

## BEST PRACTICE-1

### Title: Reduction of Dropout Ratio

#### ▪ Objectives –

- Reduce, if not totally eliminate, number of drop outs
- Improve the achievement level of students who are at a greater risk of dropping out
- Retrieve students who have dropped out of college
- Improve the capability of college to establish, implement, monitor, evaluate and continuously improve the presence of students
- Offer a dynamic, interactive education environment that encourages students to pursue studies
- Motivate them to complete education in time
- Encourage them to complete formal studies
- Ensure that no new-comers in hostel leave their studies midway
- Find out reasons for dropping out

#### ▪ Context –

- **Social & Financial Difficulties:** Most of the students belong to the middle class. Ranging from financial problems to expectation of domestic help from their daughters, the parents, as they are daily wage earners, are unwilling to send their daughters for higher education.
- **Health & Psychological Issues:** Many students are unable to face the combined pressure of above situations and undergo issues such as anxiety and depression; parents have neither the time nor resources to look after them and dropping out becomes the inevitable option.
- **Attendance:** irregular attendance forces them to drop out. Reasons for irregular attendance are many, including the above. At times, motivation from family is missing; sometime peer influence dominates.
- **Academic Failure:** We have excellent redressal system for students who are inherently weaker in studies but in spite of that coping up in college on a daily basis can become a challenge.

#### ▪ The Practice –

1. We observed drop out from semester-I to semester – II was 20%. In order to curb this, a committee was formed so as to suggest remedies.
2. The institution aims that no students should give up studies midway either due to economic problem or as a reason of getting married or other social problems.
3. After issuing NOC to any student, we ensure that she takes admission in another college and continues her studies.

#### [A] Know Your Students [KYS] –

- For first year students, it is a platform for discussions of syllabus and informal academic introductions.
- We can understand their interests, over-all orientation, socio-economical background, aims & ambitions in life.
- Strong bonding with faculty members encourages students to share their personal, educational, family and financial problems.
- They become confident to face challenges and take part in all activities.

**[B] Students Support Programme-**

- It was started in 2010, in which the efficient learners teach slow learners.
- By mingling with slow learners, rankers help them in academics and in coping with studies.

**[C] Students' Parliament-**

- Class Representatives find out regular and habitual absentees, contact them and meet them at their homes, find out the reasons and help them to overcome it.
- The Principal personally interacts via Students' Parliament through weekly meetings in which the students freely talk about the class issues.
- Students share their problems with their representatives who help them. If required, concerned higher authorities are informed.

**[D] Strong bonding of the faculty members -**

- Due to irregular attendance, faculty members can easily search continuous and habitual absentees.
- Through telephonic talk they find out reasons for absence.
- Sometimes faculty members and active students visit such students' home and discuss with their parents for arriving at a solution.
- By discussing problems with their parents, they help bring solutions and encourage their parents to make their ward regular in attendance.

**[E] Students' Welfare Fund [*Saraswati Sahay Scheme*] -**

- If it is a financial problem, the college solves it by waiving their fees or managing it from the Students' Welfare Fund.
- The management and the faculty members also pay the fees of sincere, bright and needy students.

**[F] Parents' Meeting –**

- We organize Parents – Teachers' Meeting to discuss their wards' progress and provide suggestions for improvement. We convince the parents about the importance of higher education and graduation.

▪ **Evidence of Success -**

Though the task convincing parents given all their excuses was very tough, given our consistent efforts, in a majority of case we were able to convince parents so that now the drop out ratio has reduced considerably. These efforts have been appreciated by Education Minister, Hon'ble Vice Chancellor of Gujarat University and College Management on different occasions. Due to the efforts of the faculty members and students, many dropped-out students have started their studies once again.

A higher incidence of drop-out was observed in First Year Arts students. The drop-out ratio has decreased from 19.23% to 7.18% which is very remarkable.

In semester I (B.A):

Year 2015-16	19.23%
Year 2016-17	11.82%
Year 2017-18	9.04%
Year 2018-19	11.24%
Year 2019-20	7.18%

The overall drop-out ratio in college has gone down from 5.13% to 2.46% as can be seen below:

Year 2015-16	5.13%
Year 2016-17	4.65%
Year 2017-18	2.68%
Year 2018-19	2.64%
Year 2019-20	2.46%

It is also observed that many students among drop-outs have not only started studying again but have been actively participating in all activities of college.

▪ **Problems Encountered and Resources Required -**

- In some communities, the daughters are married off after their Higher Secondary Examination, e.g., the Rabari and Bharwad community. It is common in these communities that girls are married off in a single, common event so as to manage expenses easily. This leads to multiple drop-outs from college (peer pressure of community and herd behaviour).
- Many students from Rajasthan and Uttar Pradesh, once they go to their villages in between breaks or vacations, simply do not return. It is very difficult to reach out to them and convince to resume studies.
- At social level, barter system is quite common in which there is a give and take - sister and brother are married into the other family together; if the prospects are good, the family does not want to miss out on the opportunity and higher studies takes a back seat. Poor sex-ratio is not helping.

