

## **Best Practice-I**

### **Title of practice:-**

- Organising Dance and song programmes in deepavali, holi and anand mela for social cultural harmony and gender equality.

### **Objective of the practice:-**

- To develop cultural harmony among staff and students in the college.
- To develop healthy mentality among students and encourage gender equality.
- Building clean and healthy atmosphere by eradicating shyness, nervousness and taboos among the students because of gender inequality.
- Help students to familiarize them with the importance of folksongs and dances in Chhattisgarhi festivals.

### **The practice:-**

- On 03-11-2018 a programme of 'Sua Dance' was organized to develop cultural as well as social harmony among the faculty members and students. 'Sua Dance' is a particular form of dance performed before deepavali festival. All the staff members and students took part in the programme with enthusiasm.
- Students organized Anandmela on 16-01-2019 in which various delicious dishes and snacks were served in different stalls in the college campus. Various games were also arranged for staff and students. Along with entertainment student also learnt business skills involved in the event, Without any discrimination Girls and Boys participated whole heartedly Which contribute to gender equality.
- On 20-03-2019 'Fag' Dance for the festival of holi was arranged in the college compound. All the members of the college family enjoyed the colourful programme of dance and colours which help building a healthy enthusiasm among the students.

### **Evidence of success:-**

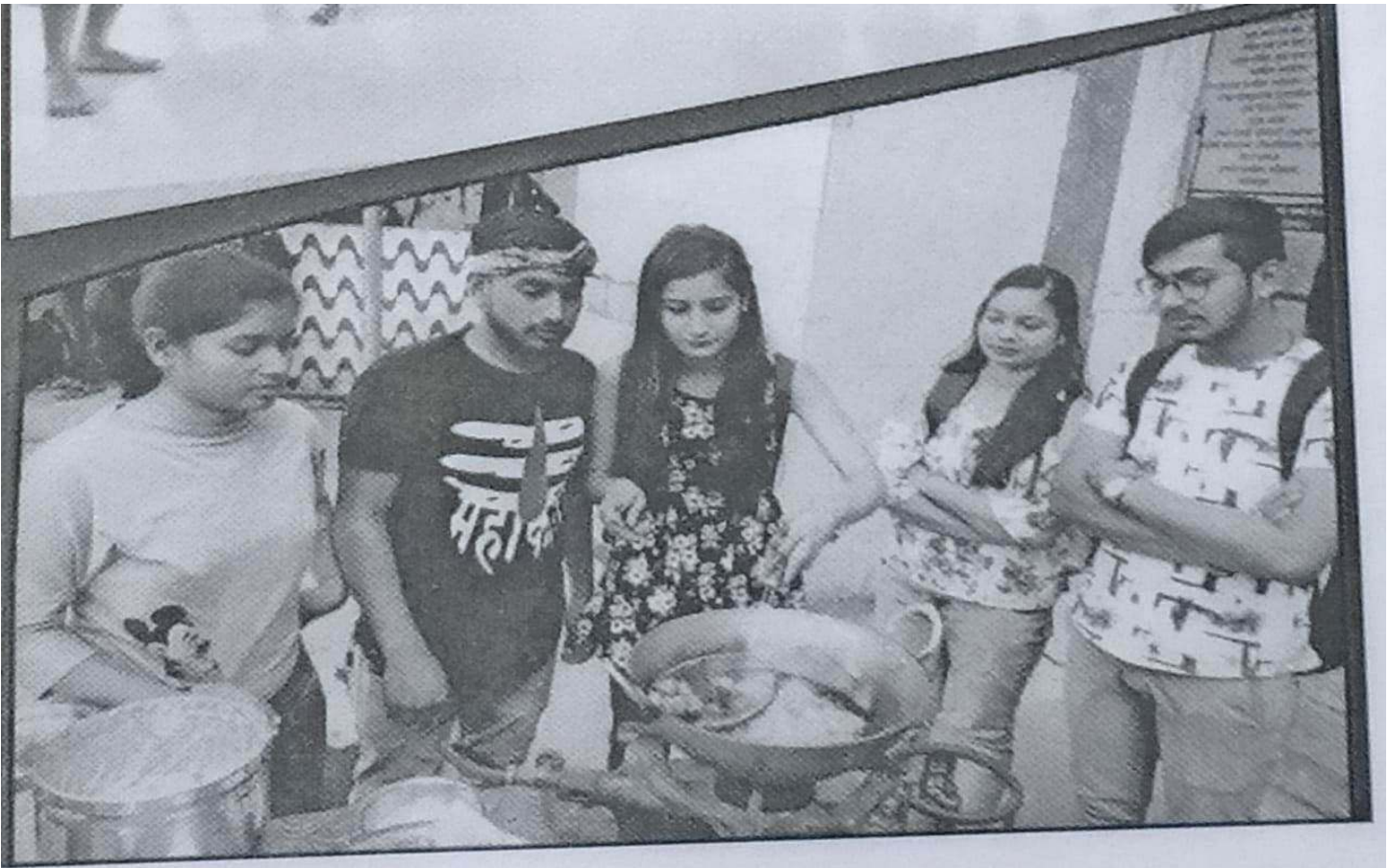
- Each member of the college staff and students participated in the event showing their skills and interest in various items of the event of "Sua" and "Fag Dance".
- Business skills along with cooking skills were quite evident among the girls. Boys (students) didn't lag behind as the member of stalls by boys outnumbered that by girls.

