BEST PRACTICES (2019-20)

A. The Best Practices I

1) Online Mental support cum counselling programmes for all the students during COVID -19 outbreaks (Pre & Post lock down period).

2) The Objectives:

Interactive counselling by an eminent clinical psychologist to ensure the mental health and psychological concerns of the students during and after lockdown period due to COVID-19.

3) The Practice:

This interactive counselling was scheduled class wise on different dates and time using Google Meet platform. Mr. Prasenjit Basak, an eminent clinical psychologist of Midnapore Medical College & Hospital was the resource person to provide online support to the students as per following schedule.

Semester/Year	Subjects	Date	Time
Sem - VI	Physics (H), Chemistry (H)	22.04.2020	12.00 noon onwards
Part III	Bengali (H), English (H)	23.04.2020	12.00 noon onwards
Sem - VI	Math, Zoology, Botany and BCA	24.04.2020	12.00 noon onwards
Part - III	History, Political Science, Philosophy, Sanskrit, Hindi Hons and B.Com Hons.	25.04.2020	12.00 noon onwards
PG (Sem II & Sem IV)	Bengali, English, History	29.04.2020	12.00 noon onwards
Sem -II	Maths, Physics, Chemistry, Geography, Economics, Zoology, Botany and BCA Hons.	30.04.2020	12.00 noon onwards
Sem -II	Bengali, History, Political Science, Philosophy, Sanskrit, Hindi and B.Com Hons.	02.05.2020	12.00 noon onwards
Sem IV	English, Bengali, History, Chemistry, BA General	06.06.2020	3.00 pm onwards
Sem II	English, B.A. General	06.06.2020	3.00 pm onwards

4) Evidence of Success:

Mental health support and counselling program started class wise and, in each program, teachers of the concerned departments also joined there. In every session, Mr. Prasenjit Basak, an eminent clinical psychologist of Midnapore Medical College & Hospital used to explain severity of the pandemic and necessity of the lockdown. Thereafter he used to describe what kind of mental problems could arise out of this, and pointed out the ways to get rid of this crisis safely. He reminded the students about the general safely measures against COVID-19 such as covering face with masks, washing hands frequently with soaps/sanitizers, properly using and disinfecting masks, maintaining minimum distance of 1 metre, avoiding touching mouth, nose or eyes etc.

He provided certain suggestions to the students to get rid of mental stress during and after lockdown period. His suggestions include positive thinking, being mentally prepared to adjust the lockdown, exercising and meditating regularly, spending more time with family, taking good care of elderly people, taking deep breath when felling unrest, avoiding too much of news from electronic media, remembering sweet memories. In the later sessions when the unlock period started, he also described how to gradually cope with the unlock phase after the very long unprecedented locked down phase. After his speech the sessions remained open for discussion, and the students used to ask several questions regarding the problems they had encountered during the period. The resource person used to satisfy their queries.

5) Problems Encountered:

Since the college is situated in a semi-urban area many of the students are from interior villages where availability of hi-speed internet connectivity is a genuine problem. Due to this problem, some of the students could not avail the facility of the psychological counselling sessions.

6) Resource Required

Online Mental support cum counselling programs conducted using Google meet platform. To access the program in continuous mode and interact with the councillor, students require a smartphone and hi-speed internet connection. Few smart class rooms to be constructed in the college for conducting online classes and webinars

B. The Best Practices II

1. Conducted Students mentoring and counselling program with their parents/guardians during normal period and lockdown period.

2. **The Objectives:**

To increase attendance in the online classes and to minimize dropouts through personal counselling and to aware their parents regarding online class routine and academic activities of the college.

3. Need Addressed and the Context

Students undergo various problems of stress. Statistics reveal increasing number of suicides and dropouts. Considering the student-teacher ratio in classrooms, it is impossible at times to give personal attention to students in class. One solution therefore is a 'Mentor' who can form the bond with students in true sense. Besides providing special attention to their studies, mentoring is vital for students to achieve emotional stability and to promote clarity in thinking and decision making for their holistic development.

4. The Practice

The practice is that of creating an efficient mentor-ward system. Each teacher is assigned 10-15 students. They meet at least once in a month to discuss, clarify and primarily to share various problems which may be personal, domestic, academic, etc. The teachers are equipped with all the necessary information about his/her mentees on a file. During normal college days mentoring is a regular ongoing process, and parents/ guardians are made aware of the developments/shortcomings of their wards during parent-teacher meetings. But during lock down phase mentoring cum counselling were done through online mode only (through Whaps App groups of the mentor-mentee /e mails/google meet). Respective departments organized students counselling programmes with their parents though online mode using Google Meet platform.

5. Evidence of Success

It is needless to say that a mentor gets the job satisfaction. Evidence of success of the practice includes better results in the examinations, more regular attendance, increased participation in co-

curricular activities, better discipline on campus and respectful relationship between teachers and students.

6. **Problems Encountered:**

Since the college is situated in a semi-urban area many of the students are from interior villages where availability of hi-speed internet connectivity is a genuine problem. Due to this problem, some of the students could not join in the students mentoring and counselling program.

7. **Resources required:**

Students mentoring and counselling program with their parents/guardians during lockdown period conducted through online mode using Google meet platform. To access the program in continuous mode and interact with the councillor, students require a smartphone and hi-speed internet connection. Few smart class rooms to be constructed in the college for conducting online classes and webinars.

8. The Institution Name: Kharagpur College

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