

### 7.2.1 Best practice

1.

**Title of the practice - Program on mental health and exam stress**

**Objective of the practice - To assess mental health of students**

**The context - To improve mental health of students and reduce their stress**

**The practice - Workshop on the topic of mental health and how to reduce exam stress**

**Evidence of success-** Students who shared their problems were diagnosed and given appropriate suggestions on the spot.

**Problems encountered and resources required -**

Lack of experts, students were hesitant to share their problems.

Two programs were organized on the topic of mental health.

**1. Workshop on mental health -** The program was organized to assess the mental health of students. In current scenario it is very commonly seen that many factors such as excess use of gadgets especially mobile and isolated and nuclear families are causing various mental and psychological issues in children e.g. depression, anxiety, poor communication skills, aggression, violence, adjustment problems and many more.

After covid-19, the problem became more intense as, during the pandemic people were trapped in their houses; the only source of connection to family, friends and society was mobiles. Intense engagement in mobile phones led to even severe problems e.g. addiction of mobile, poorer mental condition, other medical issues such as weakened eye sight, sedentary life style etc.

So the goal of organizing the program was to make the students capable of distinguishing between good and bad mental health; as in lack of knowledge people do not pay attention towards the issue that can lead to very dangerous situations, sometimes to suicide as well. To bring awareness about it, it was discussed in detail about mental health, its effects on physical condition, academic performances, memorizing capacity etc.

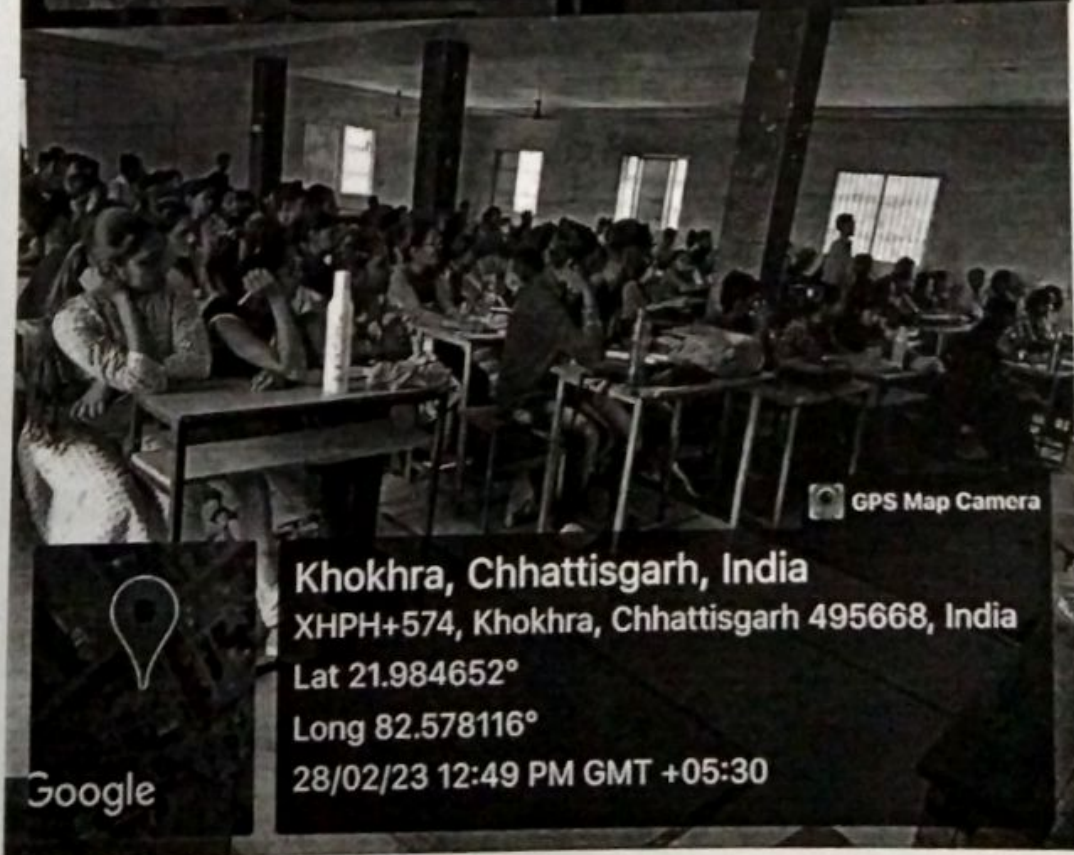
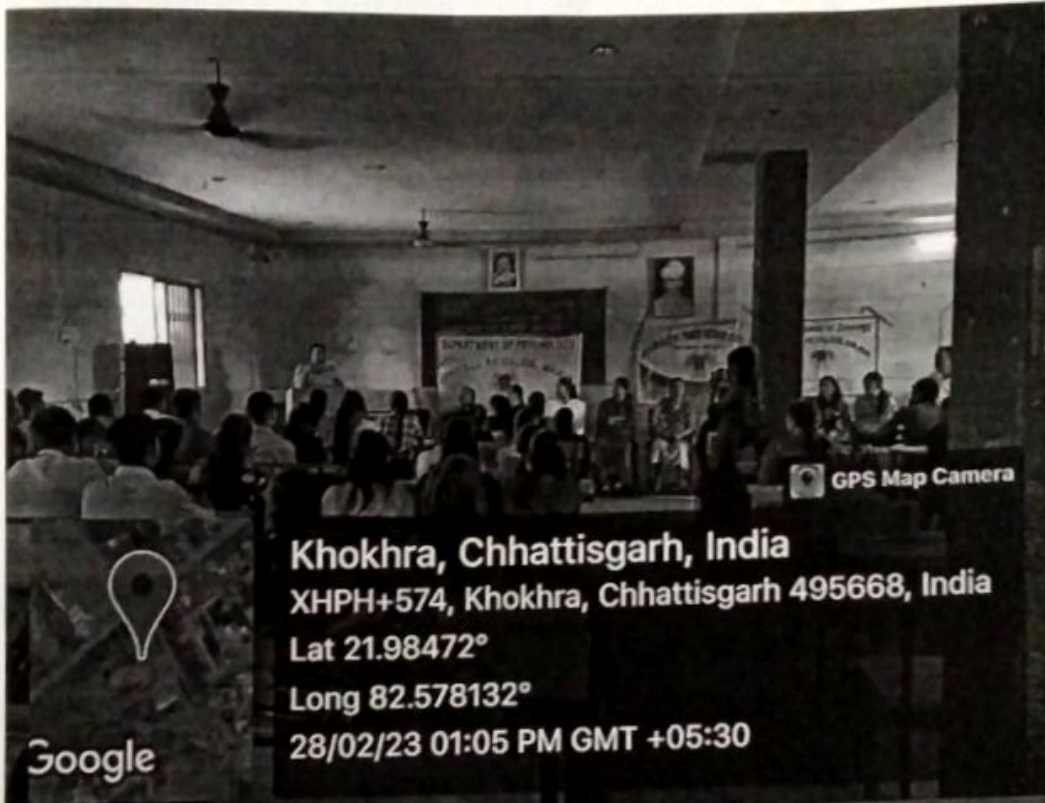
During the program students shared their problems, for which they received prompt remedies on spot and were advised to follow a healthier life style.

