

Academic Session 2022-23

7.2. Best Practices in r/o Rajiv Gandhi Memorial Govt. College Joginder Nagar, Mandi, Himachal Pradesh

Describe at least two institutional Best Practices.

BEST PRACTICE I

1. Title of the Practice: EMOTIONAL WELL BEING OF STUDENTS

2. Objectives of the Practice

- a) To optimize the emotional quotient of students.
- b) To inculcate the qualities of leadership and teamwork.
- c) To provide therapeutic sessions to streamline students' emotional needs.

3. The Context

The college has always strived hard for holistic development of students and has produced academicians, sports persons and entrepreneurs. But, in the changing scenario of globalization, even after achieving the set life goals the people are falling into depression. With this context in mind, these motivational and therapeutic sessions were conducted to make our students emotionally resilient individuals.

4. The Practice

The main focus was to give students a forum where they can share their struggles and anxieties about life without fear of being judged. Students were taught how to regulate, optimize and vent their emotions through the creative value of arts in three therapeutic sessions held in our college on 03.05.2023 https://www.gcjogindernagar.in/page/g_intses23.html, on 19.05.2023 https://www.gcjogindernagar.in/page/g_psyc23.html, and on 30.05.2023 https://www.gcjogindernagar.in/page/g_mentalhealth23.html led by a creative art therapy practitioner from Deer Park Institute Bir. The following Sunday-only programmes at Deer Park Institute were exclusively organized for college students seeking to enhance their emotional and social quotient:

- a) “**Teamwork and Leadership**” on 16.05.2023
- b) “**Beautiful moments of awareness and reflection on our environment**” on 05.06.2023
- c) “**Exploring changes in our daily lives**” through movement, discussions, art and other interactive activities on 25.06.2023

d) **“Inspiration in our lives”** through games and videos on 16.07.2023.

Such therapeutic sessions will have a long-term impact on them and will help them manifest their emotions at any stage of life.

5. Evidence of Success

- a) Through these sessions, Rupali, a B. Sc. III student, found a profound change in her personality and also explored her innate talent by leading a workshop on Himachal Pradesh folk dance, Phadi Nati.
- b) Eighty college students have joined a group called Youth Circle-Jogindernagar College, where learning resources and session announcements are shared. These sessions have always been beneficial to the students.
- c) The students provided positive feedback and expressed a desire to attend various sessions further.

6. Problems Encountered and Resources Required

The college is located in a rural area with little awareness of mental health issues and it is assumed that academic excellence is the primary domain of an educational institution.

The main resource required for these sessions was a counselor, practitioner, or therapist. Pallavi Deshmukh, a Creative Arts Therapy practitioner at Deer Park Institute Bir, agreed to conduct these sessions as a philanthropic gesture. Due to limited resources, group sessions were held; however, we hope to implement one-on-one counseling sessions in the coming academic year.

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Describe at least two institutional Best Practices.

BEST PRACTICE II

1. Title of the Practice: ON-LINE STUDENT ADMISSION PROCESS

2. Objectives of the Practice

The following objectives were drawn for on-line student admission process:

- a) To expedite admission process with enhanced accuracy.
- b) To adapt the green practice by incorporating technology and making the admission process paper free.
- c) To prepare all time available student database in online form.
- d) To solve the problem of physical storage space for admission forms
- e) To introduce the students of rural area to e-governance and make them tech savvy.
- f) To save time of college staff.

3. The Context

The college had been adhering to an offline admissions process because the majority of its students come from rural areas with limited access to computers and the internet, as well as lack of awareness towards computer literacy. During COVID period, there was a shift towards online classes and all students had an access of smartphones. In this particular context, the college operated intuitive admissions software, enabling students to submit their admission applications even through mobile devices.

4. The Practice

The college has acquired software for online admissions from. Students apply for admission online at <https://www.gcjogindernagar.nic.in>, the college's website, and the online prospectus contains all the information related to admission. The admission guidelines, periodically released by Sardar Patel University Mandi and Himachal Pradesh University Shimla, are adhered to strictly. Students get comprehensive information about the different courses offered, eligibility requirements, guidelines, and payment gateway for fees

through the admission software. The students upload all their documents on the admission portal. After that, forms and documents are verified online by admission committees and approved by the scrutiny committee. Next by using the software's payment gateway, the students pay their fees. When submitting an application for admission, students can opt to join NSS, NCC or other clubs also.

5. Evidence of Success

- a) Students experienced their first online system interface during the 2022–2023 academic session, which was a resounding success with no technical issues.
- b) Senior students helped the new comers fill out online forms, which lessened their anxiety about starting in a new college.
- c) The college fulfilled its commitment to environmentally friendly practices and the admission process was entirely paperless.

6. Problems Encountered and Resources Required

The college's computer lab was made available to students from rural areas without internet access so they could fill out forms online. BCA and computer science stream students also assisted with technical support. Students were also given technical guidance by a number of the students' organizations. The employees received training through a training programme.

Online admission software, updated website of college, technical assistance to students in college's computer lab and training of staff were various resources required for this practice.

BEST PRACTICE I: EMOTIONAL WELL BEING OF STUDENTS

Session 1: https://www.gcjogindernagar.in/page/g_intses23.html

Session 2: https://www.gcjogindernagar.in/page/g_psyc23.html

Session3: https://www.gcjogindernagar.in/page/g_mentalhealth23.html

Session 4: **“Teamwork and Leadership”** on 16.05.2023



Session 5: **“Beautiful moments of awareness and reflection on our environment”** on 05.06.2023



Session 6: **“Inspiration in our lives”** through games and videos on 16.07.2023



Workshop on पहाड़ी नाटी - Folk Dance of Himachal

Eager to dance on traditional tunes and deepen your connection with Himachali folk?

Join the NAATI Workshop



DATE
MAY 23 - 27



TIME
3 - 4:30 PM

Venue: Deer Park Institute, Bir

Workshop is Free to Attend
Mandatory to join all sessions
Participant Limit: 20

To register or for more info,

Contact: +91 70184 06363

(Office Hours:

9:00 AM - 12:00 PM,

2:00 PM - 6:00 PM)

Workshop conducted by
RUPALI, Traditional Dancer



Rupali, BSc III student of RGM GC Joginder Nagar

BEST PRACTICE II: ON-LINE STUDENT ADMISSION PROCESS

Web Link : <https://sites.google.com/view/admissions2021/home>