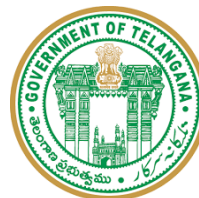




**OFFICE OF THE PRINCIPAL  
TELANGANA SOCIAL WELFARE RESIDENTIAL DEGREE  
& PG COLLEGE FOR WOMEN IBRAHIMPATNAM  
AT ANKUSHAPUR**



**College Code: 61527**

**OU College Code : 2814**

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## **7.2 Best Practices**

### **7.2.1 Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual**

#### **Response:**

Our college adopted and implemented certain best practices at the college level for fostering an environment of excellence, innovation, and holistic development. They establish benchmarks for academic standards, teaching methodologies, and student support services, ensuring a quality educational experience. These practices promote continuous improvement, facilitating adaptation to evolving educational landscapes and industry demands. They also instill a culture of accountability, encouraging faculty and administrators to align with best-in-class methodologies, preparing students for real-world challenges. Embracing these practices enhances the institution's reputation, attracts talent, and ultimately empowers students with the skills, knowledge, and values crucial for their success in diverse spheres of life. Our college has adopted the following best practices to grow students physically, mentally, emotionally and socially better individuals, which help them explore and excavate new horizons of knowledge and wisdom.

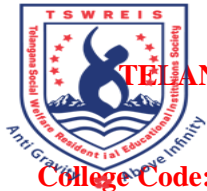
#### **BEST PRACTICE - 1**

#### **Title of the Practice: What you EAT/THINK – YOU BECOME -Keys to a Vibrant Life**

**What you EAT/THINK – YOU BECOME** is the best practice of our college which was initiated in 2019 but completely came onto from “Year of Millets” initiative by the Indian government, which has been creating a positive impact on health of our students. As our college is a residential college, we focus on physical and mental fitness of students. Hence, we adopted and had been implementing millets as meal per week in our institution. And for the mental well-being of we adopted the practice of meditate for 10 minutes every day after assembly. We Categorize them into green, orange, and red zones in targeted interventions. Green zone students exhibit positive mental health, displaying resilience and adaptability. Orange zone students experience mild to moderate distress, requiring support through counseling or stress

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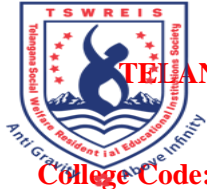
management techniques. Red zone students face severe mental health challenges, such as depression or anxiety disorders, necessitating urgent intervention and professional assistance. We conduct mediation sessions, counseling sessions by the heartfulness team of Kanha. We also have MOU with them.

**Objectives of the Practice:**

- ◆ **Nutritional Benefits:** Millets are rich in nutrients like fiber, vitamins, minerals, and antioxidants. Consuming millets supports overall health, aiding in better concentration and cognitive function, crucial for students' academic performance.
- ◆ **Sustained Energy:** The complex carbohydrates in millets release energy gradually, providing a steady and sustained energy supply, preventing energy crashes and enhancing focus during classes and study sessions.
- ◆ **Improved Digestion:** The high fiber content in millets supports digestive health, preventing digestive issues like constipation, which can disrupt students' daily routines and concentration.
- ◆ **Balanced Blood Sugar Levels:** Millets have a low glycemic index, helping maintain stable blood sugar levels. This stability can prevent fluctuations in energy levels and mood swings, ensuring students stay attentive and focused.
- ◆ **Dietary Diversity:** Including millets in the diet offers dietary diversity, exposing students to different tastes and textures, broadening their palate and encouraging a more varied and nutritious diet.
- ◆ **Stress Management:** One primary objective is stress reduction. Meditation for 10 minutes after assembly equip students for the day to maintain a balanced mindset amidst academic challenges.
- ◆ **Improved Concentration:** Enhancing focus and concentration is crucial for students. This practice aims to improve attention span, aiding in better absorption of study material and increased productivity during learning sessions.
- ◆ **Enhanced Learning:** The objective includes optimizing the learning process. By

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reducing distractions and improving cognitive abilities, meditation helps students retain information better, enhancing overall learning efficiency.

- ◆ **Emotional Regulation:** Supporting emotional balance is vital. Meditation fosters emotional resilience, helping students navigate the emotional ups and downs often experienced during academic pursuits, thereby improving emotional well-being.
- ◆ Incorporating millets into the diet of students can contribute to their overall well-being, ensuring they have the necessary nutrition and sustained energy levels to excel academically and maintain good health.

**Implementation:**

- This initiative was started in the year 2019. Students were provided with Peanut chikki, Ragi malt to get rid of anemia.
- This initiative has full-fledgedly came into force was done during the academic year 2022 - 23 by NIN by completely providing Millet as main ingredients to provide breakfast, Lunch, snacks and Dinner.
- After the positive results received from NIN in 2023, we have been including millets as main ingredients in one of the meals provided for the students.
- Health and nutrition experts from NIN were invited to deliver talks on the uses of millet to habituate students to millet meal.

Prof Devaraj from NIN interacting with students regarding Millets

- Meditate for 10 minutes has been implemented for 10 minutes every after the assembly from 2019. We also have MOU with Kanha shanthi vanam, whose team visits our students to conduct sessions on mental well-being.

