

7. 2.1 Describe at least two institutional best practices.

Upload details of two best practices successfully implemented by the institution as per NAAC format in your institution website, provide the link

1. Title of the practice: “Inculcating the spirit of Research among students”

1. Goal:

To inculcate the spirit of research among students to help them understand their subjects better and to instill a spirit of inquiry in them

2. The context:

To provide opportunities to students to explore their subjects and help them to improve their critical thinking.

3. The Practice:

- Teachers of different departments of the college invite names of students who are interested to undertake a research project. The selection is done on the basis of aptitude and grades of the student. The research topic is either chosen by the student or given by the guiding teacher. This is done in the beginning of the academic year. The students wait after their college hours in laboratories, library or computer center to carry out their research work. Under the constant guidance of their teacher guide they learn the nuances of research work. At the end of the academic year a research presentation is organized by the research committee of the college to provide a platform for these students to present their research work to their peer groups and other students. It gives them confidence and a sense of achievement. Besides research projects, Physics students are encouraged to make working projects where they develop a deeper understanding of the concepts of Physics. Students of mathematics explore and present the application of mathematics in varied fields like Biology, Economics, and Psychology etc. in an innovatively titled annual program called MathShow. Students of advertising in SYBCom and SYBA have to research a brand and make models based on it. A competition named “Brand Factory” encourages healthy competition and brings out the best in them. The department of Chemistry organizes a very innovative activity titled “Scrapbook Competition and Exhibition” which helps in creating interest in research and hone the research skill

of the student. Students learn to research literature and present content on Innovative topics in Chemistry. This helps them develop an interest in the subject while skills acquired helps them in higher studies. Students also assist teachers in their minor research projects, thereby gaining experimental skills which is way above their curriculum.

4. Evidence of success:

- The program has been running successfully for the past six years. Even though there is no incentive for extra marks for undertaking a research project, the number of students willing to undertake research projects is increasing every year. This year 33 research projects from various streams were presented during the research meet. Some projects are also sent to the annual research project competition “Avishkar” organised by the University of Mumbai. The students develop interest in the subject and opt for higher studies.

5. **Problems encountered and resources required:** Since most of the students come from poor socio economic background, finding funds to carry out research is an impediment to quality research. Also girl students cannot stay for long hours in college because of lack of support from their family.

2. Title of the practice: Student Welfare

1. **Goal:** To enhance the wellbeing of the student that encompasses academic, physical, mental and social development.

2. **The context:**

The vision and mission of the institution stresses on the importance of holistic education leading to all round development of the student.

3. **The Practice:** A student welfare committee organizes various programmes that enhance the mental and physical health of the student.

- Blood checkup camp is organized for the first year students. Seeing that even the young adult is vulnerable to anemia CBC and Blood group test is conducted. This also helped the college to have a data bank of blood group which can be used in case of a medical emergency. Also students with low hemoglobin count were given counselling by the vice principal as to how to take care, what diet to adhere to, in order to improve the hemoglobin count. Talks that

emphasize on the importance of physical and mental health are organized for students. Thalassaemia test is done for the third year student and a talk is also arranged in order to create awareness about the test. Some third year students get married soon after their graduation and the test will prevent passing on the genetic disorder to their children. Counselling session is conducted for the student if found to be Thalassaemia minor. There is a tie up of the college with the neighbouring Bhakti Vedanta Hospital to address medical emergencies of students without any delay of paperwork.

- In order to help the students to deal with the stress of day to day life and aid them to improve their health, yoga sessions are organized for the second year students. Students are trained by a well-qualified yoga teacher at the Yoga institute - Camaruddinbhai Poonawala Yogasadhana Kendra established in 2005. This institute also offers its services to the staff and local community besides college students. The students attend 10 yoga sessions where they are taught various asanas. An exam conducted at the end of the course motivates students to take the sessions seriously. An outdoor gym has been built to encourage students to exercise more to improve their health. A lady instructor is appointed to improve participation of girls students in sports.
- A counsellor visits the college twice a week and is present for the complete day, counsels and advises students in matters related to their mental well-being, academics and personal problems. Mentors and teachers also encourage students, who require counselling, to visit the counsellor. Workshops are held for the third year students by the counselor to help the students handle time management and career counseling issues.
- Soft skill sessions as per the industry requirement are conducted by professionals for the outgoing third year students which help them in personality development and prepare them to face their job interviews.
- Students facing financial problems are given the option to pay fees in instalments and at times after studying the financial background of the student a part payment of the fees is made by the college trust.

4. **Evidence of success:** Students have developed keen interest in yoga and some of them represent the college in intercollegiate yoga competitions. These students also very actively participate in the International Yoga Day programs held in college every year. Personal health information received by students from different tests conducted by college helps them take better health choices. The skills they learn in college help them in their professional life.

Problems encountered and resources required: Creating awareness about the importance of blood check-up becomes a challenge since students are reluctant to reveal their health issues. Also teachers have to put in a lot of effort in motivating students to attend the yoga sessions.