

# LADY BRABOURNE COLLEGE

## BEST PRACTICE I

**Best Practice I:** Good Health Practices aims at improving the quality of college students life, and helps them live longer, free from diseases and illnesses.

### The Objective:

- Health is an aspect of life that is essentially one of the important factors in basic human performance. Health contributes to general well-being and overall lifestyle. College students should focus on consuming a balanced diet, staying hydrated, and getting adequate amount of sleep, together with exercise and a healthy lifestyle will ensure both physical and mental health. College campuses should have the provision of a medical unit, Psychological counseling cell and gymnasium so that students can take adequate care of their physical and mental health which would improve their academic performance as well.

### The Context

- When students enter college, their diets deteriorate and they gain or lose weight. Meals are often skipped by college students, and management of weight and food intake is often nonexistent or disordered. Class and work schedules change daily as well as every semester. Several factors can be taken to avoid the weight gain and decline in diet quality that may occur during the college years. The majority of college students conduct a moderate healthy lifestyle, only (50.0%) eat a healthy diet, and (48.7%) suffer from iron deficiency anemia (IDA), while (46.3%) get at least seven to nine hours of sleep, (38.7%) suffer from increased body weight (obesity), and (34.0%) only exercise frequently. The study shows that a high percentage, (75.8%) do not take blood test, at least once every 6 months, and (74.0%) of the students, do not drink at least two glasses of milk per day.

### 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. As many as 32 students and 3 teachers have been counselled this year. In 2018, Dr. Biswas attended 28 sessions in 16 days. In the Medical Unit of the College , once donated by our Alumni Association, Dr. Rituparna Paul, a doctor of Govt. Medical College, provides service to our students, teachers and non teaching staff. She attended the unit on 18days and solved quite a few physical problems of our student and staff. The College has a gymnasium with modern equipments and facilities is present in the Roma Chaudhuri Building and also in the College Hostel. Yoga classes have been arranged once a week for the benefit of students and teachers.

## **Impact**

- The College not only strives for the academic excellence of its students, but endeavours towards their holistic development. In order to ensure that students get the benefit of remaining physically and mentally fit the above measures have been taken by the College. Many students have been immensely benefitted from the above facilities like the Medical Unit, Psychological Counseling Cell and gymnasium of the College.

### Contact Details

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## **BEST PRACTICE II**

**Best Practice II:** Career Counseling Cell is a tool which can be very effective in allowing students to realize their true potential and find work that aligns with their natural inclination.

### **The Objective:**

Career Counseling encompasses the concept of educational, vocational, personal and all other forms of guidance. It aims at enhancing the social image and status of the student ,develop his personality, to explore their career options and effectively plan their career.

## **The Context:**

The single biggest decision that any college student needs to make revolves around what to do after college that is, to take up a job after college or pursue a postgraduate course. A career counsellor will guide a student through this whole decision making process and provide suggestion for his/her benefit.

## **The Practice**

In keeping with the recent trends, the College has a Career Counseling Committee since 2002, which organizes various programmes for career development of aspiring students. The Cell guides students in choosing the right career options in the ever-expanding high-tech global market. During the whole of 2018 the Career Counseling and Placement Cell of our College has tirelessly organized a number of sessions in order to increase awareness among students regarding the kind of opportunities available to them in various professional as well as academic fields. The organisations which participated in such Counseling sessions, namely Career Enabler, The Institute of Company Secretaries of India, Aptech and Aviation and Hospitality Academy, Endeavour Private Limited and others, held interactive sessions with students to provide professional guidance and counseling regarding the future careers that they might opt for.

## **Impact**

Over the past few years, our students have been recruited through such programmes and campus interviews in high profile companies like Infosys, Tata Consultancy Services, Cognizant Technology Solutions, Tech Mahindra, Wipro, 3G, Satyam etc. Several foreign universities have sent representatives and many students have applied to those universities using the Placement Cell platform.

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