

2016 – 2017

Best Practice – I

Title: Mentoring of Students

Goal: In an educational institution the prime stakeholders are undoubtedly the student community. It is essential to mould this human resource for the betterment of their future. A sound and healthy mind is the prerequisite for acquiring knowledge and resorting to knowledge management effectively. In this context there is a profound need to mentor the students and we equip them to face the various hurdles of life and exude self confidence in their future endeavors.

The Context: The institution has an influx of students belonging to different strata of society and more so the first generation learners. The task of mentoring these students to undergo a hassle free tenure in the College with due focus on acquiring quality education and employability skills along with imbibing moral and ethical values is of a challenging nature. The strategies suitable for mentoring them have been thoughtfully devised to cater to the needs of individual students irrespective of their nature of background.

The Practice: Mentoring of students belonging to all disciplines is carried out systematically and periodically. Potential candidates with due skill and knowledge, who have an inclination to progress, are fine tuned through mentoring. Individual attention is provided by the mentor on a case to case basis. An interactive session by eminent Psychologists and Psychiatrists with a majority of students, dwelling upon stress management was carried out. The focus was on identifying nature of stress a student may undergo and the necessity to seek advice and counseling at the right juncture and the ways to handle stress was discussed threadbare

Evidence of Success: The usefulness of this interactive session could be prominently seen with the willing participation and level of involvement by the student fraternity. Several problems and obstacles faced by them were discussed and the solutions to such problems were provided on a case to case basis instilling confidence in their minds to confront such problems and overcome them successfully, thereby focusing on their studies and their future goals.

Problems Encountered and resources required: The process of mentoring in its initial stages did have its hiccups with a skeptical approach on the part of the students to spell out their problems. It was indeed a herculean task to convince them to open up their minds and assure them about the effectiveness of mentoring. Gradually this process gained momentum and the benefits of mentoring was realized and recognized to the fullest extent. Many more such interactive sessions dealing with student centric approaches necessitates the services of psychologists and other related experts, which in turn poses additional financial strain.

Best Practice – II

Title: Fitness and Self-defense for Faculty and Students.

Goal: There are many health and wellness resource available for women within the living network. Women are far more likely to suffer depression than men. As a women's college the Institution focuses mainly on the fitness of the faculty and Yoga and Self-defense for Students. We train them to be fit and strong enough physically and mentally.

The Context: The Institution has enormous number of students belonging to rural sector and even from economically backward society. They never take any initiative in training or keeping themselves fit and healthy. Along with education in order to make them physically and mentally strong, fitness for Faculty, Yoga and Karate for Students are being taught to them.

The Practice: Yoga and Karate are included in the regular Timetable of students. Trained Yoga and Karate Faculty was appointed and training is being given to the students regularly. Well trained students of our Institution have taken initiative in teaching Karate to the nearby schools in order to create awareness for girl students. Fitness training was given to our Faculty members every Saturday through 'Edusports'. Individual Fitness checkups were done for all and training was given accordingly. We provide holistic self-defense training that encompasses and train all three levels of our being- mind, body and spirit. We teach students how to apply these option that realistically impact personal safety and self-defense skills.

Evidence of Success: The achieved goal is students' psychological preparation to reduce inhibitions that improve the preventive spirit. The students have successfully resolve fears about being attacked. The students are empowered through our progressive teaching strategies, which naturally develop effective, free flow preventive skills that become embedded into their mind and body. They walk away with the skills, confidence and practical experience of full force training. They learn how to channel their fear into strength and fear turn into empowerment. They learn how to transform fear into a powerful life tool. A regular Yoga practice offers increased flexibility, muscle tone, mental clarity, back health and enhanced circulation. Some aspects of yoga are especially supportive for the students. Our students participated in National Karate Competitions and won I,II & III prizes every year.

Problems Encountered and resources required: Though Yoga and Karate are fit into the regular timetable on daily basis, an elaborate practice on the same becomes stringent due to paucity of time.