

## **BEST PRACTICE - 2**

### **1. Title of the practice**

Holistic Development of Students

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

One of the objectives of establishment of the college is to develop physically fit, intellectually keen, morally upright, spiritually strong and socially committed individuals. The resources and facilities of the institution are directed towards this holistic development of the students.

The objectives include

- Developing a healthy body and discerning qualities of the mind fostering understanding, compassion and self-control.
- Fostering necessary life skills and academic finesse
- Developing social commitment in students and fostering responsible citizenship • Bringing in spiritual wellness and meaning to one's life and society at large.

### **3. The Context**

This practice is identified in the context of fostering the unique individuality of each student and of the formation of a well-structured society. The needs of the job market which require individuals with integrity and the construction of society which requires ethical political leaders, visionary economists, aestheticians, artists, social reformers, conscientious administrators and educators necessitate the realization of this practice and the institution is committed to moulding individuals that perfectly fit the profile required for the same. The institution must serve as a space for nurturing the latent talents of an individual, enabling the development of a holistic personality. The college fosters the physical, emotional, social and spiritual well-being of the students to equip them to meet the job requirements of today and to mould them as better human beings, serving the society as good citizens. It is in this context that this becomes the best practice.

#### 4. The Practice

Efforts are taken for encouraging the students to be a part of value-based learning initiatives with special emphasis on their physical capabilities, emotional abilities, social skills and spiritual wellbeing in moulding them as worthy citizens of the nation. The various value-added practices for the holistic development of personality are listed below.

Physical Well-being – By making use of the facilities of gymnasium, intra-mural Sports and Games, Fit India campaigns including rallies, yoga training sessions, health awareness sessions by experts etc., most popular tournament Baselius Premier League, Arjuna Vs Drona (friendly cricket match between staff and students) initiative etc., the physical wellbeing of students is ensured.

Skill Developments - through Additional Skill Acquisition Programme, skill based certificate programmes and other curricular, co-curricular and extra-curricular programmes various skills are developed.

Leadership and organizational Skills – College Union activities, participation in NSS, NCC, Subject Association activities, Organising fests etc. involve meticulous planning, fund raising, the need for invitation and hospitality, time and people management, technical expertise, inter personal communication etc. which will foster organizational and leadership skills of students. Experiential learning is provided through field trips, internships, on the job training, practical sessions in labs, theatre exercises, finance games like mock IPL auction and working for college magazines etc.

Talent Development and nurturing – Arts festival, training and competitions under the auspices of clubs like Music Club, Choreography Club, Histrionics Club, Debate and Elocution Club etc. serve as a platform to nurture the latent talents of students.

Emotional Development and Wellbeing of the mind - Constant mentoring, Professional Counselling sessions, Discussions with parents and wards as part of well-organized PTA meetings, 'Be Positive' sessions of NSS Unit, the practice of the Thought of the Day, close relationship between teachers, parents and students, well organized arts festivals, association programmes etc. ensure mental sustenance of the students.

Value inculcation- through inclusion of courses in the syllabi, mentoring sessions, value education talks, orientation sessions and memorial lectures, various clubs and organizational activities that serve to

inculcate the human values of respect, love, compassion and team spirit in students and equip them to meet the challenges with equanimity.

Critical and Creative spirit – The spirit of creativity and critical thinking is fostered by the organization of and participation in academic fests, activities of Clubs and subject associations, innovative competitions and the interaction with creative personalities etc.

Social Service and Development of Empathy- Visit to old aged homes, orphanages, schools of mentally challenged children, taking part in flood relief activities, palliative care etc provided through various platforms are intended to inculcate social values.

Values of Nationalism, Democracy and Patriotism- The practice of inclusion followed on the campus, organizing and observance of events and days of National Importance, Democratic conduct of College Elections, secular multi-lingual prayer songs, the EBSB club and its activities etc. cater to the formation of patriotic youth modelled on democratic values.

Sense of Rights and Responsibilities and Participative Management are encouraged through initiatives like anti ragging pledge, anti-dowry campaign, through participation in SVEEP campaigns, blood donation campaigns, through democratically constituted student unions, students' participation in statutory bodies.

Spiritual sustenance of the students is done through regular daily prayers, talks by spiritual gurus, yoga and meditation sessions, encouragement of good deeds.

## 5. Evidence of Success

The unbroken continuity of the various initiatives has been indicative of the success of the programmes mentioned above. More and more students volunteer for participation in these initiatives and a qualitative assessment of the same can be done by counting the number of achievements of the students. There is a significant rise in the number of achievements and participation of students in the various sports tournaments and fitness initiatives that shows the interest of the students in maintaining good health. Our students make us proud by actively volunteering in the various social service initiatives like blood donation camps, extension activities, and other outreach programmes of the college. The numerous NSS awards that college has fetched over years is a testimony of the college's efforts to extend service to society. Students have come forward irrespective of all the differences and difficulties during the toughest times of flood to extend their services in relief camps. Students are now capable of thinking

beyond the social stigma of seeking professional help for their emotional and psychological problems. More students now approach the college counsellor to discuss about their problems which is a clear sign of the importance they give for their emotional and spiritual wellbeing. These activities bring out the best in the students and this is reflected in the better job profiles and progression of the students.

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

- Uncertainty in university academic and examination schedules is a major hindrance
- The influence of the social media has been occasionally found to be deterrent in carrying out the objectives along with curricular compulsions.
- Lack of adequate funding has also proved to be problematic in carrying out programmes as envisaged by the institution.
- Measuring the skill development on an objective basis is a difficult task and so also is ensuring participation in all students in all activities.
- The location of the institution at the heart of the town sometimes jeopardizes the unhindered activities of the college.

## **7. Notes (Optional)**

The feedbacks from the students is a clear indication of their enthusiasm and acceptance of various activities and system on the campus. The opportunity for the holistic development along with academic growth has been the main reason for the college being one of the most sought out institutions under M G University Centralised Allotment Process (CAP) for admissions.