

BEST PRACTICE

2023-2024

1. *SAHAYAM* - Student Support Service

1. Title of the Practice:

SAHAYAM – Student Support Service

2. Objectives of the Practice:

- ‘S’ - Support: To provide comprehensive support services to students, including academic, emotional, psychological, and career guidance.
- ‘A’ - Academic Excellence: To promote high standards of academic achievement and learning.
- ‘H’ - Healing: To aid students in recovering from psychological distress, facilitating a healthier state of mind.
- ‘A’ - Awareness: To raise awareness among students about mental health, digital literacy, and safety for their overall development.
- ‘Y’ - Youth Empowerment: To empower students through entrepreneurship programs, job placement services, and career counseling services.
- ‘A’ - Access and Equity: To ensure equal access to resources and opportunities for all students.
- ‘M’ - Motivation: To motivate students to stay focused and determined.

3. The Context:

Student support is a cornerstone of our mission to foster success and empower students to reach their full potential. Hence, the institution adopted the best practice ‘***SAHAYAM***’ – A Student Support Success Service, which involves strategies and approaches that have been effective in promoting well-being and

student success. *SAHAYAM* encapsulates various elements that inspire and support students on their journey toward a brighter future, encompassing both personal growth and academic success.

4. The Practice:

The essential elements and strategies of *SAHAYAM* are:

- Academic support:** Mentoring, Remedial Teaching, Skill development courses/workshops/seminars, providing access to digital learning tools, and library resources.
- Career and professional development:** Career counselling services and workshops.
- Financial support:** Scholarships.
- Mental health and wellness:** Wellness programs such as yoga and psychological counselling workshop and cell.

5. Evidence of Success:

As part of *SAHAYAM*, the college successfully implemented the following:

- Conducted several career guidance programs and webinars .
- Held a workshop on research methodology in social sciences to motivate students on research.
- Conducted awareness programs on Constitutional Rights, Dengue and Safe driving.
- Established a mechanism and a day long camp to facilitate students applying for various welfare schemes such as online scholarships, student credit card scheme, kanya Shree.
- Organized counselling sessions for girl students to provide personalized guidance and support to them.
- Arranged field trips to enhance practical learning and exposure to real-world environments.
- Awarded endowment prizes and merit scholarships to recognize and encourage academic excellence.

- Conducted free medical check-up camps to ensure the health and well-being of students.
- Implemented a free online admission process to streamline and facilitate easy access to education.
- Engaged in NSS and community awareness programs to instill a sense of social responsibility among students.
- Conducted NCC activities to promote discipline and leadership qualities.
- Organized sports and games events to encourage physical fitness and teamwork.
- Established a mentor and mentee program to provide continuous academic and personal support.
- Initiated green campus initiatives to promote environmental sustainability.
- Organized thalassemia detection camp to support the needs of the community.
- Encouraged volunteering services to instill a spirit of service and community engagement among students.

6. Outcome:

'SAHAYAM' played a crucial role in shaping the personal and professional development of students, creating a culture of empathy and support, and fostering a positive learning environment.

7. Problems Encountered and Resources Required:

No significant problems were encountered during the implementation of the best practice **'SAHAYAM'** – A Student Support Success Service. The process was completed smoothly and successfully.

2. *SAHACHARI*- Mental Health and Wellness Initiatives

1. Title of the Practice

SAHACHARI- Mental Health and Wellness Initiatives

2. Objectives of the Practice

The primary objectives of mental health wellness initiatives in college is to raise awareness about mental health issues, reduce stigma surrounding them, provide accessible mental health services, educate students and staff on recognizing signs of mental distress, promote healthy coping mechanisms, create a supportive campus environment, and encourage students to seek help when needed; ultimately aiming to improve overall student well-being and academic performance. Key aspects of these initiatives include:

- **Accessible mental health services:**

Offering readily available counselling, therapy, and crisis intervention services on campus.

