>th</sup> May 2020 focused on the **'Changing Scenario on Education Delivery System in the coming years post pandemic: Issues And Challenges'** by Dr. Ashutosh Paturkar of DAIMSR, Nagpur. Dr. Paturkar shared some of his own experience at various platforms. Discussing on the changing scenario of the Education System He talked of traditional learning to the digital learning but interestingly enough, discovered that chalk and blackboard are still the effective medium of the teaching learning process. Digital learning has done is only expedited the matter and made teaching faster. He further discussed on education delivery system in the post pandemic period and threw light on the issues and challenges being faced during this period which is an interactive experiment where people have to prepare for it. The learners need to have skills to learn which is possible through online teaching but for online teaching, fundamental skill is essential. He raised pertinent question on the issues that will we be able to replicate the Education System for students or will it be possible for students to learn from available platform? He also informed about Professional Education Institution. Learning to be replaced with technology.....Queries put by the staff were very well answered by Dr. Paturkar.

The third lecture in the series was handled by Dr. Y. S. Deshpande, a noted surgeon of Nagpur city on **'How to Maintain Health and Build Immunity during the Covid Crisis'**. Dr. Deshpande mentioned that this is the first time we are experiencing such a grave situation in the form of this pandemic. He stressed on the need of understanding each other and work in cohesion and tackle the problem. He advised to follow certain hygiene standards like washing hands frequently if commuting by public transport, using alcohol based sanitizer, wearing masks etc. He also suggested methods to improve immunity which is of paramount importance right now. He also stressed on the need and importance of social as well as physical distancing. He informed how the doctors, para-medical staff, and police are working with commitment for common public service. He even recommended the kind of nutrition and diet one should strictly follow in this period to maintain a strong immune system since health is wealth. Queries of staff in this regard were also well answered by Dr. Deshpande.

The series was ably conducted both by Organiser Dr. Varsha Deshpande and Co-ordinator of HRD Cell Mrs. Priti Singh. The online attendance of the staff members was overwhelming. Certificates were given to all the attendees.

