



CSI, KND, BMHECs

# **KITTEL ARTS COLLEGE, DHARWAD**

## **Annual Quality Assurance Report (AQAR)**

### **2017-2018**

#### **7.2 Best Practices**

Describe at least two institutional best practices Upload details of two best practices successfully implemented by the institution as per NAAC format in your institution website, provide the link

#### **Title of the practice:**

##### **1. Life Skills**

- **The context that required the initiation of the practice(100 - 120 words):**

The development of life skills is a crucial necessity in modern days. As there is a booming social media, internet along with the pros and cons the student community tends to be restless without the knowledge of the positive use and benefits of these resources. Therefore, the need for imparting some awareness regarding the use/misuse of these resources. These have to be used in ways that build the student community. Thus the need to sensitize them about the various life skills that will empower them towards a healthy personality and decision making. Moreover the students are in the age groups of 18-21, which is very volatile and may have adverse psychological/emotional effects on them. Thus the effort is to address these nuances, which are not addressed anywhere else other than the intuition. Further most of the students who are first generation of educated members of their families, the guidance that is lacking is reinstated here. Thus the concept of life skills and training.

To facilitate the above said points, Dr. S.B.Nyamati, Assistant Professor of Economics underwent a three- week course on Life Skills' training, which was directly beneficial to the students as it was immediately put into practice by engaging regular weekly classes and imparting the expertise.

- **Objectives of the practice (50 - 60 words) :**

The main idea behind teaching life skills to the millenials is to equip them with social and interpersonal skills, to build self confidence and courage critical thinking and so on. To elaborate some of the objectives, we may repeat the before said point of social media. With the advent of social media and the like, the students are hedged in and have never focused on interpersonal communication skills and emotional quotient required for common interaction, whereas they are pre-ocupied with social media. As they are trying to cope with new adulthood and the responsibilities of adjusting to new college/city environment along with the burden of preparing for a bright future, they usually need an amount of life skill training in time management, developing self confidence and self esteem and to apply realistic goals by estimating their calibre.This definitely requires life skill training approach.

- **The Practice(250 - 300 words):**

As pointed out above one of the faculty who is trained in life skills engages weekly classes for the B.A.I Semester students. Seminars and group discussion are engaged; sometimes a resource person is invited and the students hold discussions. Not only this there is a regular counselling cell in the Dept of Psychology.

The seminar/group discussions are effective methods to facilitate the students to understand their inner potential and thereby develop self-confidence.The topics of self awareness, stress management, emotional quotient, creativity, communication skills, interpersonal skills, problem solving skills, time management, etc. are dealt with.

These life skills are further given practical application during the regular NSS activities, annual NSS Camp, Outreach activities and even in the college, especially during the conduct of certain programs. The students are exposed to rural life and the problems,

life style of rural people during camps. However most students come from villages. Here they use all the teaching into practice by ways of adjusting to the minimum available resources, different people, food and other things. They are also given enough opportunity to cook/assist and shop for daily provisions; thereby they learn the precious skill of money management.

The Dept. of Psychology and the Counselling Cell counsel students. It is need based and they address several psychological / emotional/ academic problems too.

The members of faculty also counsel students wherever possible; the Grievance Redressal Cell and Women Empowerment Cell also address several problems of students by counselling on one-to-one basis.

- **Obstacles faced if any and strategies adopted to overcome them(100-150 words):**

The main obstacle faced in this area is the fact that students are not motivated enough to take the learning of life skills seriously. This happens due to variety of causes which may be, their upbringing, lack of exposure, lack of proper schooling, pre-occupation with internet and social media.

The members of faculty are concerned about the completion of the University designated syllabi. The syllabi and the related semester activities take prime priority.

However these obstacles are cleared by able time management and an enthusiastic approach. The mentorship program is a significant strategy that is used here, as such, members of the faculty know his/her mentee personally. So apt guidance, motivation, emotional support is provided as and when the occasion arises.

- **Impact of the practices (100-150 words):**

There is a noticeable transformation seen in the behaviour and performance of the students. As they move on to the final semester they exhibit more sense of responsibility, focus, academic excellence and heightened self confidence. Moreover, student feedback provides us with enthusiasm and a good rapport develops.

- **Resources required:**

Training handbook available with the traineer

## **Title of the practice: II**

### **2. Sports Society: “Strong body/strong mind”**

- **The context that required the initiation of the practice(100 - 120 words):**

The Department of Physical Education works in a unique way in that, it is not limited to the activities/ sports of a special group of students only. It focusses on the entire student community. The modern day students face unique health problems too. This is the consequence of wrong eating habits, lack of physical exercise, the demerits of social media/ and the negative influence on them. Therefore the need for various programs and activities under the auspices of the Physical Education Department. These include the observation of Yoga day and yoga training, National sports Day, Annual sports meet, health check up, walk for health / Cycling program, inter-collegiate, inter-university, inter-state level sports competitions. The relevant coaching is imparted.

- **Objectives of the practice (50 - 60 words) :**

The objectives of this practice is to improve their physical skills , fitness, health awareness and increase physical competency, discipline and team spirit. Self discipline and self respect is developed. An awareness of even career opportunities in sports faculty is developed. An increased level of empowerment and growth of stamina that further helps them towards academic excellence.

- **The Practice(250 - 300 words):**

The Dept. Of Physical Education supports and conducts various activities throughout the year. Initially, it begins its activities with the “Freshers’ Induction Program” wherein the respective faculty provide information and awareness of the Department.

The Karnatak University also allots some of the sports / games to be conducted on the campus and the students participate. The students are regularly deputed to participate in the Inter-Collegiate and Inter- Zonal sports activities.

The “World Yoga Day” is observed on 21st June. The students are given awareness of Yoga and the health benefits thereof. On 29th

August “The National Sports Day” is observed. Resources persons are invited to address the students and teach Yoga asanas to the students. Hence, the practical sessions are conducted and the students are motivated to participate in out-door games and the like. Every year some unique activities such as Walk for Good Health and Cycling tours are undertaken. These activities have proved to be extremely beneficial as it serves not only as an educative session, but also as a rapport-building activity. The students are taken to some open spaces in the country side, farther away from the city limits and the Walk Marathon commences and for almost half a day the students and the respective faculty participate. The marathon concludes with lunch/ brunch and other recreational activities. Cycling tour is similarly undertaken. The annual sports meet and health check up is also undertaken.

- **Obstacles faced if any and strategies adopted to overcome them(100-150 words):**

The only obstacle faced here is the lack of motivation and an under estimation of sports and out-door activities. As the degree students are more pre-occupied with academics and are negligent of sports and fitness activities, they do not voluntarily participate. However students who are more inclined towards sports, readily participate. This obstacle is faced by continually counselling the students regarding the significance of sports and out-door activities. As mentioned above, these counselling/ awareness sessions commence after the Induction Program.

- **Impact of the practices (100-150 words):**

It has helped in imparting an around healthy personality among the students. Most of them have gained awareness and are regularly involved in sports and fitness activities. The Yoga day helps in driving home the benefits of yoga and the students have reported many health benefits as they regularly practise yoga. Some of them are so motivated that they have adopted sports as a profession, by undertaking Physical education courses after their graduation. Moreover, they are also aware of the job openings that sports / athletics have and many are appointed as Coaches/ Police department personnel / Army personnel.

- **Resources required:**

- The College has expertise in the form of faculty and a well equipped Department. The sports diet is also provided to athletes. Sports materials and dress.