

### **7.2.1 - Two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.**

#### **Best Practice 1**

##### **1. Title of the Practice**

Formation of Psychometric Assessment and Counselling Cell

##### **2. Objectives of the Practice**

To provide professional psychological support to interested students & local community members in improving their potential and assessing their psychological abilities. Counselling is a scientific therapeutic technique administered by a trained and qualified psychologist henceforth known as a counsellor. It is usually one to one technique where the counselee seeks solutions to her/his personal challenges. The psychometric assessment is a scientific procedure where an individual's psychological abilities are assessed using standardized psychological tools. Psychometrics is an emerging area where people are tested for their aptitude.

##### **3. The Context**

The context of developing a Psychometric Assessment and Counselling Cell typically arises due to increasing cases of mental health, awareness about mental health, the importance of mental health in day-to-day life and the role of mental health in academic performance. The cell provides counselling services and psychometric assessment to interested students, local community members and interested staff members. The assessment will instill a sense of confidence among the clients which tends to improve their psychological well-being. Psychological well-being is known to correlate with overall health subsequently escalating productivity. Interested individuals who wish to get assessed will be administered software-based psychological tests. Software-based tests have a tangible advantage over conventional paper-pencil tests. They are quick and easy to administer. These tests circumvent human intervention in scoring and interpreting the raw score. The results are objective and instant.

##### **4. The Practice**

The Psychometric Assessment and Counselling Cell (PACC) is managed by the Department of Psychology. It has been functioning in a separate room where students and local community members can seek mental health services. The OPD timings are 2.30 PM to 4.00 PM on all six days of the week. In an emergency, the clients can seek telephonic consultancy. Since the start of PACC, more than 100 individuals had been provided different kinds of support such as resolving personal issues, overcoming guilt and conflicts, not being able to get expected academic performance, pre-marital counselling in the context of love marriage, drug addiction, suicide ideation, feeling low and depressive state, mood swings, phobias (Claustrophobia), cases of acute nervousness, obsession, Hallucinations etc. The most common cases reported are depressive states and mood swings. A register has been maintained for the recording of the cases.

### **Constraints/Limitations**

Limited resources (Computerized psychological tests and other basic requirements), Limited decision-making authority in terms of financing PACC, Acute shortage of funds, and Shortage of support staff. The PACC is managed by a Psychologist.

### **5. Evidence of Success**

The success rate is almost 70% which can be gauged from the increasing number of cases coming to PACC for psychological support. The students and local community members acted as ambassadors and popularize in the local community. However, by considering the sensitivity and confidentiality of cases it is not possible to share the details of the clients who benefitted from the services of PACC. The only benchmark of its success is the number of OPDs which are increasing day by day and lone psychologist is finding it difficult to handle these cases.

### **6. Problems Encountered and Resources Required**

The major problem encountered is the lack of support staff and finances. If permitted the PACC can generate its own funds by charging a nominal fee from the clients. The fee can be deposited in the college account which can be used to improve the infrastructure of the PACC. The institution being government-run finds it difficult to start its own ventures.

## **Best Practice 2**

### **2. Use of Trolley mounted Projectors**

The trolley projector has become an integral part of the teaching-learning process of the institution. All the teachers are encouraged to use the Trolley Projectors for enhancing the learning experience of students. As a result, the teachers have oriented towards the application of ICT in educational practices. The idea of a trolley projector has been economical in financial terms. The primary advantage of the trolley projector is that all classrooms can be converted into smart classrooms on a requirement basis.

## **Best Practice 3**

**3. Botanical Garden** - The college has maintained a Botanical garden which for students, which enhances their learning experience. The basic objective of developing a Botanical garden is to maintain a healthy, interesting and diverse collection of plants. Botanical gardens act as “outdoor laboratories” for students and teachers. Botanical garden also adds beauty to College premises. The garden covers almost 15040 square feet area that contains medicinal, seasonal and ornamental plants. Most interesting part of the garden is that the plants are donated by college students on his / her birthday. The Botanical garden contains following plants: -

(1) Algae

- Ulothrix, Volvos, Oscillatoria, Oedogonium, chara (2) Bryophytes – Marchantia, Riccia, Funaria, (3) Pteridophytes – Equisetum, Pteris (4) Gymnosperms – Cycas, Pines (5) Angiosperms Vernacular Name Botanical Name 1.

Kachnar (Bauhinia variegata) (camels boot tree) 2. Amaltas (Cassia fistula) 3. Gulmohar (Delonix regia) 4. Ashoka (Saraca indica) 5. Banana (Musa indica) 6. Fig (Anjeer) Ficus carica 7. Kadamba (Neolamarckia cadamba) 8. Arjuna (Terminalia arjuna) 9. Morpankh (Thuja unguiculata) 10. Neem (Azadirachta indica) 11. Shisham (Dalbergia sissoo) 12. Cotton tree (Bombax ceiba) 13. Rose (Rosa indica) 14. Peach (Prunus persica) 15. Guava (Psidium Guajana) 16. Satavari (Asparagus racemosus) 17. Guarpatha (Aloe Vera) 18. Sudersan (Cranium latifolium) 19. Sunflower (Helianthus annuus) 20. Lynda (Tagetes erecta) 21. Peela Kaner (Thevetia peruviana) 22. Kaner (Nerium indicum) 23. Sada bhar (Vinca rosea) 24. guldaudi (Chrysanthemum indicum) 25. Amla (Emblica officinalis) 26. Brahmbuti (Centella Asiatica) 27. Bathua (Chenopodium Album) 28. Mausmi (Citrus sinensis) 29. Touch-me-not (Mimosa pudica)

3. Principal regularly meets the students in his office for obtaining verbal feedback from them. The students are encouraged to speak about any issue freely and frankly. The important thing about this meet is that all information received from the students are kept confidential. The practice has interesting outcomes in the form of almost negligible heated arguments among the students. The system has garnered wide acceptability among the students and circumvented the occurrences of issues in advance.