



# 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**

In response to the growing concerns about the physical and mental well-being of students, the institution recognized the need to take proactive measures to support students in navigating the challenges of academic and personal life. With rising stress levels, increasing incidences of burnout, and a noticeable decline in overall student health, the institution identified that students' success is deeply intertwined with their mental and physical wellness. Many students face pressures such as heavy workloads, social dynamics, and future uncertainties, which often manifest as anxiety, depression, and physical ailments. Recognizing that these issues could affect academic performance and personal growth, the institution decided to organize more programs aimed at promoting holistic health. These initiatives include workshops on stress management, mindfulness sessions, fitness activities, and mental health support, all designed to provide students with the tools and resources to thrive both inside and outside the classroom.

## **The Practice**

### **(1) Inculcating the spirit of being mentally healthy Individuals**

The relevance of being mentally healthy became all the more evident during the post-COVID period. 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 on the International Yoga Day, an introductory session to Yoga, the ancient way of maintaining mental and physical health, has been conducted.

### **(2) Cautioning the Youth against damaging pathways to ill health**

The post-pandemic society being out of the shackles of restraints might in all possibility show an inclination to seek enjoyment and pleasure in untoward ways. So, the need of the hour is to make the students realize the prime obligation 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, through a number of anti-drug awareness programmes. Another threat the world has been facing for decades was also brought to the attention of the youth in observing World AIDS Day. A talk also was arranged for the students on International Youth Day of the challenges young adults have been facing.

### **(3) Channeling Healthy Minded Youth to Social Service**

This practice was given an added social relevance by directing the students to community service. The NSS Unit of the college led the students in helping the people around the campus to be healthy individuals. A mega blood donation camp was arranged to inculcate the significance of blood donation among students.

### **(4) Special Attention to Women's Health**

Women being the backbone of a healthy society, the college is much concerned about the health of women students. A health check up and a talk on adolescence health was arranged for the girl students of MDCMS HS Erumapramattom in association with PHC

Edamaruku. In order to promote the significance of menstrual health, a sanitary napkin vending machine has been installed in the campus.

### **Evidence of Success**

The success of this practice is evident in the fewer no of students missing their exams and classes due to stress and other health issues. Under the initiative of the NSS Unit of the college, students conducted a mega blood donation camp. We hope to continue achieving such positive results in the following years as well.

### **Problems Encountered and Resources Required**

There was a sort of reluctance on the part of the students to engage in social service activities. But the timely intervention of NSS Volunteers and Programme Officers helped to overcome such hazards.

### **Notes**

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

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 by involving the NSS volunteers in a health survey

Special attention on the health of girl students

## **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. Anitta Stanly of II M.Com was elected the Vice-Chairperson of the College Union Executive. Hiba Fathima of II B.A. English was elected the Magazine Editor of the college Union. Hiba Fathima of II BA English got selected for a one-week adventure camp at Himachal Pradesh.

### **Problems Encountered and Resources Required**

Initially, we felt a kind of hesitation 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:

Helen Keller Day Observance

Malala Day Observance

International Girl Child Day Celebration

Production of short film by our students on Gender Equity “Ahamkari”

Entrepreneurial skills development programme for girls

  
-PRINCIPAL  
HENRY BAKER COLLEGE  
MELUKAVU

