

BHAVAN'S HAZARIMAL SOMANI COLLEGE OF ARTS & SCI., SHRI MANUBHAI MANEKLAL SHETH JR. COLLEGE OF ARTS & SCIENCE AND JAYRAMDAS PATEL COLLEGE OF COMMERCE & MANAGEMENT STUDIES, MUMBAI – 400 007.

BEST PRACTICES - 2021-2022

Best Practice-1: Title: "Mental Health - Preserved Wealth"

The college Counselor was available online for the students and staff for counselling due to the lockdown. The information was shared on college website.

A Mental Health Awareness Week was organised. The students were sent appropriate videos, images and short write up for a week related to various mental health aspects like Social Media gimmick- Self Image, Focus and Goal Setting, Think out of the Box- Solution Centered not problem Centered and Forgiveness and Gratitude.

A session on 'Play of Mind' was organized. The counsellor, Keyuri Bhojani explained how it is common to go through emotional disturbance. She explained how people use defense mechanism to cope with this unpleasantness and how such negative emotions can be handled in an effective manner.

Best Practice – 2: "Together We Will (Gender Equity and Equality)"

A webinar on 'Gender beyond the Binary' was organised on 07/09/2021.

Our College with Wilson College organised a webinar on 07th December 2021 for students of Sociology on the topic 'Antidowry Movement'.

Bhavans College in collaboration with Wilson College jointly organised a webinar for staff and students on 'POSH Act, 2013' on 29th January & 01st February 2022