

Best Practice-I

MAANASA-College Student Counselling Centre

1. Project title

MAANASA-College Student psychological Counselling Centre

2. Objectives:

1. To help students and staff cope with various mental health issues such as depression, anxiety, stress, trauma, and other emotional challenges, so that they focus on studies and improve in their learning aspects.
2. To improve interpersonal relationships, communication skills, and help in conflict resolution among the student community as well as college staff. This can be beneficial for students and staff, their families and ultimately improve the work environment in the college.

3. The Context

Pithapur Rajah's Govt College (Autonomous) has a total student strength of 3000 students, 130 teaching staff and 50 non-teaching staff. The students come from diverse backgrounds and most of them belong to downtrodden communities with some of their parents even working as labour in gulf countries. Hence, the students may face several psychological issues as they stay away from their parents not only at their home but even in hostels near to the college. The college also has a girl's hostel in the campus and many of them may face psychological issues as they stay away from their parents in the college hostel. Hence this facility of counselling helps them to cope up with various psychological issues and hardships which come up in their life.

Psychological counselling help students develop effective coping mechanisms and problem-solving skills to better manage their emotions and life challenges. This can lead to improved emotional well-being and resilience. Psychological Counseling can facilitate self-exploration, self-awareness, and personal growth. It can help students gain insights, set achievable goals, and make positive changes in their lives. By addressing mental and emotional challenges, counseling can lead to improved physical health, increased

productivity, and a better quality of life. Effective psychological counseling can contribute to reducing the societal burden of mental health issues, such as reduced healthcare costs and increased workforce productivity.

4. The Practice

Two Professional and experienced psychological Counsellors are appointed for the college. These counsellors visit the college every Friday in the afternoon session and counsel the students on their mental issues. They interact one-on-one with students, in a separate room allotted for the purpose in the Commerce block of the college. Every week at least 10-15 students meet the counsellors and share their mental issues with them. On some occasions this facility proved beneficial for the teaching staff as well. Young teaching staff also approach the counsellors on various personal issues and seek counselling.


5. Evidence of success

The students are happy to make use of this facility of psychological counselling by the experts. Every week 10-15 students approach the counsellors on their mental issues. A separate faculty coordinator maintains the list of students who approach the experts for counselling. This initiative in the college is a big success as it also strengthens the Mentoring system in the college. Young staff members who are in the beginning of their career also seek counselling from the psychological counsellors.

6. Problems Encountered and Resources Required

Not all students approach the counsellors easily, though they may have some mental issues. Some may feel shy to approach them in the college. They need to be motivated to approach the counsellors for improvement of their mental health.




 GPS Map Camera



Kakinada, Andhra Pradesh, India
RMC PG Quarters, Rama Rao Peta, Kakinada, Andhra Pradesh 533001, India
Lat 16.957727°
Long 82.227938°
26/07/24 04:39 PM GMT +05:30



 GPS Map Camera



HISTORY DEPARTMENT
09/08/24 02:59 PM GMT +05:30

Students are being counselled by the Psychological Counsellors

Best Practice-II

1. Project title

Centre for 21st Century Skills

2. Objectives:

To make the students as well as staff acquire the 21st Century skills.

3. The Context

21st Century skills help a professional better navigate a career in the modern work place. Critical thinking, Creativity, Collaboration, Communication, Problem Solving, Information, Media and technological literacy, leadership and social skills like team work are indispensable for the 21st Century students as well as teachers. Hence, a dedicated centre with one senior faculty as its convenor, has been set up to train the students as well as teachers in the 21st Century skills.

4. The Practice

The Centre for 21st Century skills of Pithapur Rajah's Government College (Autonomous) impart the necessary skills to the students to make them face a world with cut-throat competition for employability. It chalks out an action plan insofar as the trainings related to 21st Century skills to be given to the students as well as teachers, at the beginning of the academic year. It offers at least two training programmes in a semester to the students. It offers the training in collaboration with APITA on soft skills, communication and employability skills. In collaboration with Helios Academy, Bhimavaram it offers a 100hr coaching in Indian Polity and Indian Economy for Civil services examinations. This Centre also makes the teachers update their technological and communication skills through their training programmes. Good communication helps individuals express their thoughts and ideas clearly and persuasively, and it enables them to understand and interpret the messages of others. Good communication skills also enhance collaboration, foster better relationships, and improve decision-making. Hence, the students are offered training on improving their communication skills through this centre. On week-ends, training is also imparted to the teachers to transcend their own impediments in communication.

5. Evidence of success

The success of this centre is evident from the placements it secured in the companies like Infosys, Hetero drugs, Laurus labs etc as well as the improved communication ability of the students. As many as 120 students who secured jobs and those got qualified in competitive exams were trained in this centre

6. Problems Encountered and Resources Required

Except for some financial hurdles in collaborating with certain top rated private institutes to hire the services of their personnel as resource persons, no problem has been encountered in operating this Centre in the College.

