



## BEST PRACTICES | AQAR 2023 – 2024

### BEST PRACTICE 1

**Title of the Practice: PROMOTING AND SENSITIZING MENTAL WELLBEING**

#### Objectives of the practice

- To foster mental health as a significant aspect of individual well-being and focusing on its importance.
- To promote mental health awareness, especially among students, to help them cope with stress, recognize their strengths, learn effectively, and contribute positively to their communities.

#### The Context

- In today's world, mental health is a significant aspect of individual well-being, crucial in personal growth, community welfare, and socio-economic development. Therefore, promoting mental health awareness, especially among students, has become indispensable.
- It reflects the institute's commitment to its students and to its overall social responsibility.

#### The Practice

- On 22 March 2024 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 these 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.

Dr. Sukdeb Ghosh

Principal

Srikrishna College

Bagula, Nadia

W.B. PIN-741502



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- On 22 September 2023 the Grievance Redressal and Anti-Sexual Harassment Cell, in collaboration with the IQAC organized a seminar on “Mental menace of ragging and solving the problem through legal remedies.”
- Students have the opportunity to engage in one-on-one conversations with mentors and teachers to clarify their doubts and address misconceptions about mental illness.

## Evidence of Success

- Around a total of 110 participants from different departments participated in the event. Dr. Moumita Mondal (Clinical Psychologist of Barasat Government Medical College & Hospital) along with two psychologists Ms. Anamika Saha and Ms. Ankita Pal, trained the participants in various techniques of mental wellbeing in different situations.
- More than hundred participants from different departments participated in the event. Dr. Tanmoy Sen, S.K. Acharya Institute of Law, Kalyani and Dr. Moumita Mondal, delivered their lectures. They both discussed different issues of harassment at College Campus along with respective legal remedies. The participants actively participated in the event.

## Problems Encountered and Resources Required

- Adequate resources are essential for sustaining initiatives.
- The institute may need to secure funding for organizing seminars, training programs, and awareness campaigns.

*Ghosh*

Dr. Sukdeb Ghosh  
Principal

Sri Krishna College  
Bagula, Nadia



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## BEST PRACTICE 2

### Title of the Practice: PROMOTING SCIENTIFIC SPIRIT AND IDEAS

#### Objectives of the practice

- To foster scientific literacy in young minds from a young age.
- To promote understanding of science, its methodology, observations, and theories.

#### The Context

- There has been a noticeable decline in interest in scientific studies among the younger generation especially in colleges in semi-urban or rural areas.
- The decline in scientific curiosity or interest may be attributed to various social media platforms, as well as mobile gaming, which have significantly impacted young minds.

#### The Practice

- The Physics Department organized a two-day seminar in celebration of National Science Day on March 15 and 16, 2024. The seminar included visits to the laboratories within the department, where students encountered different scientific models and conducted various physical experiments.
- Students from the Department of Chemistry participated in the District Level Student-Youth Science Fair held on 29<sup>th</sup> and 30<sup>th</sup> January 2024 held at Krishnagar Collegiate School, Krishnagar. The fair aimed at helping students develop important research skills and ignite an interest in scientific inquiry.

#### Evidence of Success

- Over 100 secondary and higher-secondary students from five different schools in the surrounding areas visited the college laboratories and attended the seminar.

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Srikrishna College

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- This hands-on experience allowed students to engage with the science lab directly. The primary objective of this workshop was to inspire young minds and nurture their interest in scientific studies.
- Students participating in the Science Fair were able to network with their peers having similar interests.
- Students were able to take their natural curiosity and advance their understanding in each area through science.

## Problems Encountered and Resources Required

- Though networking has become an inevitable initiative for a comprehensive education, limited resources can pose to be an obstacle in enhancing scientific research.
- Adequate resources are essential for sustaining initiatives.

Dr. Sukdeb Ghosh  
Principal  
Srikrishna College  
Bagula Nadia,  
W.B. PIN-741502