**2. How to cope up with exam stress -** due to covid - 19, students were generally promoted to next class in 2019 and afterward exams were conducted in online mode for three consecutive years. In online mode of examination students were given the question paper through mobile phones and answer sheets collected in the institution after 7 days of last examination. This pattern was followed for annual exams and semester exams as well, that led to poor time management, poor writing skills, poor memorization and understanding. During the session 2022-23, exam was conducted in offline mode that caused a huge hassle among students and worried them. It was a challenge for the students to appear in the exam.

The purpose of organizing the workshop on the same topic was to reduce this stress of exam and discuss about the strategies that a student should follow during the exam.

  
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During the program students were enlightened about the mental situations one has to face while appearing in the exam. Students were advised to improve their writing skills, time management, speeding up the writing, so they could attempt maximum numbers of questions.



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## **Best practice**

2

**Title of the Practice** – Free coaching classes for Law Students

**Objectives of the Practice** – To make the students eligible for various competitive exams of law.

**The context** – For encouraging students to opt law as a career.

**The practice** –The institution is organizing free coaching classes from past few years to help students qualify competitive exams.

**Evidence of success** –Many students have been selected for different competitive exams.

**Problems encountered and resources required** –Infrastructure creates a big hurdle to accomplish the goal of benefitting the maximum no. of students.

## **Title of the practice**

Free Coaching classes for law students

## **Objectives of the practice**

The main objective of free coaching classes is to make the students aware and motivate to appear in various competitive examinations. In the absence of proper guidance students wonder how to prepare and what are the main topics to focus on. This coaching class has become a big measure for the students, as a large number of students of the college belongs to poor and rural background who can not afford costly tuitions.

