

SJMVS ARTS AND COMMERCE COLLEGE FOR WOMEN, J.C. NAGAR, HUBBALLI

1) Title of Best Practice: 'Earn-While-Learn' Scheme

The college has introduced "Earn while you Learn" scheme in the year of 2019-2020. Many students had applied for this scheme; The selection of candidate was done through conducting simple test Eight students have taken the benefit of this scheme. The deserving students are provided employment opportunities in the college campus so that they can earn to meet their expenses. Earn while you learn has received good response from the students and the plan is to increase the number of students in the next year.

Objectives of the practice:

1. Help poor students who are economically backward.
2. Develop dignity of work attitude among students

Benefits

1. Giving the students an opportunity to acquire work experience while learning is extremely important.
2. It provides skills of employability and strengthens students.
3. Inculcation of values of hard work among students
4. It enhances employment prospects and Industrial contacts.
It improves the self confidence, Job knowledge, Job seeking skills

The context

The college was majority of students belonging to farmer families, these students discontinues their education because of poor economic background. To help such students, the college decided to launch this "Earn while you learn scheme" in 2019-20.

The Practice:-

Applications were invited from students for the scheme. The applications were scrutinized on set criterion and final list was prepared. The selected students were informed about nature of work such as library assistant, Data entry operator, Voucher preparation, Voucher fillings, Book entry making, Letter typing, Statement preparation, Letter drafting. The students were paid Rs 25 per hour and allotted time for each 40 hours. As per the decided schedule, they worked in campus Four students were selected and the remuneration given was Rs 25 per hour.

Evidence of Success:

The criteria for selection of students job related test conducted in the campus, students were selected on the basis of their performance. Selected students were allotted with work when they had free time. The participating students became self- reliant and responsible persons and the practice helped the students to develop "Dignity of work" attitude. Four students have taken the benefit of this scheme, under which students are paid Rs. 25/- per hour, Each student worked for 40 hours and remuneration paid to each student Rs, 1000, that the total amount paid to all Four students is Rs, 4000. These Four students have acquired job skills. They have gained self-confidence and are willing to be employed after their graduation.

Problems encountered

1. Number of applicants is more than the actual requirement.

Resources

1. Resources are provided by college itself.

2) Title of Best Practice: “Counseling”

Objectives of the practice:

- The globalized scenario has definitely influenced the young minds.
- The students are under stress to perform better.
- They are expected to be competitive to find a suitable employment for a comfortable living.
- Too much of expectations, changes in the family as an Institution, westernization etc have led to confusion and problems of the students. So our Institution has an active counseling cell where the counselors provide all guidance and assistance to the students to face the challenges of life. Counseling is adopted as a best practice to help the students realize their potentialities and make choice, adjustment, and improvement and develop a positive outlook.

Goal

The mission of the college is to foster knowledge. Counseling is regarded as the source of help for students with problems and crisis. It can have preventive as well as a remedial function. It is a great source of help to students who belong to different social spectrums. The trained counselors of our college provide assistance, advice and guidance to students about their personal as well as academic aspects. The faculty of our Institution counsel students with problems and cater to their needs to make them empowered. Counseling is carried out to enable our students

- To overcome lack of self confidence.
- To overcome depression and inferiority complex.
- To overcome problems related to personal and family life.
- To guide them to fulfill their needs and aspirations.
- To overcome problems related to adolescence.
- To inculcate right values.
- To overcome academic problems.
- To overcome stress.
- To develop a proper attitude for social life.
- To realize the need for sound mental and physical health to reach their goals.

Context

The counselling cell takes care to implement the practice of counselling at regular intervals. The counsellors assist the students to understand and resolve their emotional problems like fear, anxiety, jealousy, frustration, nervousness, stress, etc. The challenging issue of the counsellor is to see that the counselee is ready to change herself for betterment of her life. Our college being a women's college, has many young girls facing diverse problems. Some of our students are orphans, physically challenged, students who are married and having problems, students who are married and have discontinued their studies. Some parents have a traditional outlook and don't encourage their daughters to take up higher education. But their wards very much want to continue their studies. Such parents are called and counselled. The institution also took keen interest in counselling the adopted school students to check their academic performance.

The Practice

Counselling is carried out in a systematic manner keeping in mind that our student differs in their abilities, interests, aptitudes, attitudes etc. The organized counselling helps the students overcome their problems. The mechanism followed to carry out counselling is as follows:

- **Collection of data:-**The data of the students is obtained in the structured format to identify the problems. A format where in all problems are listed is given to students and are asked to mark their problems. The counsellors also collect data through interaction with other faculty and peers.
- **Problem identification:** - The counsellors go through the formats of the students, list out and identify the problems. Constant observation of students by the counsellors helps them to notice the signs and symptoms of various problems. Behavior, postures and body language also enable in identifying the problems.
- **Strategies:-** Once the problems are identified, the counsellors make use of different and suitable strategies to help the counsees to overcome their problems. The counsellors have many sittings with the counselee. Each student with the problem is counselled at a time.
- The lab has questionnaires such as Personality, Intelligence, Achievement, Aptitude and Adjustment Questionnaires, some of them are Cyclophyme-Schizothyme, Bells Adjustment, Inventory, Study Habit and Eysenck Personality Questionnaire to assess the area of problems of the students.

- A separate room is necessary for conducting counselling. The Institution has a psychology lab for counselling students. The counsellors also counsel the parents of such students on need based.
- Severe cases, if any, are referred for further consultation to practicing psychiatrist.

Evidence of Success for the year 2020-21

- Psychology started counseling the students with poor study habits on every Saturday .The counselling cell of our Institution has succeeded in its mission of counselling .Students having various problems helping them overcome their problems.

Following are the evidences

- 02 students improved in their academic Performance and scored good marks and one student is improving.
- Students with health problems consulted good physician and are able to cope with health and academics
- Students with Personal problems were able to cope up with the situations within and out.
- On the whole, counseling helped students to overcome their fears and anxiety.

On 27/12/2021 Conducted Revans Progressive Matrices test to SSLC students of Shri Durgadevi High school, Hubli to know their IQ 20 students got below average IQ and are further in counselling process.