

2020-21

Best Practice 1

1. **Name of the Practice:** Mental Health Awareness and Counselling Programmes at Vidyasagar Metropolitan College

2. **Objectives of the Practice:**

The Mental Health Awareness and Counselling program at Vidyasagar Metropolitan College is designed to address the mental well-being of students, which is essential for their academic success and overall personal development. Recognizing the importance of mental health in the holistic growth of students, the program aims to:

- **Enhance mental health literacy:** Increase understanding among students and faculty about the critical role of mental health in academic performance and well-being.
- **Reduce stigma:** Normalize seeking help from mental health professionals by fostering open and supportive discussions on mental health issues within the campus community.
- **Provide crisis intervention:** Offer immediate counselling services to students experiencing mental health crises, such as depression, suicidal thoughts, attention deficit disorders, and self-harm tendencies.

3. **The Context:**

The Mental Health Awareness and Counselling program was initiated in response to the profound impact of the COVID-19 pandemic on student well-being. During this period:

- **Increased stress and isolation:** Students reported heightened levels of stress and a sense of disconnection due to the shift to online learning and the lack of in-person interactions.
- **Academic challenges:** Depression and other mental health issues adversely affected the academic performance of many students.
- **Limited access to resources:** Financial constraints and the social stigma associated with seeking mental health services created barriers for students in need of professional support.

4. **The Practice:**

To address these challenges, Vidyasagar Metropolitan College implemented a comprehensive mental health support system:

- **Partnership with a Therapist:** The college collaborated with Life Coach and Therapist Arup Ghosh to provide online counselling services, ensuring that students had access to professional support during the pandemic.
- **Confidentiality and Accessibility:** One-on-one online sessions were arranged to maintain privacy and accessibility. As offline classes resumed, counselling services continued in both online and offline formats based on students' needs.
- **College-funded support:** The college covered the costs of therapy sessions, removing financial obstacles for students seeking help.
- **Program Expansion:** Building on the positive outcomes, the program evolved into "Mind Power Training," which includes:
 - Group discussions and webinars focused on stress management and coping strategies.
 - Continued individual consultations for ongoing support.

- **Teacher Involvement:** A dedicated group of teachers played a crucial role in facilitating communication between students and the counsellor and in promoting awareness of the program throughout the college community.

Program Details:

MIND POWER TRAINING --THERAPY AND COUNSELLING AT VIDYASAGAR METROPOLITAN COLLEGE-- JAN 2021-AUGUST 2021	
DATE	DETAILS
5/22/21	WELLNESS WEBINAR
6/13/21	COUNSELLING --GROUP DISCUSSION WITH STUDENTS
6/20/21	MEDITATION AS THERAPY--BASICS
6/27/21	1-1 SESSION WITH STUDENT(Q) WITH SEVERE MENTAL HEALTH ISSUES--SUICIDAL
6/27/21	1-1 SESSION WITH STUDENT(R) WITH SEVERE CRISIS
7/4/21	MEDITATION AS THERAPY--GROUP--DELVING DEEPER INTO THE MIND
7/4/21	1-1 WITH Q
7/4/21	1-1 WITH R
7/4/21	1-1 SESSION WITH STUDENT(S) FACING EXTREME PROBLEMS IN PERSONAL LIFE AFFECTING HER ACADEMICS
7/4/21	1-1 SESSION WITH STUDENT (T) HAVING SEVERE ANGER ISSUES STEMMING FROM FRUSTRATION AND LOSS OF CAREER OPTIONS
7/11/21	1-1 WITH Q
7/11/21	1-1 WITH R
7/18/21	BASIC HYPNOTHERAPY SESSION & GROUP DISCUSSION WITH STUDENTS
7/18/21	1-1 WITH T
7/24/21	1-1 SESSION WITH STUDENT (V) FACING SLEEP PARALYSIS AND OTHER PHOBIAS
7/25/21	1-1 SESSION WITH STUDENT (X) EXTREMELY DISTURBED BY GRIEF AND TRAUMA OF LOSING A PARENT--LOSING CONCENTRATION IN STUDIES
8/22/21	1-1 SESSION WITH STUDENT (Y) HAVING SEVERE ANGER ISSUES
8/29/21	SESSION WITH PROFESSORS ON IMPORTANCE OF MENTAL HEALTH AND WAYS TO PROMOTE THE SAME AMONGST STUDENTS

