

Shetkari Shikshan Sanstha's



## ARTS, COMMERCE & SCIENCE COLLEGE, MAREGAON (ROAD)

Dist. Yavatmal- 445 303 (M.S.) India

(Affiliated to Sant Gadge Baba Amravati University, Amravati)

NAAC Accredited at 'B+' grade with CGPA 2.51 (Cycle-I)

### **BEST PRACTICES FOR 2017-18**

#### **Best Practice – 1**

**Title of the Practice: Carrier Development-Skill Development Program**

#### **Goal:**

Skill development is important for desired carrier development of the students. The goal of the program is to train the students for soft and communication skills such as group discussion, quiz on syllabus topic, English reading, pronunciation, writing and speaking. The aim of Carrier Development: Skill Development program is to empower them for becoming most social and compete for job opportunity.

#### **The Context:**

The Skill is the part of any teaching program and makes the students most social and employable besides the acquisition of the degree. The initiative was taken up for curriculum designed with the actual requirements and equipped with necessary skills. Learning is required for 70% development, interactions with others help for 20% development, this includes participating in communities, being a mentor and leadership. The remaining 10% of development should be come from training during classes, seminars, workshops and conferences. Once students indentify the skills they develop to achieve their goals.

#### **The Practice:**

The teachers from the Department of English designed program and carried out with the help of teachers from all faculties. No fee collected from the students for the same and teachers put special efforts without

remuneration besides the regular work. The students are selected through a simple test. The selected students are made aware of the Carrier Development: Skill Development. Theory and practical classes are conducted regularly. The study materials made available for students.

Reading, pronunciation and English speaking are achieved by classroom listening, pronunciation of vowels, finding errors, class room reading and text reading, to speak English exercise, to look at pictures and developed conversation and to write conversation. Writing skill is achieved letter writing, report writing, note writing and news report writing.

Group discussion, video presentation of group discussion and group activities are organized regularly. Telephonic conversations, mock interview, seminar, making profile, preparing for presentation, time management, searching study materials are organized.

All the activities related with skill development and career management. It is a continuous process and helpful to think on philosophy and set of habits that will enable to achieve career goals and develop career resiliency.

Successful career management is accomplished through regular habits of building relationship by sharing knowledge and novel ideas and engaging in career development conversations.

The impact of the program is immense. A large number of students intend to join the program and want to get the benefit of this voluntary initiative from the teachers.

**Resource Required:**

Resource persons having knowledge of English as well as skills, CDs, DVs, Books, etc.

## **Best Practice-2**

**Title of the Practice:** Stress Management Program

**Goal:**

Stress management is a wide spectrum of techniques and aimed at controlling a person's level of stress. Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include physical health decline as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. The aim of stress management program is to provide a number of ways to controlled stress and manage anxiety and maintain overall well-being

**The Context:**

The school and college environment is most competitive and students have aim for getting higher score in examination. This can lead to chronic stress. The students in the college are from different cultures, this also shown to have some major effects on stress coping problems. Many students have spill over stress from their study and working environment. Number of ways today tries to alleviate stress on the students. An eye-opening statistic showed that nearly 54% of students suffer from anxiety while studding.

**The Practice:**

The teachers from the Department of Commerce designed program and carried out with the help of teachers from all faculties. No fee collected from the students for the same and teachers put special efforts without remuneration besides the regular work. Students affected by stress are selected through a simple test. The selected students are made aware of the stress management and classes are conducted regularly. The perceived stress scale is a widely used subjective tool for measuring stress levels. It consists of 10 questions, and asks students. How stressed they felt are summed from total score and interaction with students.

Students are made aware about three steps: primary, secondary, tertiary. Primary deals with eliminating the stressors altogether. Secondary deals with detecting stress and figuring out ways to cope with it and improving stress management skills. Finally, tertiary deals with recovery and rehabbing the stress altogether. These three steps are usually the most effective way to deal with overall stress.

Developing social support is effective way to avoid stress. Conducted stress relief activities like quiz, singing competition, students board activities, seminars, workshops, some physical activities, Yoga, etc positive outcomes are developed in the students.

**Resource Required:** Resource persons, CDs, DVs, Books, etc.