

## 7.2 Best practices

**Title-** Svasth Mann Sarwangin Vikas.

**Objective-** To know level of academic stress in students so that they able to deal with it in a positive manners and graduate from our college a confidence youth.

**Context and process-** When the students come to the college from school the academic environment of the college is new and the way of study the curriculum is also completely different for them which generated academic stress in them. To witness this their counselling is held to cope up with the academic stress. First year student who need counselling are identified through notice and Help Desk and are guided to the Psychology Department for needful friendly counselling. They are asked to fill the test for academic stress, home environment and self concept. After filling the test, the test is scored and the stress level of students on different level is revealed. Accordingly they are offer friendly counselling and in healthy environment and strategy chalk out to deal with their stress .It is found out that through this best practice students learn to manage and cope up with their stress levels.

**Problem-** The Girls are hesitant and reluctant to share their personal problems, fear and anxieties.

**Title-** Clean and green campus.

**Objective-** To provide green and clean campus to the students make them aware of their duty towards conservation of environment.

**Context and process-** A green campus is a place where environment friendly practices and education contribute to promote sustainability and eco friendly practices in the campus. We have environmental studies as one of the compulsory subject at first year level for every stream. We promote students for plantation in flower pots and garden too. They are made to look after them and the condition of the plant is taken into cognizance during practical exam. We have compost pit in the college and separate dustbins for different types of wastes is also provided. We have solar energy plant and rainwater harvesting in our college.

**Problem-** It is very difficult to train the mind of the students in maintaining cleanliness.