

## **Govt College for Girls, Patiala**

### **Institutional Best Practices**

#### **Session 2016-17**

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 under-privileged sections of the 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 wellbeing and growth. The Psychology Department of the college came up with the idea of holding a counseling session for the 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 have 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 this 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, the personality type and locus of control of students is 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 taken.

More than 50 of 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 sure 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 programme 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

#### 1. Title of the Practice

## **Health Awareness Activities**

#### 2. Goal

The college believes in holistic education for the girls which is not confined to mere literacy. As girls tomorrow will be playing a larger role of being mothers and nurturers, it was felt that there is a need to sensitize them and make them aware of the importance of good health, healthy practices and nutritious diet. This practice was undertaken to spread awareness among girl students about their health and general well being. Only when the woman in a household is well-nourished herself will she be able to look after the family.

#### 3. The Context

The college caters primarily to girl students from economically weaker sections and rural backgrounds. It was observed that very often they suffered from malnutrition and unhealthy eating habits and lacked awareness about personal hygiene. Keeping this in mind the Nutrition and Dietetics department has devised this plan to inform and spread awareness among the students. This plan consists of multifarious activities like lectures, health camps, distribution of informative pamphlets and demos of nutritional recipes.

#### 4. The Practice

Each year a health camp is organized in the college. This year on the occasion of International Women's Day a free medical check up camp was organized in collaboration with Bhai Kanhaiya Institute of Medical Studies and Aggarwal Sabha. In this camp the hemoglobin of the students is tested, their weight, height and BMI taken and the required supplements and corrective measures recommended.

Lectures on issues related with female health are organized to educate students, so that they can help themselves and also other women in their family. Even the food-stalls put up yearly are based on the theme of 'more nutritious food at a lower cost'. Pamphlets related with nutrition and balanced diet are also distributed among students, teaching and non-teaching staff.

#### 5. Evidence of success

There is clear evidence to show that the awareness among girls vis-à-vis their health and day to day nutritional requirements increases during their stay in college. Girls show a marked improvement in their general well being and personality when they are ready to leave college. Besides the girl students, the staff members also stand to benefit from updates on health from time to time. Feedback is also collected from visitors to the food stalls and the encouraging remarks are clear evidence of the success of the venture. These inputs are also valuable in bringing about required changes, if any.

#### 6. Problems encountered and resources required

Girls have to be motivated to participate and take on responsibility for all the arrangements. For the food stalls, the infrastructure required is already available in the department. The expenditure incurred on setting up food stalls is recovered from the sale of food items. It works on the principle of 'no profit no loss'. The department arranges for sponsorship from private firms for health camps on the campus. Materials for demos on proper cooking methods are arranged from funds for practicals.

### **Session 2017-18**

**Title: Awareness Activities related to health and gernal well being**

#### Objective

The objective of the practice is to make girls aware about better hygiene and health. Today's girls will be the mother of tomorrow. So it is very important to inform and aware young girls about health issues. There is a need to sensitize them and make them aware of the importance of good health, healthy practices and nutritious diet.

#### The context

Ours is a government institution. Most of our students come from weaker sections of the society. It was observed that very often they suffered from malnutrition and lacked awareness about personal hygiene. Keeping this in mind various awareness activities were conducted by different departments. Awareness can prevent diseases and improve life.

#### The practice

During 2017-18, numerous awareness programmes were organized. National 'Breast Feeding week' was celebrated and poster making and caption writing competitions were organized on the

issue . Pr.vineet kaur from Government medical college Patiala delivered a lecture on the topic 'Importance of Breast Feeding' . National Nutrition week was celebrated during which the students organized 'Nutrition Bar Cafeteria' to represent nutrition foods and drinks . Students and staff of Nutrition and Dietetics department participated in the CNE on prevention management of kidney diseases organized by the Students prepared Nutrition calendar . Awareness lectures on prevention of Dengue and Chikungunya, and AIDS were organized by NSS,N.C.C and Red Ribbon club.In February 2017 88 students and 06 faculty members qualified the exam on 'Home Nursing and First Aid' conducted by ST. John Ambulance Indian Red cross society.

#### Evidence of Success

There is clear evidence to show that awareness among girls regarding health and nutrition increased during their stay in college. They preferred healthy food items. Many started carrying home cooked food. The girls also motivated their family and neighborhood Besides the students the faculty members also stand to benefit from these awareness activities.

#### Problems Encountered and Resources Required

The students were hesitant initially.They were motivated to participate and take on responsibility for the arrangements. The institution had to arrange sponsors for the camps. Regular health check ups of students are needed. It will help them to stay healthy because most of the time they don't go for routine checkup. Multi vitamins and calcium should be provided to students. Cleanliness should be made priority. There should be extra funds for maintain good health and hygiene.

#### **Session 2018-19**

##### Best Practice I

#### Title of the Practice: **Green Campus Initiatives**

##### **1. Objectives of the Practice:**

Following objectives are identified in respect of the practice of Green Campus Initiative:

1. To promote awareness of environmental issues among the students, staff and society.
2. To achieve better sustainability on the campus and improve the quality of life of all the stakeholders.
3. To plant rare and medicinal/herbal plants on the college campus

4. To implement 3 'R' (Reduce/Reuse/Recycle) policy on the campus.
5. To study and maintain Flora and Fauna on the college campus.
6. To support and implement "Swachh Bharat Abhiyan" for healthy India
7. To organize seminars/workshops etc. on environment-related issues.

