



St. Francis

College for Women

Begumpet, Hyderabad-500016

(Autonomous & Affiliated to Osmania University)

Best Practices 1

Title: *One on One Counselling by Aasara – Psychological Counselling Cell*

OBJECTIVES:

- To create awareness among the student fraternity about mental health.
- To provide psychological and emotional support to the students in distress.
- To empower students by facilitating academic, mental, behavioral, physical, financial and even spiritual guidance when in need.

CONTEXT:

The Counselling Cell renders unwavering services in the area of guidance and counselling. The Counselling Cell provides both group counselling and individual (one-on-one) counselling services, and the sessions are offered in privacy and strict confidentiality. The college counsellor has experience in handling issues like interpersonal conflicts (family/ friends), relationship management, anger management, emotional disturbances, peer pressure and value-based conflicts, to name a few. Aasara also provides students with career counselling, aided by assessment techniques, in order to help them to take decisions regarding their career. Students who require psychiatric help are referred to practising professional psychiatrists and therapists, along with their counselling sessions in college.

PRACTICE:

A class-wise schedule is prepared in the beginning of the academic year for one-on-one counselling sessions for all the streams. This schedule is shared with the students and class mentors. According to the given schedule, every student visits the counselling center and attends a brief session. The counsellor notes down the primary observations. If necessary, a student is asked to visit again later for detailed discussion. Follow up sessions are held for the students

undergoing psychological distress. If any student misses the scheduled session, it is rescheduled in order to ensure each and every student of the college attends one-on-one sessions.

EVIDENCE OF SUCCESS:

Mandatory class counselling has tremendously helped the students to connect and interact with the counsellor. It has removed the inhibition among students to approach the counsellor in time of distress. Gradually the stigma is waning away and more students are approaching the counselling services. Almost 30% of the students have been seeking counselling services regularly. Many students have benefitted from these sessions, as a result of which they are now able to handle their lives with improved self-esteem and confidence.

PROBLEMS ENCOUNTERED:

The counselling process is handled in strict confidentiality. Though students trust the counsellor, they are reluctant about the counsellor talking to their parents regarding their issues. This limits the effectiveness of the outcome of the counselling session. Non cooperation of the parents in cases when the counsellor approaches them to discuss their wards is yet another challenge encountered by the counsellors. Despite these problems, the counsellors try their best to help the students seeking their services.

Best Practices 2

Title: Value of the month

OBJECTIVES:

- To reinforce values which define the core of the institution among the students.
- To weave the vital component of values into the student life

CONTEXT:

The Value Education Committee of St. Francis College for Women manages the aspect of inculcating the very vital component in student education i.e., values. Charged with the responsibility of weaving the important values in the fabric of student personality, faculty members of the committee initiate various activities.

PRACTICE:

In line with the mission of the college to sculpt the students into Intellectually Competent, Morally Upright, Socially Committed, Emotionally Stable, Spiritually Inspired Patriotic Women citizens of India the college has introduced the practice of Value of the Month. Under this initiative the value education committee along with the management has identified 10 values to be imparted. The following are the values identified, month to which it is being attributed and the respective club incharge who will conduct activities connected to it.

S. No.	Value of the month	Month	In charge club/group/ faculty
1	Sustainability and Environment/ Care for Creation	June	EVS Dept/Prakrithi
2	Respect for self and others	July	Commerce Dept/COFEE
3	Patriotism	August	NCC
4	Gratitude	September	Life science
5	Family	October	Physical science
6	Forgiveness	November	NSS
7	Joy	December	BMS
8	Hope	January	B. Voc
9	Love	February	Languages
10	Peace	March	Arts

The Value Education committee members compiled the material for the aforementioned 10 values and the respective class mentors across all faculties disseminated this information in sessions assigned for the same.

Every month the allotted club members and SFC wings share a short message on the value of the month in the quadrangle during assembly, quotes pertaining to the Value of the month are displayed on LCD screens at different locations in college throughout the month. And one session is designated for discussing the Value of the month by the class mentors every month.

EVIDENCE OF SUCCESS:

This activity saw the enthusiastic participation by all student bodies combined, it was the spread of values of the students, for the students and by the students. short program every month during assembly held the attention of all the students as the values were presented in a very attractive package of song, dance, drama, story etc. the constant display on the notice board helped to reinforce the various values among the student body.

PROBLEMS ENCOUNTERED:

Not many problems were encountered during this program. To gauge the effectiveness of the value of the month, the Value cell will be collecting feedback from the student body so that it can strive to enhance the delivery of the same.