5. Evidence of Success:

The program has had a significant impact on the well-being of students at Vidyasagar Metropolitan College:

- **Positive Feedback:** Students expressed overwhelmingly positive feedback about the support they received through the program.
- **Increased Openness:** Discussions around mental health became more common in both online classes and in-person student interactions.

- **Enhanced Well-being:** Wellness webinars helped students better understand the importance of maintaining both mental and physical health.
 - **Individual Progress:** Students who participated in one-on-one counselling sessions showed notable improvements in their overall well-being and academic performance.
6. **Problems Encountered and Resources Required:**
While the program has been successful, it faces certain challenges and requires specific resources:
- **Human Resources:** A qualified therapist with a focus on student needs and a compassionate approach is essential. Additionally, a dedicated support group of teachers is needed to facilitate student participation and program promotion.
 - **Financial Resources:** Continued funding from the college is necessary to cover the therapist's remuneration and ensure the program's sustainability.
 - **Technical Resources:** Reliable internet access is crucial for the seamless delivery of both online and hybrid counselling sessions.
 - **Data Management:** A well-maintained student database managed by the teacher support group is required to identify students who need ongoing support.
 - **Evaluation and Feedback:** Collecting and analyzing post-therapy feedback from students is vital for the continuous improvement of the program.

This best practice underscores Vidyasagar Metropolitan College's commitment to the mental health and well-being of its students, ensuring that they have the support needed to thrive academically and personally. The college continues to explore ways to sustain and enhance the program, with a focus on prevention and long-term mental health strategies.

Best Practice 2: Orientation Programme

1. **Name of the practice:** Value Building Through Orientation Programme at Vidyasagar Metropolitan College
2. **Objectives of the practice:** The orientation programme at Vidyasagar Metropolitan College is designed to serve as a pivotal experience that embeds core values and sets the tone for students' academic and personal journeys. Recognizing the critical role of formative days at college in shaping students' attitudes and behaviors, the programme is meticulously crafted to instill a sense of responsibility, community, and adherence to ethical standards.
3. **The context:** The early days at college are crucial for students as they transition into a new phase of life. This is the time when their attitudes and behaviors are molded, making it essential to introduce them to the values that will guide them throughout their academic journey. The college's rich history and the legacy of Ishwar Chandra Vidyasagar serve as the foundation for the orientation programme, which aims to connect students with these traditions and the college's mission of academic excellence, social responsibility, and character building.
4. **The practice:** The orientation programme begins with an introductory session led by the Principal and senior faculty members, where students are introduced to the college's legacy, values, and the life of Ishwar Chandra Vidyasagar. This is followed by a detailed explanation of the college's Code of Conduct, covering academic integrity, respectful behavior, and responsible use of resources. The programme

culminates in an Oath-Taking Ceremony, where new students pledge to uphold the values and principles introduced during the orientation. The college also ensures that these values are reinforced throughout the academic year through regular workshops, seminars, and discussions.

5. **Evidence of success:** The orientation programme has been successful in creating a strong ethical foundation for students, guiding them through their academic journey with integrity and respect. The ongoing reinforcement of these values through various activities has ensured that students remain committed to the principles they pledged to uphold.
6. **Problems encountered and resources required:** The primary challenge is ensuring that the values introduced during orientation are consistently reinforced throughout the academic year. This requires continuous effort from the faculty and the availability of resources such as counseling services and mentorship programs to support students in aligning their actions with the values they have pledged to uphold.