2. The Context: A clean environment is a basic necessity of human beings for health and efficiency. The main aim of them practice is to impart knowledge, create awareness and develop an attitude of concern and to nurture necessary skills to handle the environmental issues and challenges. The green landscaping of college is a necessary feature for shaping and sustaining an eco-friendly campus.

### **3. The Practice:**

1. The college has developed beautiful campus with Lawns, Botanical Garden.
2. The college has preserved Flora and Fauna on the campus.
3. The college has constituted an environmental society to look into issues concerning the environment. The society holds regular meetings to discuss the challenges faced and the measures taken.
4. The college undertakes plantation drives every year in the monsoon, where the students take active part by planting saplings. Besides planting saplings the society has taken steps to protect the existing green cover from termite.
5. The N.S.S. units also play its part in spreading environmental awareness among the students. Environmental activities are an integral part of its program.
6. Environment as a subject is part of the college curriculum. In addition to that lectures are delivered and group discussions are undertaken to discourage the use of polythene and non-biodegradable materials.
7. The biodegradable waste of the college is collected in compost pits dug on the campus. The organic manure prepared in these pits is used as fertilizer for all the plants on the campus. The college also has a vermi-composting pit.
8. The college building is designed in a manner that it is well ventilated and lighted naturally, so that there is minimal usage of artificial lighting and fans in the classrooms.
9. There is very little usage of air conditioners and heaters.

#### **4. Evidence of the Success:**

This best practice has proven to be successful through the following activities:

1. Through periodical tree plantations, Flora and Fauna on the campus has enriched, which has turned into eco-friendly campus.
2. Regular campaigns for the plastic-free campus has made the campus plastic free.
3. Through workshops/ seminars/ NSS activities, students are made aware of environmental issues.
4. A mandatory course on Environmental awareness at undergraduate level is made compulsory by the university.

**5. Problems Encountered:** While carrying out this practice, following problem are encountered by the college.

1. Green Campus initiatives are challenging so it requires determination and a long-term assurance from all the stakeholders.
2. Green Campus initiative is rather expensive practice. It needs an expert advice and investment of resources.
3. Lot of manpower is required to maintain them.
4. Less awareness of students and community towards environmental issues is a big hurdle in the implementation of green initiatives.

#### **Best Practice II**

1. Title of the Practice: **Mentor-Mentee System(Tutorial Group Systems)**

2. Objectives of the Practice: Mentor Mentee System goal is to establish a trusted relationship between the Mentor and the Mentee. It is a formative period where the knowledge, skills and attitudes acquired during a program of education are applied in practice. It is therefore a period when a mentee is in need of guidance and support in order to develop confidence and competence. Mentors act as guide by sharing their experiences of challenges and assertions required to progress through personal and professional life to reduce anxiety or concerns and act as role models for students. The mentor acts as a 'Single Point of Contact' for students on all matters. They fulfill their function through formal and informal interaction with their student mentees at various opportunities.

**3. The context:** This activity has been started for the need for better communication between students and teachers in a more informal and open manner. Of course, there is sufficient communication between students and Teachers in and out of the classrooms. It is noticed that very often such occasions are used by students and teachers to deal with matters related to the course of study. Tutorial groups have been a regular part of our college. Students in each class are divided into groups of fifty and each group is put under the guidance of a teacher. The tutorial groups meet for one period every week and discuss various matters related to the students and the college. The teacher in charge of a particular group is also considered as the mentor of the students coming under his supervision. Here the teachers do get a chance to understand what are the problems and needs of the students. As the college has large number of students in Humanities classes, so it was not possible for the teachers to interact with them individually. In this context, it was felt that there should be some forum in the college where all students and teachers of a department can meet and share their problems and needs in an open way so that appropriate actions can be taken to solve the problems.

**4. The Practice:** This is an occasion when students are supposed to give their feedback on the various curricular, co-curricular and extra-curricular activities undertaken by the college. Students can also give feedback regarding the services they get from the college office and the library. If the students need any additional infrastructural facilities inside the class or elsewhere in the college that also can be discussed in this forum, always students are given prior intimation through college notice before convening a meeting so that everybody can be present on the occasion. Usually it is organized on a working day during the college hours. Duration of a meeting is one period of 45 minutes. In the beginning of the open forum the Tutor explains the purpose of the meeting and afterwards the students are given time to speak out openly. Attendance is marked on the register by the teacher. The Tutor signs on the College ID cards of the students to ensure that all the students are carrying them and properly maintained by them. After the tutorial period if any issues are raised by the students they are brought into the notice of the Principal.

5. EVIDENCE OF SUCCESS Mentoring has helped the students to tackle smoothly their challenges and difficulties in day to day life. Mentoring has helped the mentor to know and relate with the students. These are some evidence of success:

- Improvement in mentees discipline, interaction and communication skills.
- Improvement in students' attendance.
- Establishment of a vibrant relationship between teachers and students, which has provided a congenial atmosphere in the class room as well as in the campus.
- Establishing a trusted relationship between teachers and parents.

6. PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED: The diversity in students' background and upbringing i.e. lack in the art of effective articulation, introversion, indifferent attitude, etc. In some circumstances, an introvert student might not be able to express clearly. For informal interaction, mentor has to put in extra efforts for same. The entire mentoring approach is built on personal interactions with the student and parents.

### **Session 2019-2020**

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