

# LADY BRABOURNE COLLEGE

## BEST PRACTICE I

**Best Practice I:** NSS (National Service Scheme) aims at developing student's personality through community service.

### **The Objective:**

The main objectives of National Service Scheme (NSS) are :

- understand the community in which they work
- understand themselves in relation to their community
- identify the needs and problems of the community and involve them in problem-solving
- develop among themselves a sense of social and civic responsibility
- utilise their knowledge in finding practical solutions to individual and community problems
- develop competence required for group-living and sharing of responsibilities
- gain skills in mobilising community participation
- acquire leadership qualities and democratic attitudes
- develop capacity to meet emergencies and natural disasters and
- practise national integration and social harmony

### **The Context**

- NSS is an Indian public service program sponsored by the India Government. The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students development & appreciation to other person's point of view and also show consideration towards other living beings. The philosophy of the NSS is a good doctrine in this motto, which underlines on the belief that the welfare of an individual is ultimately dependent on the welfare of the society as a whole and therefore, the NSS volunteers shall strive for the well-being of the society.

### **The Practice**

- College campus cleaned by students of NSS Unit I and II. Awareness programmes on Child Sexual Abuse, female deceases and protection from Dengue were organized by NSS. Workshop on Stress management was organized by NSS. NSS students who stay in hostel use to take classes for slum children every five days in a week in college hostel campus from 5 to 7 pm throughout the year. Old clothes were

distributed by the students of NSS for needy people who live in slum area and Park circus Maidan area.

**Impact:**

- NSS training activities help students to develop the qualities of communication, attitude, behavioral aspects and leadership qualities. They get to know about the social, economic and political conditions of the people residing in that particular area which would help them to understand their problems and try to solve them in a better way.

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## **BEST PRACTICE II**

**Best Practice II:** Psychological Counselling Cell facilitates academic, emotional, social and cognitive development of the students and hence to empower them in their learning and personal development.

### **The Objective:**

- College students must adapt to environments plagued by rapid change, ambiguity, uncertainty and depleted support systems. Students must also cope with a myriad of personal and psychological problems that range from basic adjustment and developmental, academic and learning, and career concerns to clinical-level mental illness. Within higher education, there exists general consensus that the ubiquitous role of personal and psychological counselling is to contribute to student development, adjustment, and learning while preventing dangerous and self-defeating behavior, thus enabling the individual to thrive in the college community. The mechanisms that colleges utilize to achieve this goal vary dramatically from one institution to another, depending heavily on the institution's philosophy or mission, available resources, and campus need.

### **The Context**

- It has been found from a survey that anxiety is the top presenting concern among college students (41.6 percent), followed by depression (36.4 percent) and relationship problems (35.8 percent). Psychological Counselling Cell provides comprehensive guidance programs and services that will equip students with necessary knowledge, attitude and skills to become mature and socially responsible individuals. Mentoring through an individual counselling to resolve their emotional, behavioral, academic, and social issues usually conducted in the counselling cell.

### **The Practice**

- Since its inception in 2011 the Psychological Counselling Cell of our College has been very active for benefitting our students, teachers and non-teaching staff. Dr. Srimati Biswas, renowned psychologist, is our psychological counsellor. Services are rendered free of cost. Altogether 18 sessions – 16 in the College Campus and 2 in the Hostel Campus- have been held in 2016 in which 20 students have been thoroughly counselled. As many as 33 persons have been counselled in the year 2017. Dr. Biswas has attended the Cell on 20 sessions in 2017. All of them are highly satisfied with the Counselling done by Dr. Srimati Biswas.

**Impact:**

- The psychological counselling service in the college is effective in easing the students' personal difficulties. Students can freely and confidentially express their academic, emotional and personal pressures and concerns to a professional who can help them effectively. The constructive support which was received from individual counselling seemed to have a positive influence on the academic performance.

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