



## **D.A.V. Velankar College of Commerce, Solapur**

### **Best Practice I**

1. Title of the Practice: **PSYCHOLOGICAL REHABILITATION OF GIRLS**

2. Goal:

- Psychological Rehabilitation of Girls through counseling cell for girls
- Giving freedom of expression of psychological, economic and other barriers restricting development.
- Providing platform to girls to transform themselves and make them mentally relaxed increasing capacity to concentrate on their academic ambitions.
- Managing talent through Yuvati Vikas Prakalp.
- Energizing girls through giving them listening ear and boosting confidence.
- Increasing ratio of girls students in Higher education ensuring physical and mental wellness.

3. The Context:

The college has majority of girls coming from socially and economically backward areas with orthodox traditional background. This has made them psychologically depressed with low self-esteem, mentally weak and sometimes even very meek that they could mentally collapse at point of time. These factors of course affected their physical well-being also. This scenario required their 'psychological rehabilitation' so that their number in higher education will show a notable increase bringing them into the main stream of the society. Counseling cell for girls is an ambitious endeavour of college to give the girls freedom of expression about their psychological problems, economic & developmental problems. This 'psychological rehabilitation' has generated hopeful positive vibes energizing girls to take up their academic ambitions confidently reducing number of girls dropping their education in the midway going a long way in social transformation in the society.

4. The Practice:

The girls entering to degree courses are made aware of the counseling cell at the beginning itself through circulation of notices and arranging an introductory lecture of the in charge of the cell and the lady counselor. The faculty members also explain and motivate girls to take advantage of the cell. In the beginning, girls are hesitant to approach the cell but the In- charge of the cell with her convincing abilities is able to remove the hesitation in their minds and once girls approach the cell, they are so satisfied that they convince their friends also to approach the cell in case of any psychological, economic and any other barrier affecting their development.

The girls when approach counseling cell are asked to narrate their problems to the In-charge who in turn puts them before the lady counselor on her visit. The confidence is given to the girls about the confidentiality of their problems. The lady counselor visits twice in a week and the girls having problems are dealt with one by one. Sometimes it so happens that the problems are so severe that the girl is kept in touch with the lady counselor constantly. The lady counselor on her own selects topics of importance and gives her presentation for all the girls or for a selected few. The In-charge of the counseling cell is always in touch with the girls who have approached the cell; the lady counselor monitors their progress, gives them time whenever needed and makes it sure that the girls are coming out of their shells helping them to blossom. The physical wellness of the girls is taken care of by:

- Measuring BMI index
- Hemoglobin and blood group check-up camps
- Suggesting suitable diet by the counselor
- Suggesting suitable physical exercises by the counselor
- Referring to the specialist doctors whenever necessary

As a part of counseling cell, the Yuvati Vikas Prakalp is the platform for managing the talents of the girls and their overall development. Under the Yuvati Vikas Prakalp, activities conducted are:

- Elocution Competitions
- Power Point Presentation Competitions
- Cooking skill Competition (Pak Kala)
- Developing craft skills through training for Craft Art
- Short term bridal Mehendi course
- Short term beauty parlour course
- Establishment of Training in Self Help Group
- Earn and Learn Scheme

The skill development is done through signing MoUs with the skill related enterprises in the city. A true bond of a teacher and taught is developed between the girls, the counselor, the In-charge and the faculty members.

#### 5. Evidence of Success:

The success of the Psychological Rehabilitation of Girls has boosted confidence of the faculty members to expand the scope of the practices which has paved a way into Yuvati Vikas Prakalp. The evidences of success are:

- The case studies of the girls who have narrated their problems related to psychology, health, emotions, etc. to the counselor are recorded and the opinions of the girls after the counseling are also recorded (record of the same is kept confidential without noting their real name) with the in charge.

- The efforts taken on the skill development training programmes/courses under Yuvati Vikas Prkalp have made the girls confident and self-reliant through the skill they developed transforming it into a small venture of their own.
- The efforts and activities have shown positive and hopeful reports of the girl students in terms of psychology, health, emotions, etc. As a result, healthy learning atmosphere is created on the campus among the In charge, the counselor and the faculty members. More and more girls are approaching to them directly and indirectly; which, is helping them to complete their degree education reducing probable drop out and also ensuring the all-inclusive growth approach.
- The bond that is generated between the girls and the college is so strong that the girls are in touch with the in charge even after completing their graduation consulting regarding the various issues and informing about their progress.

6. Problems encountered and resources required:

The college has utilized following recourses for the Psychological Rehabilitation of Girls:

- Lady counselor (Lady Doctor)
- Infrastructural requirement (Room and weight machine, BMI machine, LCD projector, First aid box, etc)
- Registers for entries and records

The problems encountered:

- It was Herculean task for us to explain the basic concept of the cell.
- The college faced the problem due to traditional and orthodox social norms from which the girls come from.
- The overcoming of mental blocks and locks of the girls and give them confidence about confidentiality of the information so that they could narrate their problems freely and authentically to the counsellor.

**Activities during the Year 2018-19**

As per the objectives stated in the best practice, various activities were conducted during 2018-19.

