

BEST PRACTICES IN THE COLLEGE

I. Title of the Practice: Induction Programme for New Entrants/Students.

The context that required the initiation of the Practice (100-120 words)

The Induction Programme at our college welcomes new entrants, easing their transition from schooling to higher education. Conducted at the semester's commencement, this initiative acclimatizes students to the college environment, ensuring a smooth adaptation. The programme orients students to the available courses, their outcomes, scope, and relevance. It also familiarizes them with college rules and regulations, promoting a conducive atmosphere. Through comprehensive briefings, students gain insight into the college's overall functioning, including academic expectations, support services, and extracurricular opportunities. By delivering qualitative knowledge and fostering a sense of community, we empower new learners to navigate their academic journey confidently, setting the stage for their success.

Objectives of the Practice (50-60 words)-

The Induction Programme welcomes new students, fostering a supportive environment through ice-breaking sessions. It orients them to various courses, scope, college services, clubs, and societies. Key takeaways include program and course outcomes, also accessible on the college website, ensuring a smooth transition and informed start.

The Practice (250-300 words)

The college kicked off its new session with an engaging Induction Programme, designed to acclimate fresh entrants to the institution's atmosphere, overall functioning, and diverse courses. This ice-breaking session fostered a cordial teacher-student relationship, enabling students to connect with faculty members from various departments, units, associations, and subject-based societies. Teachers enlightened students on the avenues and opportunities available after completing their chosen courses. A primary objective was to familiarize students with the workings of a higher institution, bridging the gap between schooling and college life. The programme briefed students on support services, facilities, and code of conduct outlined in the college

prospectus. Students gained insight into their courses, met subject teachers, and understood expectations. Emphasis was placed on maintaining discipline, regular attendance, and active participation in college activities for co-scholastic development and academic excellence. Class coordinators were introduced, tasked with guiding students throughout the session in academic and co-curricular pursuits. This comprehensive induction created a compatible proximity between teachers and new entrants, setting the stage for a productive and supportive educational journey.

Obstacles faced if any and strategies adopted to overcome them (150-200 words)-

The college authorities and Class coordinators efficiently resolved all initial concerns, providing timely support to new students. This proactive approach ensured the induction programme's objectives were met, effectively integrating fresh entrants into the college community and familiarizing them with its unique environment and operations.

Impact of the Practice (100-120 words)-

The Induction Programme offered students a preview of the college's supportive learning environment, providing a platform to address queries with authorities. Assurances were made that spatial differences wouldn't hinder knowledge acquisition. Students transitioning from schools felt at ease. This practice fostered growth, unlocking potential and capabilities of both students and teachers. The programme also acclimatized both parties to emerging challenges, encouraging collaborative learning and excellence. By bridging school-to-college gaps, it paved the way for a harmonious and productive educational journey.

II. Title of the Practice : Wellness Day

1. The context that required the initiation of the Practice (100-120 words):

Hindu Kanya College, Kapurthala, recognizes the importance of mental and emotional well-being in fostering academic excellence and holistic development among students. In today's fast-paced world, young individuals often face challenges such as stress, emotional instability and a lack of mental clarity. To address these issues, the college

initiated Wellness Day as a platform to raise awareness and provide practical strategies for managing mental health. By organizing sessions with experts such as motivational speakers, yoga practitioners, and meditation specialists, the college aims to empower students with tools to maintain mental balance, develop self-awareness, and cultivate resilience. This initiative supports the college's mission to nurture strong, independent, and emotionally intelligent women.

2. Objectives of the Practice (50-60 words):

The primary objective of Wellness Day is to promote mental and emotional well-being among students by equipping them with strategies to manage stress and emotions effectively. The initiative also aims to create awareness about mental health, encourage a positive outlook and foster self-awareness through interactive sessions, lectures, and practical techniques, helping students lead balanced and fulfilling lives.

3. The Practice (250-300 words):

Hindu Kanya College, Kapurthala has been observing Wellness Day on regular basis, organizing diverse events to promote mental health and emotional well-being.

Some of the notable sessions have been as follow:

In year 2019, Mrs. Inderjeet Kaur introduced students to the "Techniques of Reflection," enabling them to tackle life's challenges and attain serenity. She also discussed the benefits of Yoni Mudra, a technique to relax the mind.

On November 18, 2022, Ms. Narinder Kaur, Head of the Department of English and Station Counsellor, Sainik School, Kapurthala, delivered a lecture on "Steps towards a Stress-Free Life." She emphasized the importance of maintaining a positive state of mind and body to overcome challenges and lead a balanced life.

Another session on "How to Manage Emotions" was conducted by B.K. Neha, a Rajyoga Meditation Practitioner and Marketing Manager at a Bangalore-based IT company. She guided students on emotional regulation and arranged a meditation session.

A seminar on "Mental Health" by motivational speaker Dr. Keshav Anand Das highlighted stress management through lifestyle changes and spirituality. Citing the Bhagavad Gita, he encouraged self-discovery and inner strength.

Each Wellness Day event showcased the collective efforts of faculty, Mrs. Paramjit Kaur, to promote mental and emotional health.

4. Obstacles faced if any and strategies adopted to overcome them (150-200 words):

*Implementing Wellness Day faced initial resistance due to the stigma surrounding mental health discussions. Many students and parents underestimated the importance of emotional well-being. To overcome this, the college conducted awareness campaigns emphasizing the link between mental health and academic success. Testimonials from guest speakers and alumni who benefited from such initiatives helped reduce stigma and encourage participation.

*Another challenge was ensuring student engagement in the sessions. To address this, the college diversified activities, incorporating interactive techniques like meditation, yoga, and hands-on exercises. Hosting renowned speakers and experts further increased the appeal of these events.

*Limited time and resources also posed constraints. The college strategically scheduled sessions and partnered with external organizations to bring in qualified professionals. By addressing these challenges, the college ensured the success and sustainability of Wellness Day.

5. Impact of the Practice (100-120 words):

The Wellness Day initiative has significantly enhanced students' mental resilience and emotional intelligence. Sessions on stress management, emotional regulation, and spirituality have equipped students with tools to handle academic and personal challenges effectively. Meditation and yoga practices introduced during these events have encouraged healthier lifestyles and improved mental clarity. The initiative has fostered an open environment for discussing mental health, breaking societal taboos. Students have reported improved focus, reduced stress, and greater emotional stability, leading to better academic performance and personal growth. The success of these

programs reflects the college's commitment to holistic development and has inspired similar initiatives in other educational institutions.