

Best Practices I

1. Title of the Practice

Personality Enrichment Programme for Students – [PEPS]

2. Objectives of the Practice

- To guide students to do their academics better with great psychological support and motivation while facing impediments.
- Help the students to prepare mentally to face any situation.
- Impart values to transform students in to responsible citizens.
- To provide counselling services to the student community and facilitate and overall development of the students.

3. The Context

The PEPS identifies and gives continuous counseling and guidance programme for students with high depression, stress and psychological problems. However, recent advances in electronic media and mobile phones create a subculture within the culture that leads to communication break among the students. Most of the students hesitate to accept their psychological problems and follow up activities from students as well as parent side is very poor. More initiatives and awareness are required to understand the seriousness of their problems and recover them completely. The Programme focuses at improving the student's academic and professional life, which has to be achieved by the end of the course. It is imparted with a clear aim to make the students understand better, his interests, abilities, attitudes, opportunities, overcome difficulties in understanding and learning the material and also encourage self-study and in study groups. Improve the students mental ability to establish and maintain relationships with others fellow students and faculties, Enhance the student's skills and effectiveness to cope with the present academic challenges. Further, encourage them to achieve their objectives.

4. The Practice

The students were classified into two categories Category-1: Students who need immediate counselling. Category-2: Potential Cases which requires attention of their tutors.

MENTORING:

The College has a well structured mentoring system by which most of the academic issues are addressed individually by the mentors. Some students who require special counseling are sent to well trained professional counselors. They go beyond the educational environment to identify the problems they face with the peers, family and society.

“HELP” *Heartfulness Relaxation/Meditation/Cleaning in Progress* :

The programme gives and exposure to the students on various fields like Activity based practice on ambition, energy conservation, yoga for human excellence, food habits, physical, professional development and anger management. Every session consist the meditation and the benefits are explained and practiced by the resource person.

YOGA:

Yoga programme reduces and eliminates stress. Yoga is one of the way that enables students to have better balance in stress that comes with being so busy and it reduces the conflict among the students and improves concentration. Yoga helps to clear the mind, which can give the students a break from the constant social pressure. Practice enhanced quiet mind space that can enable to concentrate while reading, studying and sitting through lectures. Students learn to improve their concentration through breathing techniques (Pranayama).

5. Evidence of Success

Through this innovative programme, the overall growth in academic as well as personal life of the students are observed by the Advisors and Mentors. Parents also witness student’s behavioral changes. This ability to maintain good relations, involvement in career growth using information technology very sensibly and helping fellow students to achieve the objectives. Reports of feedback (anonymity maintained) both from students and counsellors have been highly appreciative on the outcome and benefit of all the programmes conducted by PEPS.

6. Problems Encountered and Resources Required

Students who are obstinate and problematic are mostly disinterested in such activities that forces the faculty to involve such students in activities which sometimes backfires by disturbing the sessions. Limited time and availability of schedule within the working days.

Best Practices -2

Title of the Practice:

ANNUAL ACADEMIC ACCOUNTABILITY

Objectives of the Practice:

- To improve the Staff Academic Performance.
- To create an Environment for Continuous Updation of Staff Knowledge.
- To improve the performance of staff in Research
- To promote Student Staff Relationship
- To encourage the staff to actively participate in College activities.
- To help staff members improve their quality of research publication.

The Context

Annual Academic Accountability has the objective to improve the overall performance of the staff members, thereby contributing to the Institution’s growth. It is aimed to promote conducive environment for the faculty members to enhance and update themselves on an overall basis.

The Practice

Staff members spend additional hours for the purpose of NAAC and IQAC.

Periodical Meetings are conducted to check the progress.

The Audit improves competences among faculty members and enhances proficiency among students.

Evidences of Success

There has been tremendous increase in paper publication

Many staff members have actively participated in many webinars, FDP, Refresher courses, MOOC courses and etc.,

Many of the staff members have received awards for their eminence in various fields.

Some of the staff members have submitted their PhD Theses.

Problems Encountered and Resources Required

Faculty members face lack of time to manage between academia and research work.