- **Stigma reduction:**

Implementing campaigns and educational programs to challenge negative perceptions about mental health issues.

- **Peer support programs:**

Fostering a network of supportive peers to provide emotional support and connect students with resources.

- **Stress management education:**

Teaching students healthy coping mechanisms like relaxation techniques, mindfulness practices, and time management.

- **Healthy lifestyle promotion:**

Encouraging regular exercise, balanced nutrition, and adequate sleep as crucial components of mental well-being.

- **Faculty and staff training:**

Educating faculty and staff on recognizing signs of mental health issues and how to appropriately support students.

- **Campus environment cultivation:**

Promoting a supportive and inclusive campus culture where students feel comfortable seeking help and discussing mental health concerns.

- **Early intervention:**

Identifying students at risk and providing proactive support to prevent mental health issues from escalating.

3. The Context:

College is an exciting time for many students but it can also be overwhelming, as students transition to a more independent lifestyle, both for those living at home and commuting to college and those living on a college campus. There are academic and social changes, that can be stressful. The pressures of academic life, social expectations, and the challenges of transitioning to adulthood can take a significant toll on mental health. Students who struggle with mental health issues may find it difficult to succeed academically and may struggle with relationships, making it essential to prioritise mental health in their lives. It can be a lot for some students, but our college is actively working to provide holistic support to student health and wellness. Our college offers many different types of services to help you find balance and take care of yourself while meeting the new challenges of college.

Improved academic performance: Students who prioritise their mental health are better able to manage stress, anxiety, and depression, which can lead to better academic performance.

Better relationships: Good mental health can lead to improved social connections and better relationships with peers, family, and friends.

Reduced risk of mental health disorders: Students who prioritise their mental health are less likely to develop mental health disorders such as anxiety, depression, and substance abuse.

Improved overall wellbeing: Prioritising mental health can lead to better overall wellbeing and a more fulfilling life. The pressures of academic life, social expectations, and transitioning to adulthood can take a significant toll on mental health.

4. The Practice-

The college organised a workshop titled *Embrace your Mind Embrace your Life* with a leading counsellor Nilanjana C Chakraborty where students were advised to do the following-

Take breaks: It is essential to take breaks from studying and other academic responsibilities. This can help reduce stress and prevent burnout.

Get enough sleep: Sleep is crucial for mental health. Aim to get seven to nine hours of sleep each night.

Exercise regularly: Exercise is an excellent way to reduce stress and boost mood. Try to get at least 30 minutes of exercise most days of the week.

Practice self-care: Self-care activities such as taking a bubble bath, reading a book, or listening to music can help reduce stress and promote relaxation.

Seek help if needed: If you are struggling with mental health issues, seek help from a mental health professional. There is no shame in asking for help.

Connect with others: Building and maintaining connections with family, friends, and peers can help improve mental health and reduce feelings of isolation.

Manage stress: Stress can have a negative impact on mental health. Practice stress management.

Sahachari-

The college started a counselling cell for female students and staff. The cell remains open twice a week on stipulated timings. The counsellor advises and on need recommends medical intervention.

Mentor Mentee System

Each student is assigned a mentor where they can discuss academic as well as personal matters .

5. Evidence of Success:

Students connected over the helpline with the expert counsellor. Students attend the cell and take advice when needed. The mentor mentee system is running successfully for the 3rd year.

6. Outcome:

Positive outcomes of mental health wellness initiatives included: increased awareness of mental health issues, reduced stigma around seeking help, improved coping mechanisms, enhanced student engagement, stronger social connections and overall improved student well-being, leading to a more supportive and healthy learning environment on campus.

Key outcomes :

Reduced stress and anxiety:

Increased help-seeking behavior:

Improved academic performance:

Enhanced social connections:

Resilience building:

Positive impact on overall well-being:

Stigma reduction:

Early intervention:

7. Problems Encountered and Resources Required

Initially students were not ready to open up but later there were a large number of students seeking help. Resources required were provided by the college.