## **The context**

Government job has always been first priority for many people in the current scenario. The level of competition is raising day by day; hence working hard is not the only key to success but aspirants must work smartly to qualify any exam. The coaching classes shows a path for achieving the goal. It is a duty of college to enlighten the students for their future so as they can get success. Providing free classes is a way to help the students step forward.

## **The practice**

With increasing competition, the pattern of exam is also becoming harder and complicated. Students need a deep and vast knowledge about what is going on in and across the state and country. The coaching helps students to make themselves presentable at various platforms in written exams by grooming their personality and increasing self-confidence; which will improve the overall personality of the student.

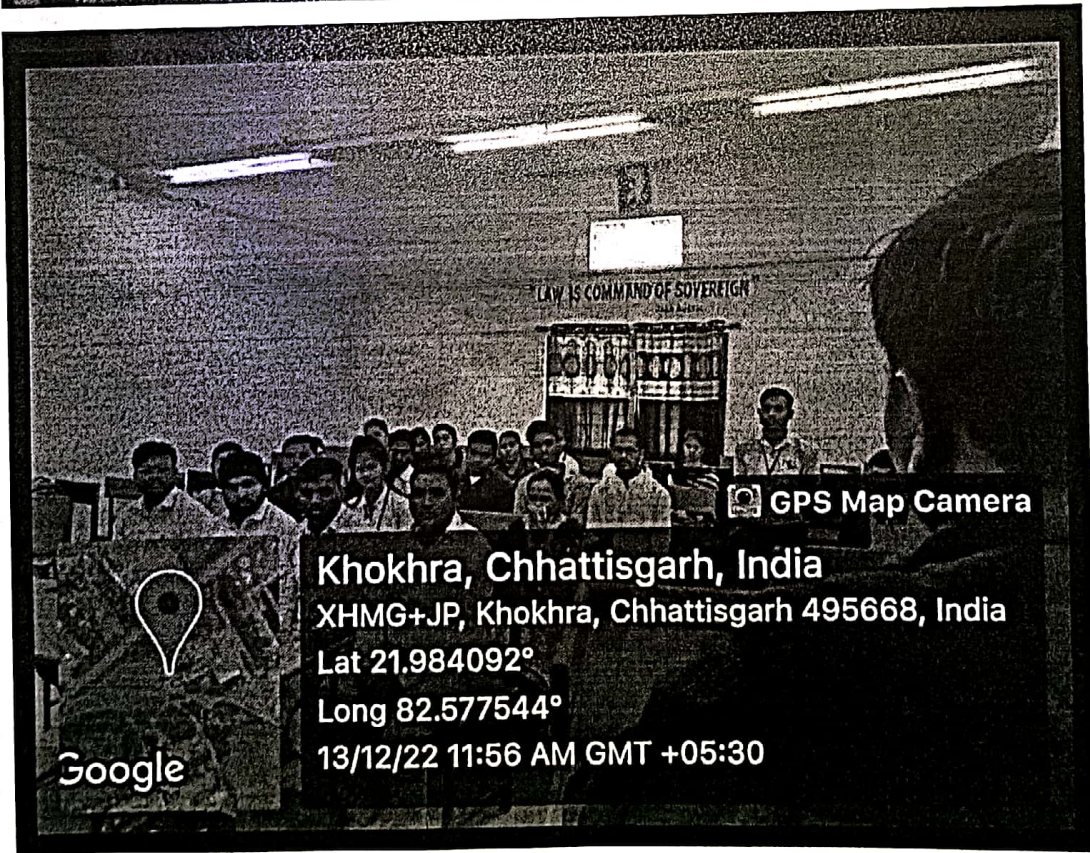
## **The evidence of success**

Students got to learn about different aspects of competitive exam. A number of students became more competent, more confident and more interested. Students enjoyed the classes, got more exposure and interaction with many talented people.

  
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### Problems encountered and resources required

Lack of facility is a big problem along with the issue of infrastructure. Huge number of students are interested for the program but due to limited capacity of class rooms it creates a hurdle. Many of the students opt for the stream without any ambition is also problematic; It is very challenging to motivate such students. As students are habitual to appear in annual and semester exams whereas competition exam has a very different pattern, they get panic while appearing in such exams. So students need to be guided more carefully and patiently.



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