

# **Best Practice I:**

## **Title of the Practise- “ Stress Management”**

### **Objective of the practice:**

- 1) To assist the students in identifying issues that hinder their overall growth, as a person and then as a student.
- 2) To identify and encourage the students' interests and aptitudes.
- 3) To help the students deal with their personal, educational and psychological concerns.
- 4) To help students cultivate a constructive mind-set in order to meet the various challenges of their life.
- 5) To recognize and optimize their strengths and learn the better management of their weaknesses.

### **Context:**

The Stress Management Centre aims at helping students to reach their highest academic and personal potential. This primarily involves helping students to solve their personal and career-related concerns and thereby encouraging their holistic wellness and equipping them with tools towards success.

The Centre provides a comfortable atmosphere in which students can discuss any doubts or concerns that might be troubling them. Utmost confidentiality is maintained so that the students can work through their issues and develop the self-awareness to overcome them.

### **Present practice of stress management:**

Free one-on-one counselling services are provided to the students by the Centre. Mental health-related awareness/orientation sessions have been conducted for three months in each department of the university to sensitize the teaching and non-teaching staff and to increase the awareness in students and thus optimize the Centre's benefits for them. The team of Stress Management Centre includes a Consultant Psychiatrist (Medical officer), a Clinical Psychologist and a Psychological Counsellor. The centre has plans to organize such programmes every year, especially amongst the first-year students, in a bid to make the Centre a part and parcel of their campus life.

Some of the issues of the students that the Stress Management Centre addresses:

- a) Lack of confidence and self-doubt
- b) Making choices through effective decision making
- c) Handling peer pressure

d) Relationship issues

e) Addiction

f) Career choice

g) Also, other mental health issues which can cause symptoms like depression, anxiety, phobias, obsessive-compulsive disorder (OCD), etc.

**Checklist of future plan for stress management:**

1. **Awareness** – questions highlighting the level of management awareness about work-related stress and the associated risks
2. **Preventing stress** – questions related to management actions, skills and behaviours known to help prevent stress at work
3. **Monitoring stress** – questions related to actions that enable early identification of stress problems at work
4. **Responding to stress problems** – questions related to how managers respond once stress problems have been identified

## **Best Practice II:**

### **Title of Practice: Adopting nearby villages**

#### **Objective of the Practice:**

1. To take responsibility of the socio-economically disadvantaged community who live in the nearby villages
2. To spread the message to the students that education is incomplete when it is confined to the campus of the academic institution

**The Context:** The Vidyasagar University is located in a socio-economically backward region where most of the people live from hand to mouth. These people have neither access to higher education nor they have consciousness of health and hygiene in most cases. The stakeholders of the University try their level best to do justice to the logo of their beloved Institution by spreading education in the nearby villages.

**The Practice:** Vidyasagar University adopted five villages under 'Unnat Bharat'

Programme and eleven villages under NSS programme. Awareness programme on different issues like health and hygiene, plantation, effects of tobacco, plastic use etc are organized regularly in the villages. Workshop on mushroom cultivation, aquarium fish cultivation, boutique printing, organic farming etc were arranged in some of the villages. Students take part in cleaning the village programme and with the help of village people do 'safai avijan' and remove plastic products from village areas. Health check-up camps are also held in the villages with the help of senior doctors. Students directly take part in the process of rural development by sharing their knowledge with the people in adopted villages. Recently, blankets were distributed among the poor and distressed people of the adopted villages.

**Evidence of success:** Now we are getting an overwhelming support from adopted villages. The village people no longer consider the University as an alienated space. The stakeholders of the University under the supervision of the NSS units have arranged free coaching for the graduates of the villages for various entry-into-service examinations.

**Problems encountered and resources required:** Poverty, hygiene, lack of proper education etc. are major problems in these villages. University cannot obviously fulfil the financial requirements of the village people but can help them in an indirect way. The idea is, with the aid of the Panchayat the students and teachers of the University

can make the masses aware of different Govt-schemes by which the old men and widows and the unemployed youths may be benefitted.

**Notes:**

Every citizen of the country has his/her right to education. The stakeholders of the University try their level best to do justice to the logo of their beloved Institution by spreading education and awareness of health and hygiene in the nearby villages.