

BEST PRACTICE 1

1. Title of the Practice:

***Samagraswasthi*- Nurturing Generations by Ensuring Holistic Well-Being of Students**

2. Objectives of the Practice

- Support the physical well-being of the students to keep them healthy and to improve the quality of their lives.
- Stimulate the intellectual well-being of the students to keep them inspired with a sound mind to attain their goals.
- Promote the emotional well-being of the students to help them maintain emotional balance and a sense of fulfilment in life.
- Enhance the social well-being of the students to successfully interact in the community and contribute to its development.
- Facilitate career and employability skills development for a rewarding future.

3. The Context

Having noticed lacklustre academic performance and regular absenteeism among a noticeable faction of students in the campus owing to ill health and other imperceptible reasons, the college council decided to conduct a thorough study to assess the causal factors. Inputs from counselling sessions of students with staff guides, parents and professional counsellor of the college pointed to a variety of factors like social and family issues, unhealthy lifestyle, poor dietary habits, lack of motivation and career goals. These pressing concerns necessitated the implementation of a custom-built project to improve the holistic well-being of the students in the domains of physical, intellectual, emotional, social and career well-being.

The College has designed the **Samagraswasthi Project** to ensure the Holistic Well-being of the students with an objective to promote Learning. With the different initiatives of *Samagraswasthi*, the College focuses on an enlightened and enriched student community.

The well-being thus attained results in improved academic achievement, responsible life choices and a better life.

4. The Practice

The *Samagraswathi* of students is accomplished through various programmes and initiatives undertaken by the College.

Physical Well-Being

- **The Yoga Centre** of the College created video tutorials on basic yoga asanas and offered an online course- *Yoga for Beginners* including breathing exercises.
- **Deva Matha Sports Academy** conducts **Summer Special Sports Camps** for budding talents of the community.
- Well-equipped **Gym** and the newly launched **Open gym**.
- Webinar series on **Living with Covid- Sustenance Lessons, healthy diet and lifestyle**
- **Free medical check-ups** for students and staff

Intellectual Well-Being

- **Walk with A Scholar programme** for advanced learners and **Student Support Programme** and **Remedial Classes** for slow learners.
- **MOOCs, Workshops, Seminars/webinars, debates, presentations, quiz programmes** and **competitions** are conducted for intellectual refinement.
- Well, Equipped **Library Facility**; with **Digital Library** is in the offing.
- Effective Curriculum delivery through the systematic implementation of **OBE**

Spiritual & Emotional Well-Being

- Effective **Mentoring** and **counselling** system for students
- The college has a **Value Education Team** with a target-oriented curriculum.
- Webinars on **Students and Mental Health in Covid Scenario** and **Gender Sensitization** and **Women Empowerment**.
- **Regular PTA meetings**
- **Meditation** and **yoga** for the students to keep them emotionally fit.

- **Chapel for meditation**
- **Cultural Fests** for promoting the emotional well-being of students.

Social Well-Being

- The NCC unit of the College made and **distributed 50,000 face masks.**
- **Immunity tablets and sanitizers** were distributed by the NCC Cadets who **volunteered in vaccine distribution.**
- Conducted **Blood donation and hair donation camps.**
- The College has two **Adopted Villages** in the neighbouring communities and devices extension programmes to achieve the following objectives:
 - **Sustainable Green Model Villages**
 - **Employability Skills**
 - **Organic farming**
 - **Waste Management System**
 - **Nutritious Diet**
- **Distribution of essentials** to the destitute of Marian Sadanam, Pala.
 - **Miss a Meal Programme-** Distributing lunch packets once a week to Mariyan Sainyam, Manjoor
- A webinar on **Plastic Management** was conducted as part of **Swachhta Pakhwada.**
- **Response to emergencies-** Okhi, Flood, Covid

Career & Employability Skills Development

- **Add on course on Capacity Building and Life Skill Development, Disaster Management & First Aid Training, Hand Embroidery and Fabric Painting Course.**
- Webinars on **Career Building during the Covid Pandemic, Relevance of Design Thinking in Entrepreneurship, Career Opportunities for Commerce Graduates in the Covid Era and Rebooting Business during the Covid Era.**
- **Interview Skills Training** to students and **Online Bank Exam Preparatory Course and PI Training** during 2018, 2021 and 2022.

- **Finishing School Programme** for the final year UG & PG students to refine their employability skills.
- **Internships** to provide industry exposure to the students.
- **Certificate Programmes in Income Tax, MS Office and German Language**
- **Biennial Job fair** conducted in 2020 and 2022, in association with **District Employability Centre**

5. Evidence of Success

The student community responded positively to the various initiatives of the project Samagraswasthi as they were convinced of their problems being addressed genuinely and professionally by the institution. The students turn out for classes showed regular improvement. The mentoring system and counselling sessions administered by the College helped the students to tide over the multiple struggles they confronted with. They actively participated in various competitions organized by the College which rendered them a platform and feeling of rootedness with the student community. They were punctual in keeping the deadlines of assignments and actively participated in webinars organized. The students spent more hours in the library and were positive towards special classes. The PTA turnout also improved during the period. Active engagement in add-on courses and successful completion of other online programmes indicates the unfailing spirit of the students. Even during the tough times of the Covid pandemic, the students of Deva Matha College were able to keep themselves safe, positive and emotionally balanced.

Other key indicators of the success of the Samagraswasthi project are the excellent academic results of the students with 93 university ranks and consistent placement percentages in the recruitments of the period. The College takes pride in the effective transmission of the required set of skills to the students while ensuring their holistic well-being. The college bagged various recognition for its successful conduct of initiatives for holistic well-being.

6. Problems Encountered and Resources Required

Most of the initiatives of Samagraswasthi had to be shifted online during the pandemic. There were shortcomings in the efficacy of the programmes when conducted online. The vexing issues of digital divide and other financial constrains caused many students to miss out many of the online programmes in the first wave of the pandemic. Resources required to successfully implement the practice were mainly gadgets and connectivity tools which were supplemented by the management. The faculty and other technical staff also needed to acquire new skills to impart the programmes in the online mode.


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