### **Problem encountered and resources required:-**

- Scarcity of musical instruments in the college.
- Students from the far rural areas faced difficulty to arranged stalls in "Anandmela".







## पीजी कॉलेज में वार्षिकोत्सव पर आनंद मेला

# मूंग बड़ा के स्टाल को फर्स्ट रैंकिंग, सेकंड अंकुरित चाट

18.1.19

हरिमूमि न्यूज ►► धमतरी

### खेलों में दिखाए जौहर

आनंद मेले में सांप सीढ़ी और बाल्टी में बाल डालो प्रतियोगिता का आयोजन भी रखा गया था। सांप सीढ़ी के लिए फ्लोर पर डिजाइन बनाया गया था। गोठियों की जगह छात्र और प्रोफेसर खड़े होते थे। इस खेल का छात्रों और प्रोफेसरों ने जमकर मजा लिया। बाल्टी में बाल डालो प्रतियोगिता में प्रोफेसर राजेश चौरसिया 15 बार विजेता बने।

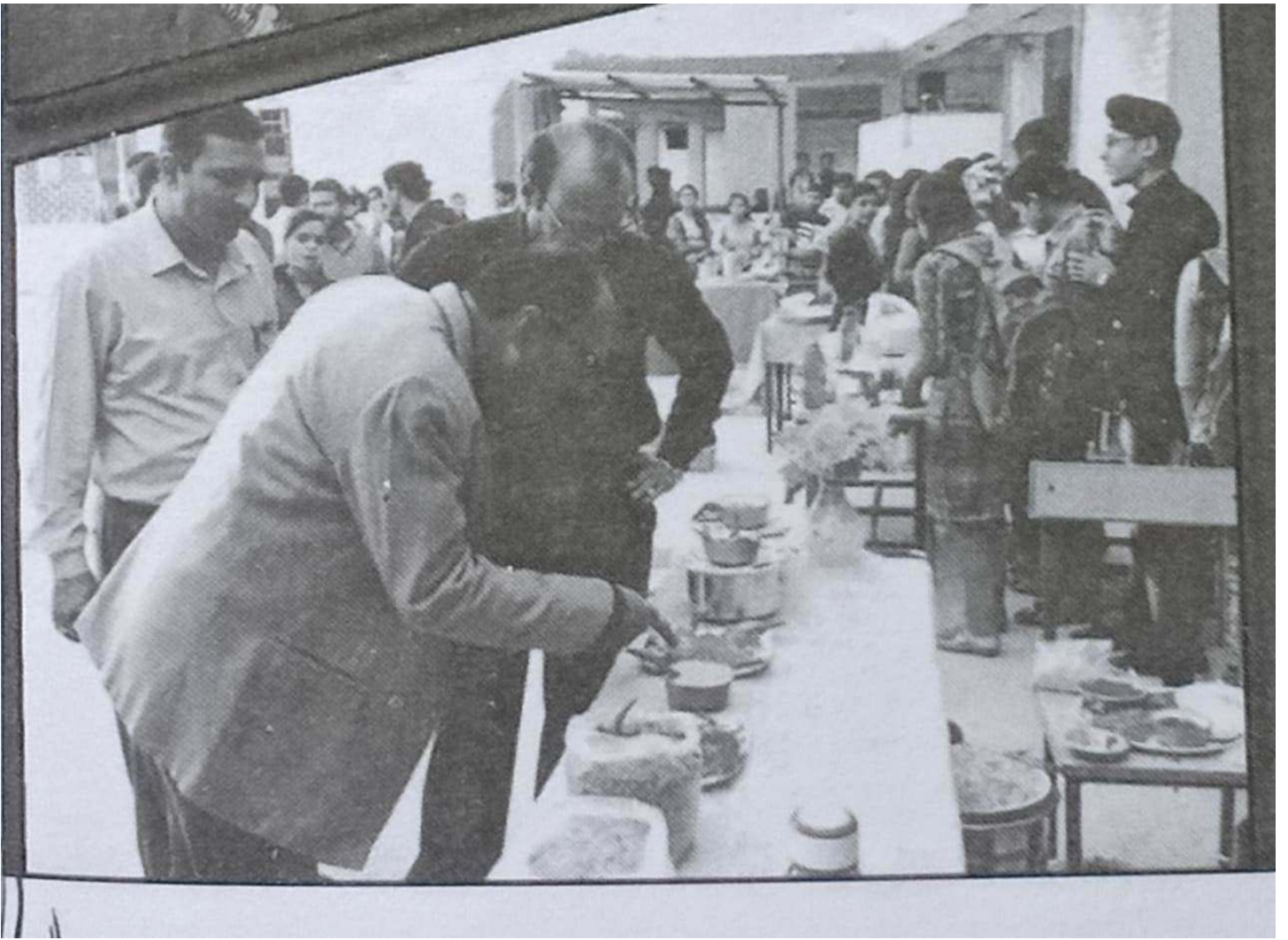
लिया। रैंकिंग में जयप्रकाश देवांगन और यामिनी साहू द्वारा लगाए गए मूंग बड़ा के स्टाल को प्रथम स्थान मिला। दूसरे नम्बर पर समीक्षा साहू और उसकी टीम के अंकुरित चाट का स्टाल रहा। वार्षिकोत्सव का मुख्य समारोह 20 जनवरी को होगा, जिसमें विजेताओं को पुरस्कृत किया जाएगा। इस दौरान सांस्कृतिक कार्यक्रम भी होंगे, जिसके लिए डॉ श्री देवी चौबे सहित अन्य प्रोफेसर आडिशन ले रहे हैं। मुख्य आकर्षण रैम्य वाक होगा।

