

2022-2023

7.2. BEST PRACTICE 1

1. Title of the Practice:

This title should capture the keywords that describe the practice.

Empowering students to 'Rise and Shine'.

2. Objectives of the Practice

What are the objectives / intended outcomes of this “best practice” and what are the underlying principles or concepts of this practice? (in about 20 words)

- Economic empowerment by Entrepreneurial training.
- Provide hands on training as per ability and aptitude for making low cost products.

3. The Context

What were the contextual features or challenging issues that needed to be addressed in designing and implementing this practice? (in about 30 words)

Students need to be self-sufficient to be economically empowered. They require knowledge and skill to be absorbed in the job market and require initiating their own start-ups to attain self-employment.

4. The Practice

Describe the best practice and its uniqueness in the context of India higher education. What were the constraints / limitations, if any, faced? (in about 50 words)

- Training are conducted on Quilling, Origami, Fabric Painting, Glass painting, art jewellery designing etc.
- Purchasing G-suite and renewal of the same
- Capacity building workshop was conducted on 13.05.2023
- Placement cum training programme was organised by SBI Life and Brainware.

5. Evidence of Success

Provide evidence of success such as performance against targets and benchmarks, review/results. What do these results indicate? Describe in about 40 words.

Students are placed indifferent companies through interviews conducted in the sixth semester.

After participating in different training courses and programmes Students gain confidence to continue their own start-ups.

6. Problems

Encountered and Resources Required Please identify the problems encountered and resources required to implement the practice (in about 30 words).

Under CBCS time tables are over burdened with classes. Little time is left to conduct different add on courses as per students needs, abilities and aptitudes.

7. Notes (Optional) Please add any other information that may be relevant for adopting/ implementing the Best Practice in other institutions (in about 30 words).

7.2. BEST PRACTICE 2

1. Title of the Practice: Ensuring physical and mental fitness for achieving complete well-being

2. Objectives of the Practice

What are the objectives / intended outcomes of this “best practice” and what are the underlying principles or concepts of this practice? (in about 20 words)

Carrying out awareness programme regarding physical and mental health issues on regular basis to inform students’ and their community the significance of healthy living.

3. The Context

What were the contextual features or challenging issues that needed to be addressed in designing and implementing this practice? (in about 30 words)

The students and community members need to know about healthy living and mental well-being. Adequate knowledge regarding regular health check-up, blood donation, nutrition, thalassemia etc. is much required.

4. The Practice

Describe the best practice and its uniqueness in the context of India higher education. What were the constraints / limitations, if any, faced? (in about 50 words)

To make the students in Higher education understand the importance of healthy life, college organises

- **Free weekly doctor consultation every alternative week by registered physician.**
- **Thalassemia awareness and testing.**
- **Blood donation camp**
- **Regular Yoga and self-defence classes**
- **Breast cancer scanning**
- **Regular yoga classes**
- **.Interactive sessions on 'Clinical Psychology in the present day and near future'**
- **Prevention and treatment of HIV AIDS.**

5. Evidence of Success

Provide evidence of success such as performance against targets and benchmarks, review/results. What do these results indicate? Describe in about 40 words.

Students spontaneously donate blood, test thalasemia, attend yoga and self defence classes, consult doctor and join different training courses as per their need, interest and aptitude. Counselling sessions are availed by students to address their personal issues.

6. Problems Encountered and Resources Required

Please identify the problems encountered and resources required to implement the practice (in about 30 words).

Learners from under privileged economic strata don't get any idea about importance of healthy living from their family. To make them conscious regarding health issues is not an easy job.

7. Notes (Optional) Please add any other information that may be relevant for adopting/ implementing the Best Practice in other institutions (in about 30 words).