

BEST PRACTICES OF THE INSTITUTION

1) STRESS MANAGEMENT AND COUNSELING CENTRE:-

GOAL:

- To help the students reduce, prevent and cope up with stress so as to lead a healthy life. (Both Mental and Physical).

CONTEXT:

- Stress has become a part of everyone's life and affects the health of every age group.
- Managing stress is the only way out.

THE PRACTICE:

- The Stress Management and Counseling Centre helps the students cope up with stress levels.
- The experts try to identify the true source and suggest the stress management strategy.

EVIDENCE OF SUCCESS:

- Many students benefitted from Counseling and many who were on the verge of dropping their studies came out successful with flying colors.

PROBLEMS ENCOUNTERED:

- At first the students hesitated to share their problems. It took time to convince them that their problems would not be shared with everyone.

2) RURAL WOMEN ENTREPRENEURSHIP :-

GOAL:

- To work for the well being of Rural women, improving their quality of life by making them self sufficient.

CONTEXT:

- India is a land of villages and the prosperity of nation lies in the prosperity of its village. Since the land area is limited people migrate to urban areas in search of goals. Rural development can be made possible through the growth of Rural Entrepreneurship.

THE PRACTICE:

- Women were selected and were trained in certain fields to make them self sufficient, so that they can be financially independent and increase opportunities for other women too.

EVIDENCE OF SUCCESS:

- Many women of that area are running their own centers and are financially self dependent, engaging other women too.

PROBLEMS ENCOUNTERED:

- No guarantee that the business will work and the entrepreneur may loose money. So difficult to convince them.