पीजी कॉलेज में छात्रों ने आनंद मेला का आयोजन किया। बड़ा, समोसा, अंकुरित चाट सहित कई प्रकार के पकवानों के स्टाल लगाए गए थे। खेलों का भी आयोजन किया गया, जिसमें प्रोफेसरों ने भी उत्साह के साथ भागीदारी की।

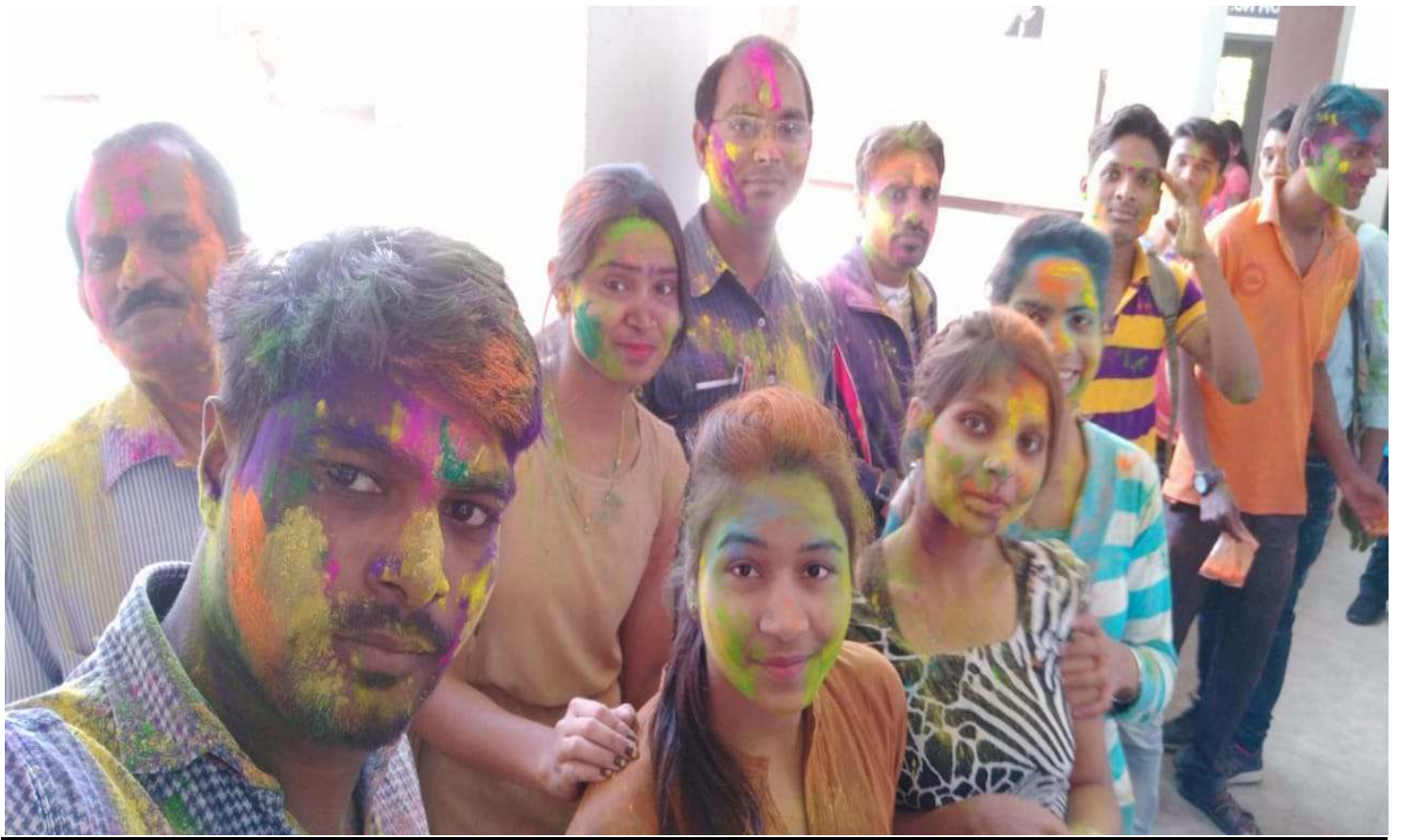
पीजी कॉलेज में वार्षिकोत्सव की धूम मची हुई है। पिछले कई दिनों से यहां विभिन्न प्रकार के मनोरंजक कार्यक्रम हो रहे हैं। इसी कड़ी में बुधवार को आनंद मेला का आयोजन हुआ, जिसका शुभारंभ प्राचार्य डॉ. चंद्रशेखर चौबे ने किया। छात्रों द्वारा लगाए गए स्टाल की रैंकिंग के लिए प्रोफेसरों को तैनात किया गया, जिसमें छात्र संघ समिति के प्रभारी डॉ अमर सिंह साहू, डॉ हेमवती साहू, प्रोफेसर दुर्गेश प्रसाद और प्रोफेसर पंकज जैन शामिल थे। उन्होंने घूम-घूम कर सभी स्टाल में बने पकवानों का मजा











## **Best Practice-II**

### **Title of practice:-**

- Programme on mental health by psychological Counselling guidance cell.

### **Objective of the practice:-**

- Counselling was done for students and staff regarding their depression, mental tension, emotional problems, mental illness as well as family problems.
- To develop healthy mental condition suggestions were made with Yoga and Pranayam practices.

### **The practice:-**

- A psychological counselling centre was established in the college by the Psychology Department with adorable help and guidance from the Psychiatric department of the district hospital Dhamtari. The centre helped out the college family members as well as outsiders to come out of the mental stress and other psychological matters.
