

## 7.2.1

### First Best Practice

#### Answer-

1. **Title of the Practice-** “Stress Management” Session for school students by College Professors” (To understand the problems of students)

#### 2. Objectives of the Practice-

Agrasen Mahavidyalaya has always encouraged the school students for learning and overcoming their problems. Especially the students of nearby schools are engaged in such activities, where they can handle their stress due to examination and other reasons. The basic objective of these activity is to make the students aware of their career and priority of life. Once the school students are catered carefully and they spread their knowledge and experience automatically in their community and friend circle. Therefore this practice makes the students more strong and face the problems related to their study and career

**3. The Context** - In Agrasen Mahavidyalaya, apart from the regular teaching and academic activities, other initiatives are also taken, in order to associated = the community. The students, who are class XI and XII, will become college students, in the next year. So if their stress and problem is solved in time, they would definitely have a good impression regarding the institution and the faculties, who have helped them in their difficult time. This is the basic idea behind this initiative and it has given good result, as a large number of students join the stress management classes, taken by the college faculties every year n the summer, particularly before the Board Examination of Class XII. The faculties also feel satisfied, as they talk to the students in different schools and solve their problems, making them ready to face any further challenge of their life.

**4. The Practice** – The faculties chalk out the list of schools in April, talking to their Principals and make their visit Plan, as per the availability. Every day the faculties visit at least two to three schools and talk to the students there for one period of 45 minutes on an average. The faculties invite questions from the students, to know what kind of problems they face mostly. Then the class is planned accordingly and the faculties address their problems. The session is mostly interactive, with the students ask question and the faculties answer them in detail. Sometimes the students also share their personal problems, becoming a hurdle in their regular study. In such cases the faculties given them necessary advice and encourage them to overcome the issue gradually. The students also gave their feedback when

the faculties visit the second time, as per the need of any school. Since in most of the schools the boys and girls jointly study the faculties have to take care of the privacy of any particular matter, when it is related to the family of any girl or boy. In such cases the faculties talk separately also to the concerned student, depending upon the situation. Seeing the experience of the past years, the faculties tell that taking the session in schools given them a rare experience, as the boys and girls share all kinds of problems. Sometimes even a small matter becomes serious problem for them. Then the faculties handle the matter carefully and convince the students that the issue is not serious and they will have to learn to overcome the problem. The teachers also suggest the students to do Yoga and other relaxing exercise to release their stress so that they can concentrate more in their study. All these activities become useful when the students tell that the stress management class was successful in solving their problems.

**5. Evidence of Success** – The students who join the classes of stress management, feel that they got the help just at the time of their Board Examination. The faculties also understand the timeliness of these classes and give their best of the knowledge to the students. With these kinds of classes the students also learn quite a lot about various aspects of their life. They also came to know about various kinds of problems and their possible solution. All these activities certainly bring about a positive change among the students. Once they complete the class, they become able to use this experience and knowledge to help the other students also. Sometimes, the students tell that the stress management classes, not only helped them overcome their study related problems, but also improved their confidence level as a whole. This is also a big achievement for the college.

**6. Problems encountered and resources required-** The students are encouraged to learn through sharing their problems with the faculties. In the process the students come to know about various kinds of realities, and situations. What they learn in the session, is definitely going to help them when they will get bigger responsibility in their career. It has been underlined that stress management classes bring about a huge transformation in the heart and mind of the students. Some of the students got disturbed with the situation and they were finding themselves uncomfortable. However with the help of faculties, the students are consoled and encouraged to overcome their problems. The faculties provide them necessary parental assistance also. It makes a deep imprint in their behaviour and also given them confidence. It has been observed that after the stress management classes, the school students become more and more sensible.

## 7. Notes (Optional) –

During the stress management classes, the students also learn various moral values which make them a sensible citizen in the process. Moreover, the students also become confident, sympathetic and modest in the process. In the classes the students realize that their own problems are not that big and there are many others, who are facing real problems. This understanding definitely helps the students in their life, to sort many other problems. Besides, this activity becomes a practical approach to education and learning. Therefore, for the overall development and evolution of the students, Agrasen Mahavidyalaya regularly conducts such activities and visits to groom the students in all dimensions. This is the basic approach of the education here making the student's responsible citizen and contribute to the process of nation building.

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### Second Best Practice-

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**1- Title of the Practice-** Summer Classes (Skill Development Programme)

**2- Objective of the Practice-** The main objective behind hosting the summer classes to encourage the students and youth for skill development. Agrasen Mahavidyalaya is the only college in the entire Chhattisgarh, which conducts such summer classes in a large scale with variety of subjects and skills. As a result the participants also register themselves in a large number, before the start of the classes. To provide skill development of surrounding schools' students during their summer vacations in the institution's premises without any training fees. This program is mainly aiming those students who belong to economically weaker section. Our Institution designs specific syllabus for this 45 days short term course, in which the college provides tally, spoken-English, yoga, computer and audio-video editing courses, emphasizing the basic training to the participants in the skill development courses of their choice.