## BEST PRACTICE-2

### Title: Physio-Psychological Care and Counseling

#### ▪ Objectives -

- Spread health awareness drive.
- Enhance students' effectiveness and ability to cope with contemporary challenges.
- Provide effective health education.
- Appreciate the importance of different internal conditions to develop and maintain healthy life styles which enhances their intellectual and personal growth and development.
- To exhibit different external conditions influencing counseling and healthcare through a diorama.

#### ▪ Context-

Physio-Psychological counseling addresses the emotional, social, physical and psychological issues. It focuses on typical life issues with which students struggle as individuals while being a part of the institution, family and community.

35% students living in the college hostel need psychological counseling and extra care as they are away from home.

Some students, coming from lower middle class, are living in small houses and they are abused in their own houses. They have no idea of self-esteem.

40% students' parents are daily wage earners. So they face acute socio-economic responsibilities which affect their mental and physical health besides emotional well-being.

Being an only-girls college, married students face a different set of problems, e.g., not able to take care of family responsibilities that are expected of them.

Students having only one parent need psychological counseling.

Many students are first generation learners, so they have problems of adjustment in college environment.

#### ▪ Practice -

Through Physio-Psychological Care and Counseling, we are able to peep in the minds of the students. The college helps the students to overcome their personal, psychological and social issues and challenges, more particularly during examination times when stress levels are high.

### ❖ Know Your Students [KYS]:

Faculty members identify students' socio-economic, cultural and family background and mental blocks arising out of that. Many students, when they enter college after completion of their higher secondary education, lack confidence. The faculty members identify such students and with utmost care provide psychological counseling.

### ❖ MoU for Medical Help:

The college has signed a MoU with *Vishv Umiya Foundation* for providing Mobile Ambulance Van facility.

- Every Monday and Friday from 9:00 a.m. to 10:30 a.m., Dr. Kishorbhai Dave and his Assistant Mr. Bipinbhai Patel visit the college and provide medical services. Approximately 35 to 50 students avail this service. They identify their deficiencies, provide them with necessary medications and necessary supplements, e.g., multi-Vitamin and Iron capsules. We keep a record of the students availing counseling and medical care.
- Every year we conduct Thalassemia test for the students of first year in collaboration with Indian Red Cross Society. If any student is found to be Thalessemia Minor, then their parents are called upon and briefed for further line of treatment and care.
- During NSS Camp, eye checkup of 79 people was organized at Jaspur village where the President of *Vishv Umiya Foundation*, Mr. R.P. Patel, motivated students and village people to participate. Mammography tests, eye checkup camp, breast cancer awareness programme were organized as a result of which female staff and students benefited.

### ❖ MoU for Psychological Resilience:

We have a MoU with RUDMI (Rural Development and Management Institute) for Psychological Counseling as a part of which Psychologists Ms. Naina Vakeriya and Dr. Preeti Tiwari visit the college regularly.

Psychological counseling is a weekly facility provided by the college. Announcement is displayed on the notice board and circular is sent to the classes. The Class Representatives and the Class Coordinators discuss it in the class. The psychologists provide counseling every Friday between 10:30 a.m. to 12:00 p.m. Some students require multiple sessions and if need arises, psychiatric treatment is recommended with medication. 25 students were counseled through telephonic counseling too. Dr. Preeti Tiwari also conducted an awareness programme. ***This is a free facility*** and no fees are charged for counseling.

- **EVIDENCE OF SUCCESS -**

Many students have recovered from their difficulties. Many of them have submitted their feedback form from which it is evident that they have benefitted from the facilities the college has provided. Through feedback we came to know that 95% attain counseling sessions regularly. Most of them take multiple sessions. All of them experience vast difference between before and after counseling. They have written that it was their life changing experience and have learnt to deal with it. The attitude of the students has considerably changed after their counseling and they have improved their view of life considerably. Their confidence level has also grown up remarkably. The students who availed medical care have recovered from their health issues.

A student was diagnosed with a cyst in her breast. Psychological Counseling was provided to her due to which, she was able to recover mentally and emotionally. She is provided medical treatment too at HCG Hospital with the help of *Vishv Umiya Foundation*.

- **PROBLEMS ENCOUNTERED -**

In psychological counseling we are dealing with students who are facing stress and hence challenges are many:

1. Initially students were apprehensive due to transition from school environment to college.
2. Often the hostel-goers suffer isolation due to which they tend to get angry with fellow inmates.
3. Students face anxiety due to examination related stress, coping up with higher education, incompleteness of project works, assignments or class tests.
4. Being a teenager, during the menstrual cycle or hormonal change, the students face mood swings.
5. Students also experience imaginary inferiority complex due to their own misconception of their body image.
6. It takes time to make them understand the need for continuous counseling but eventually we are able to overcome this.
7. It was a hard task to make them understand that everything related to them will be kept secret.
8. Many hostel-goers are not comfortable sharing common spaces, facilities and washrooms.