



7.2.1

Best Practice I

1. Title of the Practice- Student Mentoring Initiative

2. Objectives of the Practice

- To address the psychological need of students
- To take expert consultation on the prevalent disturbing and alien situation precipitated by Covid 19.
- To invite interaction from students with experts.
- To provide assurance by expert so that future prospects and planning may be done
-

3. The Context-

The HEI was acutely conscious of the disturbed condition of the students due to the Pandemic and Lockdown. Their young lives were interrupted on both the personal and academic fronts. In July 2020 they were still in the initial stages of the online academic activities, many still struggling to come to terms with the virtual world. In this scenario it was considered imperative to pay special attention to mental health especially as students were confined to homes with all outlets coming to standstill. Their academic health was bound to be affected and possibility of future impairments cannot be ruled out unless serious attention was paid at an early stage.

4. The Practice

A two-day Webinar was organized by the IQAC in collaboration with the Department of Philosophy on Monday and Tuesday 2th and 28th July 2021 respectively. On 27th July Dr. Ushri Banerjee Asst: Prof. Dept of Applied Psychology & Coordinator M.Phil Clinical Psychology, University of Calcutta held a live interaction with the students enquiring the problems they were facing in their virtual pursuits conducted online.

On 28th July Dr. Rima Mukherji, MRCP (Psych) London, U.K., Clinical Psychologist, Founder director “Crystal Minds” held an interactive session so that students could share how their personal space was being affected, including their relationships with parents, siblings and the ways they were reacting to the lack of social sharing.

Both days saw constant interaction between the students and the external mentors.

Cont'd



5. Evidence of Success

The Orientation of the students under the guidance of the two eminent psychologist/psychiatrists enabled the students to become adjusted to the gruelling online examination system where back-logs were often cleared at one go. Conducting of online classes also became a part of the new normal; performances began to rise. There were no drop-out problems in the continuing semesters. The College also did not receive any intimation from concerned parents about mass behavioural issues at home. When the College reopened for Blended Mode in on 16th November 2021 after a gap of almost two years there was a seamless transition.

6. Problems

The chief concern was that the G suit Package could accommodate 100 heads. Although The HEI provided You Tube Link so that all could listen to the lively debate and advisories. A collateral concern of any such programme conducted on virtual mode is the fragility of the connection of the NET. It is accepted that the virtual mode is not very appropriate for these interactive programmes.