

## Best Practice – I

1. Title of the Practice: Certificate Course in Value Education as a Best Practice: Raja Peary Mohan College has started a Six Months Certificate Course on Value Education from the session 2018-19 in collaboration with Rama Krishna Mission Vivekananda Centenary College, Rahara. Students of all streams mandatorily pursue this course during their 2nd semester.

2 Objectives of the Practice :The college aims to develop moral values among the students by the Value Education course. The Objectives of the Practice:

- To inculcate among students respect for culture and gratitude to their parents, teachers, nation.
- To enable students to be the balanced personality and to make them refined with perfection
- To develop individuality of the student through practical, useful and purposive content teaching and practice of socially relevant values.
- To make students responsible citizen and committed to our heritage, national goals and universal perceptions through value education curriculum.
- To develop a critical consciousness to perceive human development and emotions down the age groups. To help students lay a strong foundation for the development of core values.
- To enable students to clarify conflicts based on education. To provide a realistic and broad – based understanding of human values and to educate/train students to become responsible citizens in their personal and social lives.
- To enable students to understand, appreciate, uphold, protect and promote the sovereignty, unity and integrity of India and the national goals of egalitarianism socialism secularism and democracy besides imbibing values enshrined in the Indian Constitution

Course Goals and Target:

- Intellectual Enrichment
- Strengthening the mental power
- Professional Excellence
- Socio-Cultural Responsiveness
- Responsible Guardian

3. The Context: Students and faculty members play an efficient and enthusiastic role in developing values and quality of education. Both students and teachers are the important participants in the system of higher education. Students on the brink of adulthood are in the need of special attention and guidance to protect them from falling to vices and developing mental health issues. It is fundamental requirement in today's world for young adults to care for their physical and mental health. Raja Peary Mohan College strongly feel that modern modes of teachings must be balanced with a simultaneous awareness and training in ethics and human values. Values are desirable and important they are held in high esteem by any society in which a person lives. These values give meaning and strength to a persons character by occupying a central place in life. Inculcation is an effort to teach children the values that educators believe leads to moral behaviour. This value includes honesty, compassion, justice and respect for others. Value inculcation is building of the values in our inner core. This will ensure well-rounded and balanced individuals. It helps in achieving humanistic attitude of students mind with a comprehensive knowledge about the concept and the significance of values in life.

Instigating students to select their own positive personal, social, moral and spiritual values and be aware of ways for developing and deepening them as global citizens. The aim is to Guide their life in the right path and to embellish behavior with good qualities.

4. Practice : Keeping all this in mind the college started the course from the academic session 2018-19 for all 2nd semester students. The course is conducted by the department of Philosophy. Faculty members from other institute like Ramakrishna Mission comes to take classes. Classes are held once a week. Beside theory classes there is also practical courses. Different social service assignments are given to the students to perform mingling with the society at large. Like working with the disabled, spending hours in a blind school, working for elderly in old age home, plantation, feeding the needy and poor, teaching in the slums, promoting awareness campaign of education hygiene, drug addiction etc. Every Saturday the value education classes are organized to deliberate the human values, health and hygiene values. The value and culture in the modern life against social evils and socialization has been imparted among the students. They are taught how to Improve attitudes towards sustainable lifestyle and Creating awareness about national history, cultural heritage, constitutional rights, national integration, community development and environment. Tolerance and justice are the basic teachings to be woven into environmental education. Inculcating principles of self-restraint, self-discipline, contentment, reduction of wants, freedom from greed and austerity which are some of the finest elements that are taught. It creates a strong learning environment that enhances academic attainment and develops students social, cultural and interpersonalised human values.

Assessment Procedure:

1. Attendance
2. Individual Leadership in practical session
3. Project Work

Course syllabus: JIVAN SOPAN: Book for Value Education and Indian Culture, published by the college. It is a Six Months Certificate Course:

5. Evidence of Success: They actively attend the classes and perform all assignments. Special interest is shown by them in the practical based project work where they do many social works on their own or in groups starting from cleaning the college campus, teaching the slum children helping their parents in households activities, visiting and working in the orphanage and old age homes, Many students enter college lacking self confidence but graduated as confident, happy individuals who believe in their worth and effectively utilize the important soft and life skill that they have learnt in college. Reaching out to make a difference is taken seriously by all students and they extend their assistance to slums, NGOs, environmental issues and also spearhead relief program in times of natural calamities. They regularly participate and also organize blood donation camps, take part in various health awareness campaigns in and outside the campus. The best evidence of success is when they come back and say that they enjoyed the course and have learnt a lot to be a better human being.

6. Problems Encountered and Resources Required: The most difficult challenge usually faced is reaching out to students to convince them about the importance of the course which is not in their regular subject syllabus. Financial Resource is arranged by the college and faculty support is provided by all the faculty members of the Department of Philosophy and occasionally by external experts.

## Best Practice II

1. Title of the practice: Psychological counselling cell for improvement of mental health
2. Objectives of the practice: The cell provides psychological counselling to students, addressing any behavioural problems, relationship issues or other psycho-social problems/issues that they might have in their tumultuous college life. Special sessions are held with the students to facilitate their adjustment and to cater to their special emotional needs. PDP's (Personality Development Programmes) are frequently held by the Cell to hone the soft skills of the students. To orient students towards facing life and career challenges the Cell holds regular sessions, thus helping them to tackle stress/pressure situations.
3. Context: The Counselling Cell offers ready help and guidance to students for any other problem that they might face, thereby smoothening their journey in the college and preparing them for their future lives ahead
4. The practice: Raja Peary Mohan College has established a psychological counselling Cell to provide mental health support and guidance to students and staff of the college. Regular workshops, group counselling and individual counselling sessions are held by professional counsellors and psychologists. The practice of Counselling Psychology encompasses a broad range of culturally-sensitive practices that help people improve their well-being, alleviate distress and maladjustment, resolve crises, and increase their ability to function better in their lives.
5. Evidence of success: Psychological Counselling is a specialty that encompasses consideration in several broad domains: counselling process and outcome supervision and training career development and counselling and prevention and health. The students are monitored on a regular basis and counsellors frequently keep a tab on the academic development of the students undertaking the sessions. Guardians or family members are consulted regularly. Based on such reports, the counselling sessions have received overwhelming support due to an overall development of the students. Counselling sessions are organised regularly every week where counsellors and psychologists attend the students. Overwhelming responses are received while enlisting names for counselling sessions from all sections of the students and staff. The name and fame of the cell is now not only restricted to the college premise but also around the adjacent areas as we receive many request from parents and students and also from general public to attend the counselling sessions. It is totally free of cost for students. Aa minimum token amount is taken from the college staff. The success is evident when we see the sad and tensed faces of our students becoming bright with smile and joy after consecutive counselling sessions.