



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC With 'A' Grade An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by C.S.I East Kerala Diocese
Affiliated to Mahatma Gandhi University, Kottayam

Criterion-7

INSTITUTIONAL VALUES AND BEST PRACTICES

7.2- Best Practices

Best Practices

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

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

Best Practice 1

Title: Initiatives for Psychosomatic Wellbeing

Objectives

- : - To preserve physical and psychic health in the campus community
- : -To empower the students physically and mentally so that it would enhance their academic and extracurricular activities
- : -To ensure quality life, moulding the students into better persons having a sound mind in the sound body
- : -To make the campus community realise the need for equanimity in times of the pandemic

The context

The COVID Pandemic that affected the world out of the blue, led to apprehension and anxiety among the campus community. Fear of being affected by the epidemic and the unexpected isolation at home were quite unprecedented for the students. They lost the warmth of friendship and the encouraging companionship of their beloved classmates and the love and care of their teachers. For the vibrant youth, living in the limited space of their homes was not entirely different from claustrophobic experience. Hence the psychic and physical well being of the students became a prime concern.

The Practice

(1) Understanding the pandemic through expert advice

It is our mission to provide expert knowledge about the COVID pandemic to our students. Adequate information about the pandemic from medical sources would help to alleviate fear and anxiety. So, we organised a Webinar in which expert physicians from one the leading Multispecialty Hospital in Kerala enlightened the students and the other stakeholders about the safety and security measures that should be adopted to overcome

the threat.

(2) Inculcating the spirit of being mentally healthy Individuals

The relevance of being mentally healthy became all the more evident during the pandemic. Most of us were prone to brooding on annoying consequences and this led to mental strain, tension and resultant frailty of mindset. To counter such thought and kindling hope and positive thought in the youthful minds they need to realize how acquiring mental health and tranquility would ward off fear and tension. Hence the ancient mode of preserving mental and physical health, Yoga was resorted to. The essential and effective *asanas* for acquiring peace of mind was taught to the students. Moreover, to highlight the primacy of mental health in the troubled times, World Mental Health Day was also observed through appropriate programmes.

(3) Cautioning the Youth against damaging pathways to ill health

The imminent threat of being affected by COVID 19 was channeled into avenues for overcoming not only the pandemic, but the need to remain healthy by avoiding one of the worst cankers that may lead the youth into irrecoverable doom: the menacing world of narcotics. They were made aware of drug abuse and its hellish consequences, on the international day against drug abuse and illicit trafficking. Another threat the world has been facing for decades was also brought to the attention of the youth in observing World AIDS Day.

(4) Imparting the Benefits of Being Healthy

As a tangent to this, the Indian winners of Tokyo Olympics 2021 were honoured with a poster exhibition, reminding the students of the fruits and laurels of being healthy individuals. The students being ardent enthusiasts in sports and games, this timely gesture had a positive act on them.

(5) Channeling Healthy Minded Youth to Social Service

This practice was given an added social relevance by directing the students to community service once the pandemic alleviated and offline classes were restored. After the vaccination drive in January 2022, the NSS Unit of the college led the students in helping the people around the campus through providing food kits of the needy as Corona Relief. They were also used in health surveys and awareness programmes in the home Panchayat ward of the college in association with the Primary Health Centre, Edamaruku.

Evidence of Success

The success of this practice is evident in the fewer no of Covid patients among the students and teachers of our college. The engagement of students in the social service activities related to Covid patients and health surveys of the Melukavu Grama Panchayat too suggest their successful management of the Covid related tension and readiness to undertake social responsibilities. We hope to continue achieving such positive results next year as well.

Problems Encountered and Resources Required

In the initial stages of it was not easy to motivate the students in the online mode. But the well oiled mentoring system in the college helped a lot. The teachers spoke to their mentees over the phone and encouraged and gave them all possible support to overcome anxiety and apprehensions.

