

## 7.2 - Best Practices

7.2.1 Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.

### **Title-Distress to De-stress**

**Objective:-** Year 2020-21 being Covid-19 year the focus of the best practice was on shifting troubled and stressed human Psyche from Distress to De-Stress.

**The practice-**

### **METHODOLOGY**

**Procedure:-** The mobile number of Assistant Professor of Psychology was shared with students and faculty. During online counselling the symptoms of depression, frustration, anxiety, stress, fear of unknown, isolation, suicidal tendency, survival panic etc. were expressed. They were counselled and advised to do daily exercise, yoga, yogasleep, meditation, positive thinking, healthy diet, hygiene.

### **Best Practice**

1. **Title:** Neki Ka Table.
2. **Objectives:** To provide resources and support to girls and their families in Covid-19 Session.
3. **Context:** The practice was initiated to provide relief to Covid-19 pandemic impacted families as parents of several students were left jobless.
4. **Practice:** The scheme 'Neki ka Table' created a platform to provide items of basic need to the needy.
5. **Evidence of Success:** They have been benefited this system.
6. **Problems Encountered and resources required:** We could use additional assistance in order to bring a greater impact.