

### **Best Practice 1: Life Skills Programmes**

- To build confidence among the students as well as staff members and enable them to work independently.
- To develop knowledge and core skills among the students as well as the staff members.
- To involve the students and staff members in a wide range of recreational, sporting, cultural and social-service activities.
- To help the students as well as the staff members to strengthen their personal qualities and functional skills.
- To help the students learn communication skills for personal and professional uses.
- To provide the students with vocational training, work experience, college courses and careers guidance.
- To help the students manage their own behaviour efficaciously and cope with emotions as well as stress.
- To create a holistic, safe and secure living and learning surroundings.
- To employ positive behaviour for a positive change in the society.

#### **Context**

The college believes in training the students as well as faculty members for the social and interpersonal skills in order to help them cope with the rapidly changing demands of everyday life. Thus, it has embarked on various life skills programmes with the aforementioned objectives.

#### **Practice**

In an effort to meet the given objectives, the college has initiated a wide range of activities under various heads. For instance, the Department of Computer Science and Applications organized a technical competition titled “Tech Extempore” on 9/8/2019 to impart technical know-how to the students. Besides, this department also conducted a workshop on Programming language (python) for the students on 29/8/2019 and a 15-Day Computer literacy workshop for support staff from 20/1/2020 to 5/2/2020. Department of Commerce organized a national seminar on Investor Awareness on 24/8/2019 to develop the investment skills of the students. The Students and other social groups have been encouraged to participate in various activities like Earn While You Learn, especially curated for girl students, various activities under Talent Hunt and Youth festival, a vast array of activities under NSS, Yoga Day Celebration, celebrations of various days bearing the state, national and international importance, Blood Donation Camp, Eye Check

Camp, Havana, etc. These activities not only bolster the confidence of the participants but also help them identify their potentials. Working together in these activities, helped them acquire positive behavioral changes which surely contribute in a better individual and society.

### **Evidence of Success**

All the staff members and students involved in these life skills have experienced various positive changes in their personal, professional and social lives. The large number of participants in these activities is itself a testimony of the success of the same. However, many of the activities became so attractive that the participants had to compete to join the same. Besides, evidence of success of these life skills is very much visible in the campus, adopted village Fadman, surrounding areas, and more prominently, in the behavior of the participants.

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

Although the said activities were concluded with a great success, yet the journey throughout the year was swarming with various challenges. The major challenge was posed by the pandemic of COVID-19 towards the second half of this session. This pandemic had catastrophic impacts on the execution of major activities like seminars, workshops, camps, career-counseling programmes, etc.

The channelization of the youth for the aforementioned activities was another challenge as most of the students were not interested in the ground level undertakings. Besides, other social groups involved in these activities were least aware of the significance of the same. However, the organizing teams did their best to achieve the optimum results.