

## BEST PRACTICE 1

Title of the Practice: Sensitizing Mental Wellbeing

The Grievance Redressal and Anti-Sexual Harassment Cell, in collaboration with the IQAC, organized a one-day workshop on "Mental Well-being" to sensitize students about mental health issues. The workshop aimed to help students and teachers identify and discuss mental health issues, normalizing terms such as "depression" and "anxiety," which are often not taken seriously by the Indian population.

Students had the opportunity to engage in one-on-one conversations with experts. A mind game was organized to help students assess their psychological status the workshop was enlightening for all participants and demonstrated the college's commitment to addressing these sensitive issues.



## BEST PRACTICE 2

Title of the Practice: Open Laboratory Session for School Students

There has been a noticeable decline in interest in scientific studies and research among the younger generation. The college aimed to raise awareness among school students regarding the importance of scientific study. The Physics Department organized a two-day seminar cum open laboratory session in celebration of National Science Day.

The programme included visits to various laboratories within the department, where students encountered different scientific models, conducting various physical experiments. This hands-on experience allowed students to engage with the science lab directly.

