



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

Best Practice I

1. Title of the Practice: PSYCHOLOGICAL REHABILITATION OF GIRLS

2. Objectives of the practice:

- Provide support for psychological and other barriers through counseling.
- Provide platform to girls for capacity building for academic excellence.
- Energizing girls through giving them listening ear and boosting confidence.
- Increase mental wellness of girl students.
- Develop self-esteem among girls student.

3. The Context:

The college has majority of girls coming from socially and economically backward areas with orthodox traditional background. It is observed that socio economic background of the girls has naturally affected on their self-esteem, confidence and goal setting. These factors have also seen to be affected on their physical well-being also. During their education, equal involvement in curricular, co-curricular, extracurricular activities is necessary through giving them confidence for psychological and emotional strength in preplanned mechanism run by the institution on continuous basis. 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 higher education for UG, PG and Research programmes 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 and 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 regularly visits and the girls having problems are dealt with one by one. The visits of a girl may be repeated to the counselor based on its gravity and complexity of the issue. 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:

- Suggesting suitable diet by the counselor and lectures on diet.
- Suggesting suitable physical exercises by the counselor
- Referring to the specialist doctors whenever necessary

Activities organized for psychological, career, goal-setting, stress related, capacity building and self-esteem related issues:

- Programmes on women health education
- Stress: cause, effect and solution
- Yoga for reducing stress
- Career oriented and skill development programmes.
- Self-defense programmes
- Legal and statutory awareness programme for women's rights.
- Women entrepreneurship based programmes.
- Programmes for building cultural and extra mural strengths.

To run the programmes on continuous basis and in preplanned manner, the institution has entered memorandum of understanding with the agencies concerned.

5. Evidence of Success:

Evidence of success of the best practice is measured through following:

- The activity is continued with the same gravity and response over the period of ten years.

- The girls have been consistently responding to the appeal and calls made by the counselor and the institute for availing opportunity to get their psychological and other issues discussed and resolved.
- 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 and courses have made the girls confident and self-reliant through the skill they developed transforming it into a small venture of their own.
- The activities have shown positive and hopeful reports of girl students through their participation, involvement and performance in curricular, co-curricular and extracurricular activities organized by the institution. As a result, healthy learning atmosphere is created which, is helping them to complete their higher education, reducing probable drop out and also ensuring the all-inclusive growth approach.

6. Problems encountered and resources required:

- 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 counselor.
- Resources required: lady counselor and infrastructural requirements.

Best Practice - II

1. Title of the Practice: SENIOR CITIZEN SERVICE ASSOCIATION

2. Objectives of the practice:

- 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. Senior Service Citizen Association is the activity to make students aware about Indian values through their interaction with senior citizens residing in the vicinity of the college. Nuclear family system has created a feeling of isolation among 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 and their responsibility towards society. The programmes conducted in joint association of two different generations help to communicate cultural, social, ethnic and value based attributes among young generation giving blend of modernity and tradition to the students' personalities.

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 Jestha Nagrik Sangh, Shelgi, Solapur. The Programmes have been arranged at different locations. Sometimes senior citizen were invited to the college for functions; many a time students visited senior citizens at their places. In addition to the specially organized programmes in association with Samarth Jestha Nagrik Sangh, Shelgi, Solapur, the members were also regularly invited for major events and functions of the institution. The visits provided an opportunity 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. Poetry recitation programme, cultural programme, foundation day, senior citizen day, stress management and other programmes were organized jointly.

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 organized by the college are attended by Samarth Jestha Nagrik Sangh, Shelgi, Solapur.
- The college time to time recognized and felicitated senior citizens' initiatives of book publication and other achievements.

6. Problems encountered and resources required:

- Practical problem to keep interaction with senior citizen on daily basis.
- To meet the number of needs of large number of senior citizens and adjust time.
- Senior citizens' long stay of the city.

The problems encountered:

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