RAGHUNATH GIRLS' POST GRADUATE COLLEGE
Western Kutchery Road, Meerut-250001
Re-Accredited 'B+' Grade by NAAC (CPE Status since 2006)
College of Excellence 2014
AISHE Code: C-28817

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Best Practices of the Institution

Best Practice-1: Psychological Testing and Counselling Centre

➢ **Goals**

- **Support Mental Health:** Provide emotional support and mental health resources to students.

- **Enhance Well-being:** Foster a positive environment that promotes psychological well-being.

- **Increase Awareness:** Educate students about mental health issues and available resources.

➢ **Context**

- **Diverse Student Population:** Consider the varying backgrounds and experiences of students.

- **Stressful Environment:** Acknowledge the pressures of academic life, such as exams and social challenges.

- **Accessibility:** Ensure services are easily accessible to all students.

- **Best Practices**

1. **Establish Clear Policies**
   - Develop guidelines for confidentiality and professional ethics.
   - Outline procedures for crisis situations.

2. **Create a Supportive Environment**
   - Set up a welcoming space for counseling services.
   - Encourage an open culture where discussing mental health is normalized.

3. **Qualified Professional**
   - Offer training for staff and faculty on recognizing and responding to mental health issues.

4. **Awareness and Outreach Programs**
   - Conduct workshops, seminars, and campaigns on mental health topics.

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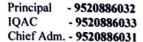
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- Use social media and newsletters to promote services and resources.

5. Individual and Group Counseling

- Provide one-on-one counseling sessions tailored to individual needs.

- Organize group therapy sessions for shared experiences and support.

6. Feedback Mechanisms

- Regularly solicit feedback from students about the services offered.

- Use surveys and suggestion boxes to improve programs.

7. Peer Support Programs

- Train peer counselors to provide support and connect students with resources.

- Foster peer-led initiatives to promote mental health awareness.

8. Regular Training and Development

- Offer ongoing professional development for counselors and staff.

- Stay updated on the latest mental health research and practices.

Implementation

By focusing on these best practices, a Psychological and Counseling Centre can effectively support the mental health and well-being of college students, helping them thrive academically and personally. Gradually expand offerings based on student interest and demand through collaborative Partnerships. We Partner with local mental health organizations for additional resources and training opportunities and actively promote the counseling cell through orientation sessions.

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Best Practice-2: Learning Management System (Pragyan) enabled Teaching Learning

The implementation of. Learning management system. Helps navigate through an academic landscape, which requires strategic planning. By focusing on the best practises an attempt is made to align students learning paths with the academic objectives. Learning management system facilitates. Keeping all the content at one place therby boosting the overall efficacy of the system. The students can assess material. according to the requirements. institution. LMS has enabled institution in fulfilling the goal of providing equitable educational opportunities to all.

Goals:

- To tailor content according to the needs and interests of the students.
- To monitor progress of the students through assignment quizzes and projects
- Make learning enriching and rewarding experience.

Context:

- **Diverse population:** Customise teaching methods keeping in view the different learning pace of the students.
- **Dynamic environment:** Make learning easier during challenging times and keep students engaged.
- **Accessibility:** Students can access study material from any location at any time.

Best Practices:

1. **Organised Content:**

   - Structured content with well-defined lessons, topics and modules.
   - Monitoring progress of students Quizzes and assignments given to monitor the progress of students
   - Establishment of collaborative work environment LMS Enhances smooth communication between faculties and students which creates working environment conducive to growth.

2. **Development and Delivery of Content:** The robust system has made institution develop, deliver and implement plethora of courses and modules.

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3. **Regular performance appraisal:** Regular appraisal of students helps faculties create effective Teaching learning.

4. **Personalise E content:** Using student outcome to deliver training content. based on their preferences and performance

5. **Incorporate interactive activities:** Interactive activities like discussions and other multimedia elements. Can enhance engagement and motivation of students.

6. **Provide ongoing support:** Establishing clear communication channels and provide ongoing support to instructors and learners

Principal

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