
Best Practices 2022-2023

Best Practice 1

Title of the practice: Mental Health Management

Objectives of the practice: To raise awareness about issues that can assist an individual in coping with mental health issues

The Context: The hesitancy of discussing any mental health-related problems leads to the poor academic performance of the students. Academic struggle and social media life have put them in a vulnerable position so professional help is required.

The Practice: Mental health drives provided psychological support in a dignified and respectful way to all including staff and students of the college. It offered psychological first aid (PFA) which helped to combat mental health struggles caused by a variety of reasons. It helped people to calm their confused minds and express their feelings in a safe environment.

Evidence of Success: Developed emotional management skills that helped participants to overcome any emotional instability. Expressive Arts Therapy was conducted by professionals. PFA was introduced and used as a tool to overcome the feeling of any suicide tendency among students or staff.

Problems Encountered and Resources Required: People avoid discussing their mental health-related problems. Thus there is a reluctance to seek help from psychologists. Professional help is required to calm their distressed minds and vent their feelings.

Notes: Counselling sessions by the faculty of the Psychology department were conducted by creating a safe and secure counselling environment with complete anonymity. Activities were undertaken to help participants to release their emotions through art and poetry.

Best Practice 2

Title of the practice: Strengthening infrastructure for making the campus safe and friendly for all including the person with disabilities.

Objectives of the practice: To augment the campus with a high-speed Internet lease line for uninterrupted Internet service, have an IP-based surveillance and security system and install the tech tiles on the campus for visually challenged persons.

The Context: Basic internet connection with high speed is required to accept and adopt the new changes introduced in the teaching-learning process and administrative work. The threat of cyber-attacks and other such security concerns while using various digital platforms and apps. There is a need to guide visually challenged persons to the campus facilities.

The Practice: The college has acquired a leased line with 100 Mbps internet speed and installed a server with a firewall to monitor the traffic and provided full Wi-Fi connectivity in the whole campus including the girl's hostel. The college has also upgraded its old surveillance system with a new IP-based surveillance system to provide 24x7 safety for all the stakeholders on the campus. Further, the college has installed tech tiles in the whole campus for visually challenged persons for trouble-free movement

Evidence of Success: The College believes in going digital. Secure internet access has been used by all the stakeholders in the college to upload and access academic data, attendance data, leave records, internal assessments, examination forms, evaluations, deliver talks/webinars, online meetings and for processing admissions which save paper.

Problems Encountered and Resources Required: Problems were faced initially while taking approval and convincing the authorities of the need for safety, security and user-friendliness required in the campus which was resolved with time. All the stakeholders including staff, students, administrators, alumni and parents etc. have put in their best efforts to ensure that the college is made a safe & secure place that provides a cordial environment for their wards.

Notes: The College promotes digital inclusion and the need for safe and secure access to the internet. The motto of the college is to provide a user-friendly environment to even the visually challenged people for trouble-free movement in campus.