

Title of the Practice: 'Spandana'

Goal: To provide a platform to include a gamut of activities like debating current issues Ethics , values, to bring out and hone the latent talents of the students.

Aim: To create an environment wherein discussion and deliberations on various themes and topics are dwelt upon and a concrete knowledge base created for the students

Objectives

1. To sensitize students regarding our rich cultural heritage, which is fast losing importance
2. To engage in healthy discussions and deliberations.
3. To build confidence and develop the personality of the students.
4. To create awareness and instill a sense of nationalism and patriotism.
5. To broaden the learning horizon of the students.

The content : Apart from regular academic teaching, Spandana' is a student oriented forum which provides a platform, wherein the faculty and students actively participate and deliberate on various themes of social, economic, psychological and cultural importance

The students are encouraged and motivated to share their ideas and add to the knowledge pool.

Practice: Students need to hone their skills like discourses, debates, elocutions, and group discussions. 'Spandana' provides a platform for students to open up, cast inhibitions aside and actively participate in the discussions and deliberations. This antes up their self-confidence and prepares them for the future.

As educators, we make a difference in moulding the personality of the students. 'Spandana' meets once in a week. It's a student oriented forum. Students of the college hail from rural areas with inhibitions to open up and, most of them are socially and economically backward. The faculty motivate and encourage the students to actively participate in the discussions held on various themes. Their ideas are appreciated and acknowledged.

Discussion Themes

1. Gender Issues : Sensitizing on Gender issues are pivotal for any society. Students can make an impact when they are sensitized and educated. Gender discrimination, Gender equality and Gender related issues are touched upon. This creates an awareness and goes a long way in making a difference.

2. Ancient Culture / Folklore: The students are educated and made aware about the ancient culture and traditions of our society. These are losing importance in these present days. Folklore and folkdances, its meaning and relevance is highlighted upon.

3. Socio-economic themes: Socio-economic themes such as child labour, Farmers problem, dowry, caste system, inflation, terrorism, black money etc. are some of the themes discussed.

4. Building self confidence: Students are encouraged to open up and give suggestions, exchange ideas and participate in deliberations. They are duly appreciated and acknowledged. Art of debating, public speaking, group discussion, leadership are encouraged. All these boost the morale and self-confidence of the students.

Evidence of Success: Students are highly benefitted from Spandana. They look forward to participate in it and attendance is high. Participation is vibrant. Hitherto shy students have gradually shed their inhibitions and their confidence levels are high. Students have expressed satisfaction and their personalities have undergone a remarkable change. Their knowledge and awareness have also increased. Students are obviously enriched.

Problems encountered: None

Resources required: Resources like well equipped Seminar Hall with ICT and P.A System. Notes : Students at the beginning were reluctant to actively participate in deliberations. They were mute spectators. The faculty motivated and encouraged the passive students to open up. Gradually, in course of time, the students after gaining confidence actively participated and contributed to the programmes. Their innate and latent talent hitherto unrevealed, was given an opportunity to bloom and develop.

Title of the practice : ‘Manohitha’

Goal : „Manohitha, the counseling center was established by the Department of Psychology with the aim to render counseling services to the students of the college. Its main goal is to facilitate the students to deal with emotional and academic problems and to help them to reach potential. The facility is extended to the parents and high school students.

The objectives of the facility are.

1. To bring awareness of the need of mental well being.
2. To make students adopt and practice healthy life style.
3. To help the target group to deal with stress.
4. To sensitize students towards emotional and health issues of adolescence.
5. To bring awareness about the problems associated with bad habits and addictions.
6. To help students to understand the problems of misuse and overuse of internet and electronic gadgets.
7. To bring awareness among the general public about mental hygiene.
8. To popularize the counseling services and help the general public to seek professional help for Psychological problems.
9. To guide the clients and their family to have good intra-personal relationship.
10. To bring awareness regarding the latest development in the field of Psychology.

The Context

Initially the counseling service was offered to the students of the college. Later it was extended to the parents, general public and mainly to the high school students. Consultation and counseling was offered free of cost both the staff offer the services two days in a week and sometimes on Sundays and general holidays.

One of the main problems the faculty faces is time constraint. They have to complete their academic duties and engage in counseling services. The majorities of students are from rural areas and have transportation problem. Hence they cannot stay after the college hours for follow ups.

The major problems faced by the target group is financial and health. These problems cannot be solved by counseling alone. But counseling regarding healthy lifestyle and o\importance of balanced diet is given.

The low socio economic status, lack of exposure, lack of awareness and improper foundation at lower educational levels have led to low self esteem, language problems and lack of proper goal setting in life.

The Practice

The counseling service is rendered by two Associate Professors who are trained at NIMHANS Bangalore.

The staff engage, in the activities of 'Manohita' during the free hours and sometimes on Sundays and holidays. The service is offered to the students and general public of Tumkur City.

Initially the counselor helps the client to identify the problems and discusses the various options and solutions to the problem. In the later stages then clients are encouraged and guided to adopt healthy practices and most of the time outcome is positive. In case of severe Psychological problems clients are directed to seek Medical l help. They are referred to the local Psychiatric clinics. The center organizes talks and discussion with these experts. They address the students and bring awareness about mental health issues.

The 'Manohitha' also helps students and others toget rid of stress through the practice of pranayama, meditation, positive self talk and creative visualization techniques.

Regular workshops are conducted to teach positive affirmations and Mnemonics. This has helped the student population to achieve excellence in academics.

Students are encouraged to set higher long term goals and helped to achieve them. They are taught to prepare wish charts, goal journals to practice creative visualization techniques.

Though the faculty engage themselves actively in the activities of 'Manohitha' time and financial constraints do not allow them to render the complete benefits of the service.

However, with the help of colleagues from other department, encouragement from the head of the institution and the management maximum services are given.

Evidence of Success.

Goal setting workshop conducted to the students of the department has resulted in the highest success rate. 90% of the target group have achieved their goals and one of the students from a remote village with limited facilities has scored 99 % in a specialized subject and 95% in general.

Those who have availed the counseling services have written thank you letters and expressed their gratitude for a positive out come.

Pre and post test results of various Psychological tests indicate that the counseling has helped the target group to reduce stress and increased concentration and better memory.

The high school students who have attended the workshop on positive self talk have expressed satisfaction and revealed that they are engaging in the day to day activities with increased energy are able to excel in their studies.

Evidence of success has been documented by the department of Psychology and the institution is very happy with the outcome.

Problems Encountered and Resource Required.

- Since majority of target group is from lower socio economic background, consultation fee is not charged. Thus the main problem encountered by the center is financial constraint .To equip with the latest information through need more financial source.

- Another problem encountered is the limited space. One more counseling room will be more useful.
- Clients sometimes do not come for follow-up and this results in negative outcome.
- Those who are referred to seek professional help do not give importance to the advice and neglect because of social stigma attached to Psychological treatment.