

BEST PRACTICES 2018-19

➤ TITLE OF THE PRACTICE

To proper channelize students physical and mental health

- **OBJECTIVE OF THE PRACTICE:-**To channelize the youth energy in game, sports and interactive teaching process: As an institution, the college believes in overall development of students and students usually are conscious of their academics but don't are much for physical fitness. We believe that "Healthy mind lies in healthy body" ,hence , despite being located in rural area and that too with meagre resources, our college encourages sports and games on the campus. Most of the students come from the villages located in the close vicinity which have poor transport facilities and connectivity. It makes it difficult for students to stay after regular classes. The college does not have a stadium but due to strong will power, students volunteered to practicing for sports. Our college every year hosts at least one Annual Athletic meet and participates in university tournament and participate in more than 5 types of ports. It has won Gold and Silver medals at university and State level also. It brought laurels to the college, improvement in discipline of college and better gender relationships. This kind of publicity and popularity of the college achievements resulted in an increase in the enrolment of students. For this, college had to develop an awareness among students. Luckily, the college has a learned Physical education staff, who has developed an environment of discipline, credibility, trust and a career guidance in games. Under Such kind of leadership by a faculty member has proved to be useful in channelizing the energy of youth in a creative way and brings out the best in a student in their field of interest.
- **THE CONTEXT: -** By the interactive teaching process the education today seeks 360° development of the student and this can only be achieved through two way teaching process. Through interactive teacher process, the college aims at developing overall personality of the student in terms of excellence in academics, sports and other curricular activities. Additionally through this practice the institution aims to inculcate the habit of self-development among the students so that they can have an analytical outlook towards different situations they face both personally and professionally.
- **THE PRACTICE: -** Interactive teaching is a means of instructing whereby the teachers actively involve the students in their learning process by way of regular teacher student interaction, student-student interaction, use of audio-visuals, and hands-on demonstrations. The students are constantly encouraged to be active participants. An institution can be best defined in terms of its teacher learning process. The teacher learning process refers to the combined processes where an educator assesses teaching needs, establishes specific teaching objectives, develops teaching and learning strategies, implements plan of work and evaluates the outcomes of the instruction. However the current education scenario demands paradigm shift in this process in the view of making it more effective having long lasting impact. All this can be achieved by making teaching process interactive. In interactive teaching process some class rooms of our college has been converted into smart class room to provide facility to large number of teachers and students.

- **EVIDENCE OF SUCCESS:-** Interactive learning is facilitated by installing interactive smart panel in lecture theater and seminar rooms of the college.

2. TITLE OF THE PRACTICE

Holistic Development: Promoting (NASHA MUKTH SAMAJ)

- **OBJECTIVE OF THE PRACTICE:-** Mental health refers to our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps to determine how we handle stress, relate to others, and make choices. Sometime students dont handle the stress of their personnel life and adopt the shortcuts to avoid such kind of stress and these shortcuts provoke these students to take cheap ways to relax their mind i.e. NASHA. Mental health is important at every stage of life, from childhood adolescence through adulthood.
- **THE CONTEXT:** Mental health problems can affect a students energy level, concentration, dependability, analytical reasoning abilities, optimism and performance. Research suggests that depression is associated with lower level of performance in every sphere of life and the continued depression and anxiety can further deteriorate the performance levels. College students are one of the most vulnerable groups of people who could be prone to mental health issues. The pressure to get into a good university, coupled with stress to score good grades, parental expectations, immense competition, all result in stress among students. Other issues facing students include relationship problems, family and economic issues, bullying and discrimination which in turn affect their performance negatively and results into poor mental health. according to a study, around 37 percent college students in India are suffering from depression or some form of mental illness. India also has one of the highest student suicide rates in the world, and on an average, one student commits suicide every hour, according to the data presented by the National Crime Records Bureau (NCRB).The college very well understands the gravity of this problem and hence is taking requisite significant steps in this regard.
- **THE PRACTICE:** The college in its target of enhancing the overall development of the students with specific emphasis on their mental health actively organize activities in this regard. To mark this occasion an DEPO programme organizes in college time to time to show the importance of Ethical Value Education. This year 2 villages of nearby surroundings aware under the scheme DEPO. Under DAPO programme convener of DAPO scheme meets with the respected Sarpanch of the village and door to door awareness programme to avoid NASHA is run successfully.
- **EVIDENCE OF SUCCESS:-** Students demonstrated various ideas to avoid NASHA and show the importance of Mental Health. They taught about Yoga and Meditation for better physical and mental health. The college thrives to enhance mental health among its students so that they can realize their full potential, cope with the stresses of life, work productively, make meaningful contribution to their communities.