Notes

The best practice of “Initiatives for Psychosomatic Well being” was a structured effort to help the student community to overcome the Covid situation and make them mentally and physically sound personalities bent on serving the immediate society. The highlights of the practice are:

- Covid awareness programmes to ward off anxiety, fear and the isolation

- Highlighting mental and physical health to mould better personalities

- Programmes to resist the threat of drug abuse so that our students remain healthy individuals

- Imparting social responsibility as the need of the troubled times

Best Practice 2: Women Empowerment through Enhancing Gender Equity

Objectives

1. To make the students aware of the need to uphold gender equity.
2. To inculcate the need for women empowerment.
3. To counter the debilitating patriarchal ideology which creates a feeling of inferiority among women
4. To make students realize the pitfalls of traditional gender roles and resist them
5. To make girl students realise their potential and crucial role in society

The context

The vast majority of the students of Henry Baker College are women. Most of them are first generation students belonging to the minority and marginalized sections of the society. Many of them are timid and reserved showing reluctance to engage in the co curricular activities of the institution. The practice of Women Empowerment through Enhancing Gender Equity was devised to make girl students overcome their diffidence and engage wholeheartedly in the activities in the campus and mould them into women of agency who will turn into responsible individuals with meaningful social roles.

The Practice

This practice integrates gender equity with everyday activities of the campus. Sticking on to the Gender Policy of Henry Baker College we strived to make the girl students overcome the traditional patriarchal limitations thrust upon women. Girls students are encouraged to realize their potential and through structured programmed the notion of gender equality is instilled in their minds. The carefully chalked out Gender Sensitization Action Plan and the activities of The Women's Cell, Gender Justice Forum, the NSS Unit and various departments focus on the essential equity of the sexes. In academic and administrative activities we take utmost care to

treat our students on equal par irrespective of gender. In teaching the modules on gender in the courses in various academic programmes we try to impart the notion of gender equity upheld by feminist theory.

The diverse activities that assure Women Empowerment through Enhancing Gender Equity ultimately aim at making the campus a gender neutral space. The major initiatives in this regard are:

1. Imparting awareness about various laws acts and stipulations that protect women's rights
2. Basic programmes on gender awareness and equality
3. Programmes to make students understand the hazards of gender stereotypes and gender roles
4. Programmes to assert solidarity to the women's cause
5. Creating awareness about resisting violence against women
6. Disseminating the need of assuring health and hygiene for women
7. Bringing out the talents of girl students
8. Empowering women to mould them into agents of social change and equity

Evidence of Success

The girl students have come to the forefront of campus activities. They have even taken leadership roles. Poornima Dileep III B.Com (Cooperation) was elected the Chairperson of the College Union Executive. Aswathy Pushpan, III BA History and Gayathri Mohan, III B. Com (Computer Application) were elected the Vice Chairperson and University Union Councilor of the College Union Executive, respectively. Lekshmi Priya S, of III B. Sc Physics secured the Second Prize in Mahatma Gandhi University Youth Festival, during the academic Year 2021-22. Grace Mary Georg of II M Com Presented a paper in the national level paper presentation Competition. Ten girls of I Year M. A. History participated in the Seminar organised by the Kerala History Congress from March 16 to 18, 2022.

Problems Encountered and Resources Required

Initially, we felt a kind of from the girls to engage in the activities. It was not easy to make them believe in their own agency and potential. The mentoring sessions were essentially helpful in making the girl students overcome their mental obstacles and come to the fore. But soon they overcome their timidity it became easy for them to gel with the activities in the campus.

Note

The practice, “Women Empowerment through Enhancing Gender Equity” is a carefully crafted and sustained effort to empower women. Realizing the need to keep abreast of the contemporary social life the following programmes were organized to make them realize their rights, potentials and social responsibilities:

Webinar on POCSO Act and Gender Equality

Webinar on Domestic Violence & Dowry Prohibition Act

Seminar on Child Right Laws and Prohibition of Selection Act

Debate on “Should the Age of Marriage for Women be Raised to 21”

Webinar on ‘The Role of Youth in Combating Gender Stereotypes’

Webinar on Gender Equality

Kanal-An Online Gender Awareness Programme

International Women’s Day Celebrations bringing out the talents of girl students