- On the occasion of mental health day and world mental Awareness week the psychology department of the college along with the psychiatric department of the district hospital Dhamtari arranged a one day awareness workshop in the college.  
Dr. Poonam dewangan (psychiatric social worker) addressed the audience and suggested how to tackle Wine and drug addicts. 52 participants availed the benefit of the programme in which detail information regarding GAD, DCD, phobia etc. were provided.
- On 15-10-2018 a workshop for the faculty members was organized by the psychiatry department of the district hospital, Dhamtari for management of stress.
- Psychiatrist Dr . Suchita Goyal delivered a detail lecture on the stress in workplace and its consequence. She also suggested some Relaxation Technique, Breathing exercise, Job acceptance etc. The yoga trainer Meera Gautam conducted laughing Exercise for the participants. There were 47 participants present in the programme.

**The Context:-** Mental health counselling and awareness

### **Evidence of success**

- Counselling was done for 09 students, 03 Teachers, 07 outsiders by the psychological counselling centre of the college in the session 2018-19.
- Awareness camp inculcated mental health consciousness among the teachers and the students.

### **Problem encountered and resources required:-**

- The counselling centre does not have sufficient necessary instruments and other requisites. There is no Relaxation room, Relax chair, Bio-feedback machine in the centre. Hence the centre is unable to cater to the needs of the stake holders.



