

## 7.2.1

### INSTITUTIONAL BEST PRACTICES

2023-24

BEST PRACTICE – 1

1. TITLE OF THE PRACTICE:

Promoting mental health awareness & emotional wellbeing

2. OBJECTIVE OF THE PRACTICE:

- Guiding and encouraging students to prioritize their mental health
- Helping students to grapple with psychological challenges and find solutions.

3. THE CONTEXT:

Students often fail to identify and articulate personal mental issues. The stigma of addressing mental and emotional problems lead to imbalanced mental equilibrium, thus affecting their life, studies and career.

4. THE PRACTICE:

- The Psychological Counselling Cell is actively operating in the college offering mental health solutions to students.
- The Cell introduced one to one live coaching sessions both in the online and offline mode using the tool of psychotherapy, as an in depth, long term process focussing on students' emotions from 22. 06. 2023.
- Celebrating the World Mental Health Day, the Department of Psychology conducted a mental health awareness programme on 10.10.2023, entitled "More Bhavonare" (My Thoughts). Nandini Chowdhury, Meditation mentor from MediNdi offered counselling sessions.
- The Department of Education organised a Special Lecture Programme on "Psychological Foundation in Education" on 16.01.22024

5. EVIDENCE OF SUCCESS:

- Students made and presented charts on the importance of mental health.
- Interactions between students and resource persons reflected how the concerns of mental health were addressed and solutions offered.
- Celebrating World Mental Health Day generated awareness among the students.
- Meditation sessions were conducted.

6. PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:

- Financial inadequacy in organising such sessions was one of the biggest challenges faced as professional help incurs considerable expenditure.
- Lack of students' knowledge and stigma about mental health issues were big hindrances.



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## BEST PRACTICE – 2

### 1. TITLE OF THE PRACTICE:

Environment, Sustainability and Green Initiatives

### 2. OBJECTIVE OF THE PRACTICE:

- To instil pro-environmental attitude which will help students to create environmental ethics
- To generate awareness regarding environmental sustainability among students

### 3. THE CONTEXT:

Being conscious about the issues of climate change, global warming, environmental degradation and the need for conservation and sustainable development and conservation are the motto of this initiative.

### 4. PRACTICE:

- An online celebration of World Environmental Day was organised by the Science Forum, IQAC and WWF on 5 June 2023
- “Clean and Green Programme” organised by the NCC on 05.07.2023 at Nimta in collaboration with the Nimta Police Station.
- One liner slogan contest entitled, “Clean Air” was organised by the Department of Geography in the month of June 2023
- Banmahotsav 2023 was organised by the IQAC, Department of Botany, NSS Units 1& 2, Green campus Subcommittee on 15 July 2023
- “Go Green Initiative: Plantation Programme Involving Sowing of Seeds” organised by NCC Unit with Pancham on 16.07.2023.
- A MoU was signed with Purbasha Helpline Society on 20.07.2023 to promote go green initiatives among the students of the college.
- Special Lecture Programme entitled, “ Climate Change: Impact on Mangrove Forest of Sunderbans, West Bengal” organised by the Department of Geography in collaboration with Purbasha Helpline Society on 16.07.2023
- “Frames of Life: Storytelling through Environmental Photography” was organised by the Department of Chemistry and ADAMAS University on 31.07.2023
- Students and Teachers of the Department of Geography had participated in A Special Lecture Programme entitled, “Fixing the Ozone Layer and Reducing the Climate Change” on 22.09.2023 at Dum Dum Motijheel Rabindra Mahavidyalaya
- A Perception Survey was conducted on Environmental Problems in and around the College Premises by the Department of Geography on 04.03.2024
- An add on course on “Educational Awareness with Special Reference to Environmental Sustainability” for UG students was organised by the Department of Education from 16.05.2024 to 30.05.2024.

### EVIDENCE OF SUCCESS:

- Saplings have been planted and regular care has been taken by the students for the growth of the trees
- The Green Campus Subcommittee has been continuously monitoring go green initiatives
- MoU has been signed to promote environmental awareness

**PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:**

- The drive to keep the campus and its surroundings clean and green is at times slackening and therefore needs constant motivation.
- More funds required to make the college environmentally sustainable
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**MoU Signing with Purbasha Helpline Society**



**Sri Umashankar Mondal, (Resource Person for special Lecture on “Climate Change: Impact on Mangrove Forest of Sunderbans”**



**Banmahotsab Utsav 2023 being celebrated by NSS Units, Dept of Botany, Green Campus Subcommittee and IQAC**



Tree plantation by NCC in collaboration with Nimta Police Station



Winners of “Clean Air” slogan competition

