BEST PRACTICE 1

2026-27

Title of the Practice: *Be Kind to Your Mind: Mental Health Matters!*

Objectives of the Practice: The aim is to create awareness among students about the importance of mental and emotional well-being. It aims to encourage students to recognise stress, anxiety, and emotional challenges and seek help without hesitation or stigma. The practice promotes healthy coping strategies, empathy, self-care, and a supportive campus environment where every student feels heard, valued, and cared for.

The Context: Academic pressures, social expectations, personal challenges, and the increasing pace of life can significantly affect students' mental and emotional well-being. Creating an open and supportive environment is essential to reduce stigma, encourage help-seeking, and promote healthy ways of coping with stress and emotional challenges.

The Practice: The college will promote mental well-being through awareness workshops, counselling sessions, mindfulness and stress-management activities, and interactive discussions. Peer-support initiatives, mental health awareness campaigns, and dedicated wellness events will encourage students to openly discuss their concerns. Faculty and staff will also be sensitised to identify students who may need support and guide them towards appropriate professional help.

Problems Encountered and Resources Required: Key challenges may include stigma around seeking mental-health support. Adequate counselling support and trained professionals will be required to address students' needs effectively. The college will also require spaces for confidential counselling and wellness activities. Continuous faculty sensitisation, monitoring, and feedback will help sustain the practice and ensure its effectiveness.

Evidence of Success: Success will be reflected through increased student participation in mental-health activities, greater awareness of available support systems, and positive feedback from students. Increased utilisation of counselling and wellness services, along with improved student engagement and feedback, will provide further evidence of the initiative's impact.

BEST PRACTICE 2

2026-27

Title of the Practice: ज्ञान का दीपक मन में जलाएं, खाली क्लास की लाइट/फैन बुझाएं।

Gyan Ka Deepak Mann Mein Jalayein, Khaali Class Ki Light/ Fan Bujhayein

Objectives of the Practice: The objective of this best practice is to promote responsible and efficient use of electricity among students and staff. It aims to create awareness about the importance of conserving energy and reducing unnecessary consumption. Students are encouraged to develop simple habits such as switching off lights, fans, and electronic devices when not in use. The practice also seeks to foster environmental responsibility and inspire students to become active ambassadors of energy conservation in their homes and communities.

The Context: Excessive energy use, particularly from fossil-fuel-based sources, contributes to greenhouse gas emissions, global warming, and the growing climate crisis. Rising temperatures, extreme weather events, and environmental degradation highlight the urgent need for responsible resource management. Creating awareness among students would go a long way in building a generation committed to conserving energy and protecting the planet.

The Practice: The campus will promote energy conservation through awareness drives, workshops, poster-making and slogan competitions, and student-led campaigns on responsible electricity use. Students will also be encouraged to switch off lights, fans, air-conditioners, and electronic equipment when not in use. Energy audits, classroom monitoring, and “Save Energy” campaigns will further encourage students to adopt sustainable practices and become ambassadors of energy conservation.

Problems that can be Encountered and Resources Required:

The key challenges include changing existing habits, ensuring consistent participation, and maintaining awareness beyond specific events or campaigns. The initiative requires resources such as awareness materials, posters and signage, energy-monitoring tools, and support from teachers, students, and campus staff.

Evidence of Success: The success of the initiative will be reflected through reduced electricity consumption, improved energy-saving practices, and increased student participation in conservation activities.