**3- The Context-** Since the college conducts these vocational and skill related courses free-of-cost for the students, it becomes quite difficult to arrange trainers at a low remuneration or even free-of- cost at times. In some of the courses the students enroll in big numbers, while in some other courses the college has to mobilize the youth in an attempt to gather participants from the surrounding area and also to develop interest among the

students. For this the college needs to even convince the parents for allowing their dependents to join these courses. The Institution assigns this task to a team of college faculties, who visit various schools and make the school teachers, as well as the student and their parents to understand the importance of these skill development courses. This practice is followed generally in April, and after a couple of weeks, the participants start getting registration for different courses.

**4- The Practice-** The college conducts skill development classes and imparts vocational training to associate the people from nearby community and improve their livelihood. The skill related courses are always useful in crating job and provide regular earning to the aspirants. There are schemes of the government which provide financial assistance also to the skilled workers, if they wish to establish their own start-up. Hence the college conducts skill development classes, to ensure that the youngsters, who are not getting any job, despite their education, will have an opportunity to ensure employment and self employment. This the college creates a favourable atmosphere for the participants and students and help them learn new skills, in their leisure time of summer vacation. There is no other institution, which provides free-of-cost classes for the students. The trainer also extend their services without charging much fees, as the college conducts these classes for the benefit of the participants only. It has been seen that in most of the courses the students show interest to register themselves. Although in some of the other courses, the participants do not come in large number. Still the trainers maintain their interest, as they are ready to share their knowledge and experience. The participants coming from the surrounding communities appreciate this initiative and share their experience with others.

The local media also gives coverage to the summer classes, which helps the college become a brand for this social initiative. It is quite encouraging that once the summer classes are over, the student and their parents also understand the importance of these skill development courses. It is a common practice that the old students and participants send their juniors in the coming years, which helps the institution become popular in the town. During the last several years the summer classes have given a new identity and pride to the college.

**5- Evidence of Success-** This skill development courses have given good results, as a large number of participants have got employment for themselves and encourage their juniors also to join these courses. The teachers, taking the classes also share their experience, which indicates that the students improve their skill in the 45-days classes and get opportunities for earning. All these initiatives definitely give satisfaction to the teachers and the college management, who wish to train the participants and make them learn vocational skills, helping them get employment of their choice. This practice has earned a good name to

the college and the students also share their experience to others, who come to the college and encourage other students in the coming years. As a result every year on an average around two hundred students get registered in different courses. When these students, share their experience to the new students in their locality, the juniors also come in the next year and thus a chain-reaction, also brings students every year for different courses. As a result the skill development has become a new identity of the college in the nearby community

**6- Problems Encountered and resources required-** During the summer classes, sometimes, when the students are not registered in required number, it becomes very much difficult to engage a trainer. In such cases, the college has to bear the remuneration of the trainer. Even then the college bears the charges and ensures that the students do come for the course. The lack of awareness among the students is also a serious problem, as most of the students, coming from economically weaker section, hope to get the government job. But this is not possible for all the students, as there is a limitation of government job. For this the faculties of the college take extra time to convince the students and their parents, to get any kind of vocational training, so that when they complete their college education, they will have a training and knowledge for their self employment.

**7- Notes- (optional)** – This skill development programme has become a regular practice for the college, as it gives attention to the institution among the youngsters. They talk about these courses and share their knowledge to their friends and family members. Thus it resonates in the community also. In the process the college fulfills its one of the aims to take of the adjoining community, by educating and training the young students.

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## **7.3 - Institutional Distinctiveness**

**7.3.1 - Portray the performance of the Institution in one area distinctive to its priority and thrust within 200 words**

**Answer-**

Agrasen Mahavidyalaya is the only college in the entire Chhattisgarh, which provides a regular platform the school students from adjoining community, in order to explore their talent. In this event around 25 to 35 schools are invited to participate in the cultural event. The students with their teachers, come to the college and perform in Solo dance and group dance. The judges are invited to evaluate their performance and

give them rank as per their performance. This event is the special initiative of the college, for which the schools also wait eagerly, as they get a platform to show their talent. The event gathers huge crowd every year, as the parents of the performers and the teachers with their family members. This event is very popular among the school students, who seem to be very keen for exhibiting their talent on a different platform. Every year the entries from schools are registered well in advance for this event and the students also practice for several weeks with required costumes and get-up, to become the winner. The audience also enjoys every moment of this event.