Lecture by Dr. Manjusha Chaphalkar (Doctor & counselor) on 1<sup>st</sup> August, 2018 for basic counseling of girls on physical & psychological issues. 47 girls benefited by the guidance.

Organization of Mehandi Competition:

Mehandi Competition is organized for girls to give them platform for expression of their creativity on 11<sup>th</sup> August, 2018. 20 girls participated in the competition.  
girls on

**Self-defense programme:**

Karate for self-defense programme was organized on 3<sup>rd</sup> December, 2018 to train girls on self-defense skills. Kiran Kalawant, National Karate player trained 71 girls.

**Guest Lecture:**

A Guest lecture on Women Entrepreneurs was organized on 28<sup>th</sup> December, 2018. Mrs. Anita Malage, Founder & Chairperson of Yashaswini Agro Producer Company, Boramani guided 108 girls.

**Screening of short films:**

Film 'Fattu' was screened for girls on 9<sup>th</sup> February, 2019. 74 girls participated in the programme.

**Regular visits of counselor:**

During the year, Dr. Manjusha Chaphalkar visited the institute twice a month for reported cases of counseling. 197 girl students were benefited by personal counseling throughout the year.

**Lecture on Diet:**

Lecture on diet for health was organized on 30<sup>th</sup> August, 2018 for giving tips on diet issues of girls. Dr. Suchitra Patankar, Dietician guided 40 girls.

## **Best Practice II**

1. Title of the Practice: SENIOR CITIZEN SERVICE ASSOCIATION

2. Goals:

- To inculcate attributes of responsibility towards social service among the students through service of senior citizens.
- To create social awareness among the students through social participation.
- To make students understand social realities through their interaction with senior citizens.
- To imbibe human values among the students.
- To develop the personality of the student with socio-economic awareness.

3. The Context:

The college always strives to imbibe human values for over all personality development of the students. Various activities have been implemented with the similar concern. Senior Service Citizen Association is one of the activities with the making students aware about the Indian value system through their interaction with the senior citizens residing in the vicinity of the college. Basically, it is fact that during present time the nuclear family

system has created a feeling of isolation among the senior citizens which affects their morale. Being physically over aged they face problems at different levels.

The college identified the fact and decided that interaction with the senior citizens will be a best practice to involve the students constructively because senior citizen would feel considered when the students give them company and students would naturally get knowledge about the society, their responsibility towards society.

#### 4. The Practice:

The present best practice was implemented through National Service Scheme of the college by signing formal memorandum of Understanding between DAV Velankar College of Commerce, Solapur and Samarth Jetha Nagrik Sangh, Shelgi, Solapur. The Programme was arranged and all the members of the sangh were invited to the college in order to get introduced with the students. There in after, the students were divided in the groups and they were allotted certain number of senior citizens. These students visited their houses at frequent time interval and had discussions with them. The activity continued throughout the year. The senior citizens were also invited for number of programmes in the college and during National Service Scheme Special Camp organised by the college.

#### 5. Evidence of Success:

- Students have maintained the diaries of their visits to the senior citizens. The diaries have the record of the experiences of the students shared with the senior citizens. They also include different services provided by the students and recognition of their service by the beneficiaries.
- The various programmes and camps organised by the college are attended by the senior citizen service club.

#### 6. Problems encountered and resources required:

- Practical problem to keep interaction with senior citizen daily basis to serve their medical problems.
- To meet the number of needs of large number of senior citizens and adjust time.
- Registers for entries and records.

The problems encountered:

- The problem faced was the commuting students to the houses of the senior citizens.
- Problem of communication and language barriers.

### Activities during the Year 2018-19

As per Memorandum of Understanding (MoU) signed between DAV Velankar College of Commerce, Solapur and Samarth Jestha Nagrik Sangh, Shelgi, Solapur during previous years and objectives mentioned in the MoU, the National Service Scheme conducted various activities in the similar cause under the banner “Senior Citizen Service Association” during 2018-19.

Activities conducted:

Monthly visits of the students to senior citizen’s homes:

15 students had dialogue with 30 senior citizens as per the schedule. The students discussed on various issues mentioned in best practice and the details are maintained in dairies. The students learnt about culture, ethics, inter personal relations, motivation, life skills, etc. and students’ interaction with senior citizen gave them feeling of belongingness, consideration and togetherness. Students provided them help to get medicines from the store and other important commodities they requested for.

Celebration of senior citizen day:

The college celebrated senior citizen day and the senior citizen club members were felicitated on the occasion.

Guest lectures:

The guest lecture of Shri. B. R. Inde, President of Samarth Jestha Nagarik Sangh, Shelgi, Solapur was organized by the college on the topic ‘Responsibilities of Students for Nation Building’. 45 students attended the lecture.

Participation of senior citizens in functions organized by the college:

Senior citizens were respectfully invited by the college to attend and participate in the major functions organized by the college.

Donation by senior citizen club:

Samarth Jestha Nagarik Sangh, Shelgi, Solapur donated Rs. 5000/- to the college for organizing gender sensitization programme ‘Mission Sahasi’ organized in association with Akhil Bhartiya Vidyarthi Parishad, Solapur.