

Govt College for Girls, Patiala

Institutional Best Practices

Session 2018-19

Best Practice I

1. Title of the Practice

Psychological and Behavioral Counseling for College Students

2. Goal

The primary goal is to facilitate and maintain mental health and positivity among the girl students. The college primarily caters to girls from the rural areas and underprivileged sections of society. They have their own set of problems in the present times of great social change and lack the much-needed support system enjoyed by their urban counterparts. So, it becomes imperative for the institution to look into issues other than academics and ensure their psychological well-being and growth. The Psychology Department of the college came up with the idea of holding a counseling session for students from all streams.

3. The context

The counseling session is open for students of all streams. It is especially beneficial for poor and marginalized students who suffer on many fronts and has no access to such a facility. Apart from the problems of growing up and anxiety over their careers or future, girl students also face many domestic problems and consequently suffer from many complexes. To make them aware and to help them overcome all of these, the college has adopted the regular practice of organizing a counseling session every year.

4. The Practice

The counseling session is organized by the students and teachers of the Psychology department of the college. The anxiety level, personality type, and locus of control of students are judged with the help of psychological tests (standardized). Thereupon the students are

administered psychotherapy through informal interaction and subsequent identification of their problems. Students so identified are also tracked later and follow-up action is taken.

More than 50 students and a few faculty members seek help. However, it being a voluntary exercise, some students shy away and evade participation in the counseling session. This proves to be a limiting factor.

5. Evidence of success

The department has been able to help thousands of students over the years by enabling them to vent out their feelings, overcome their anxieties and have a clearer insight into their personalities. They have also been guided about their aptitude. The evidence of success lies in the fact that the students appear more confident and surer of themselves by the end of their degree course. Also, they perform better in academic and co-curricular activities.

6. Problems encountered and resources required

The program does not include any financial commitments. The staff and the students of the psychology department act as resource persons. In fact, the students get a first-hand experience of counseling their fellow students. The only problem involved is the reluctance of some students to share.

Best Practice II

Title: Community Sensitization

Objectives of the practice

- To sensitize students about their surrounding
- To make students realize social issues
- To serve the underprivileged and needy.
- Building social support and helping local governments.
- To make a positive difference in society.
- To make the world a better place.

The context

Our institute provides a vibrant environment that allows the students to think critically and behave sensibly. Community sensitization plays a vital role in making them good citizens. The sensitization activities organized in the institution teach students how to work toward a common goal. They learn discipline and time management.

The Practice

In this session, various community sensitization programs were organized. The college has three units of N.S.S. with 300 volunteers. The NSS department organized 3 one day and one 7-day camp at the college campus and adopted the village. During camps, various activities like cleanliness, plantation, saving water, and electricity prevention from diseases were conducted. NSS department also celebrated Environment Day, Teachers Day, N.S.S Day, Flag Day, National Unity Day, Constitution Day, AIDS Day, Voters Day, etc. Various Lectures on Traffic awareness, First Aid, and Environmental Pollution were organized. Volunteers also visited orphanages to donate eatables and clothes. Online Buddy groups were constituted to the aware student of the effects of drugs. The purpose of Buddy Group was to make society drug-free.

Evidence of success

Community sensitization activities proved very beneficial. Sustained involvement in more than one activity reflected the talent and potential of students. As most of these activities were group-oriented, they taught them social interaction and relationship development. They learned to face the challenges of their future life. Besides this, when applying for admission to higher degrees, they will get a preference too.

Problems Encountered and Resources Required

First of all, the problem faced by us was motivating and encouraging students. A lot of counseling was needed. The students had to manage time for extra activities. Sometimes their academic schedule got disturbed. Financial constraints were also there. More funds are required to facilitate students. A transport system should be there for easy access to faraway places from campus and separate time should be given to students for community service so that they can cope with their studies.