

BEST PRACTICES - 2020-2021

The IQAC has been actively promoting gender equality and mental health through diverse programmes since the academic year 20108-2019. The sustained success of these initiatives as “Best Practices’ over the past three years has inspired us to align our programmes with the principles of gender equality and varied mental health aspects. Notably, during the challenging period of the pandemic, our efforts in promoting mental health served as a beacon of light to many and thus, it has been instrumental in highlighting our institutional best practices in a remarkable way.

The highlights of these two best practices are as follows:

Best Practice-1

- 1) Title: **“Mental Health - Preserved Wealth”**
- 2) Objective: Promoting Mental Health of Staff and Students of the College by organizing various programmes for enhancing their mental well-being. As Mental Health is an important aspect of the overall well-being of any individual, the Department of Psychology and Counselling and Guidance Centre organize various activities and programmes to enhance the mental health of the staff and students.
- 3) The Context- The Counselling Centre of the college is a place where many students often report their concerns and issues related stress, anger, relationships and are provided guidance for their management.
- 4) The Practice - At the beginning of the pandemic, a one month activity titled “Healthy Mind Challenge” was introduced by the Counselling and Guidance Centre in collaboration with the Department of Psychology. The IQAC organized a workshop for the Non-Teaching Staff of Bhavan’s College and Wilson College on the themes ‘Stress Management and Social Responsibility’ and ‘Trust, Hope and Love’. The Department of Psychology and Counselling and Guidance Centre organized three sessions titled ‘Burst your Anger Outburst’ on Anger Management, conducted by the college counsellor, one each for the Teaching staff, Students and Non-teaching staff of the college. All sessions were activity based and interactive with real-life examples and hands-on training in dealing with anger. A session on Drug de-addiction conducted by a renowned Psychiatrist

and Psychotherapist, Dr. Ali Gabhrani was organized for all the students. 'Colours of Mind' is an Annual Psychology Fest which focuses on different themes of mental health every year. This year the theme was 'Happiness'. Various activities like, 'Mind Mantra', 'Deleting negativity', 'Sketch your thoughts' etc. were organized for the students.

- 5) Evidence of Success- Students seeking counselling from the counsellor generally follow up with her till their issues are resolved successfully. The feedback from the students highlights that they are able to deal with life situations and challenges more effectively and can focus better on their studies after the counselling sessions. Workshops are planned to reach a larger target audience. After every workshop, feedback form is taken from the participants in order to understand how they have received the sessions. Overall analysis of the feedback shows that the sessions are received positively.
- 6) Problems encountered and Resources acquired- Growth and change is a lifelong process. Counselling brings about an internal change and one cannot gauge the efficacy of the sessions immediately. Since this year sessions were conducted online; it became challenging to understand the progress in students. However, in spite of the limitations, the college has tried its best to reach the maximum stakeholders and has made a sincere attempt at promoting and enhancing the mental health of the students and staff.

Best Practice – 2

- 1) Title: **“Together We Will (Gender Equity and Equality)”**
- 2) Objectives: To create awareness among students and staff of various issues related to Gender and to inculcate Gender Sensitivity among them. 3) The Context: The college encourages collaborative activities among various departments of the college as well as with other colleges in order to give its students a wide exposure by giving them an opportunity to interact with their peers from other departments and colleges to add to their learning experience. In order to achieve the goal of Gender Sensitization, various programmes on the theme of “Gender Issues” were organised in collaboration with various Departments, Committees and Associations from within the college and also with other colleges and NGOs working in the field.
- 4) The Practice: (a) The College Women Development Cell and the Internal Committee in collaboration with the NGO ‘Red Dot Foundation’ conducted a session on “Cyber Safety” for female students and staff of the college on 8th March 2021 on the occasion of the International Women’s Day.

(b) The Department of Sociology of our college has started a joint venture with the Department of Sociology of the Wilson College, Mumbai, for the past three years. Two to three collaborative workshops are planned every year. In 2020-21, Momin College, Bhiwandi also joined the collaborative effort. A series of online collaborative workshops on the theme of “Gender Issues” was organised in the first week of March to celebrate the International Women’s Day as per the following details:

(i) 1st March 2021- Theme: Gender Galaxy, Resource Person- Meet Tara Dnyaneshwar, Gender Rights Activist

(ii) 3rd March 2021- Theme: Queer Movement in India- A Way Forward- Resource Person- Adv. Persis Sidhwa, Majlis

(iii) 7th March 2021- Significance of International Women’s Day Celebration for all Genders, Resource Person- Harish Sadani, Co-founder and Executive Director, Men Against Violence and Abuse (MAVA)

(iv) The Departments of Sociology and English from Bhavan’s College and Wilson College in collaboration with Blank Slate Knowledge Foundation and Literature Live! 360@Campus organised a session on the theme ‘Gender and Space in an Urban setting’, with Ms. Rochelle Potkar, Writer and Poet, to read excerpts from her ‘Bombay Hangovers’ followed by discussion.

5) Evidence of Success: After each of these sessions, feedback was acquired from the participants which was later evaluated. Most of the participants gave a positive response about the collaborative workshops. After evaluation of the joint venture, it was decided to continue this venture even in the future and rather than keeping it limited to students of only two to three participant colleges, it could be extended to students from other colleges in Mumbai.

6) Problems Encountered and Resources Acquired: As stated earlier, due to the Pandemic and subsequent lockdown, all the sessions were conducted on the virtual platform. Therefore, the participants missed the opportunity to interact directly (face to face) with other participants and the Resource persons.