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Report on Mental Wellbeing

College-TSWRD & PGCW,IBRAHIMPATNAM

1. Name of the Region-HRR EAST

2. College strength-458

3. No. of students in Green zone-449

4. No. of students in yellow zone-09

5. No. of students in orange zone--NIL

6.No of students in RED ZONE-NIL

7.Efforts /Action taken- Regular interaction with students about their wellbeing and developing confidence in them.

8. Innovative ideas- Involving students in activities, encouraging active participation of the students in class and college activities. 9Energizers-Motivational sessions

Meditation and stress relief games and exercises.

10. REMARKS - Nil

**Evidence of Success**

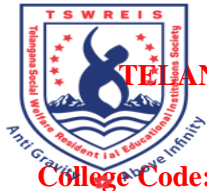
- ◆ This project was a huge success. Faculty and students' physical health improved. The blood levels of students improved by 30%. After the project, students made millets as part of their daily meal.
- ◆ This practice was a huge success. Faculty and students' mental well- being improved. 15%of the students from red zone could transform themselves to green zone. 25%of the students from orange zone could transform themselves to green zone.

**Problems Encountered and Resources Required**

- ◆ Initially, students did not enjoy the millet meal because of taste and texture. But, the orientation sessions by NIN experts solved the problems.

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**Best Practice -2**

**Student council elections** are a cornerstone of student governance within our college, offering students a platform to voice their opinions, advocate for change, and develop leadership skills. The following process typically involves several key stages, each designed to ensure fairness, transparency, and democratic participation. At the beginning of every academic year students' advisory and election committee invites for nominations for new student council.

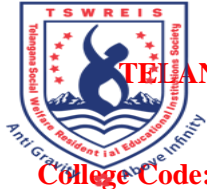
The student council typically consists of a diverse group of elected representatives who serve as advocates for their peers and work collaboratively to address student concerns, organize events, and implement initiatives to enhance the college community.

The following are the members of our college students' council

1. **Captain:** The captain serves as the chief of the student council, providing leadership, direction, and vision for the organization. They preside over meetings, represent the student body to college administration.
2. **Vice-Captain:** The vice-captain assists the captain in their duties and assumes leadership in their absence.
3. **General Secretary:** The general secretary manages administrative tasks, facilitates communication, and ensures smooth operations within the student council and with stakeholders.
4. **Mess Secretary:** As our college works under residential pattern, the Mess secretary is responsible to look after the mess related issues such as cleanliness of mess hall , Hygiene conditions of cooking and store room, discipline of students while arranging food.
5. **Cultural secretary:** The cultural secretary organizes events, celebrates diversity, and promotes cultural exchange, fostering inclusivity and understanding within the student community.
6. **Sports secretary:** The sports secretary coordinates sports events, encourages participation, and fosters teamwork, promoting a healthy and active lifestyle among students.

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- 7. Health Secretary:** The health secretary promotes wellness initiatives, organizes health-related events, and advocates for the physical and mental well-being of students.
- 8. Library Secretary:** The library secretary assists and provides the students with newspapers and references needed for the academics.
- 9. House Representatives:** House representatives are elected to represent the interests and concerns of students within their respective grade levels. They serve as a voice for their peers and collaborate with council members to address specific issues affecting their class.

**Student Council 2023-24**

S.No	Name of the student	Designation
1.	K. Madhumitha	Captain
2.	Shireesha	Vice- Captain
3.	General Secretary	N.Lahari
4.	Mess Secretary	Akshitha
5.	Health Secretary	Mounika
6.	Sports Secretary	Swarna
7.	Cultural secretary	Shruthi
8.	Library secretary	S.Harini
9.	All House representatives	

**Student Advisory Committee/ Election committee for Student council elections**

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S.No	Name	Designation
1.	P.Varalaxmi- Lecturer in History	Coordinator
2.	K. Vijaya- Lecturer in Political Science	Member
3.	Divya Jyothi – Lecturer in Public Administration	Member
4.	Madavi – Lecturer in Public Administration	Member

**Process of the Student Council Election**

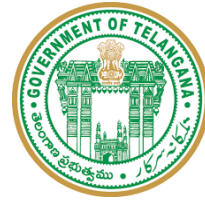
- **Nomination Phase:** The process kicks off with the nomination phase, where eligible students are invited to declare their candidacy for various positions within the student council. This often involves submitting a formal application, including personal statements outlining their motivations, qualifications, and proposed initiatives if elected.
- **Campaigning Period:** Once nominations are finalized, candidates enter the campaigning period. This is where they actively engage with their peers, presenting their platforms, distributing campaign materials such as posters and flyers, and participating in debates or

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speeches. Campaigning allows candidates to articulate their vision for the student body and garner support from fellow students.

- **Voter Registration:** To ensure eligibility and prevent fraud, student councils often require students to register as voters before the election. This may involve verifying enrollment status and providing identification to authenticate their identity. Voter registration ensures that only eligible students participate in the election process.
- **Election Day:** Election day marks the culmination of the electoral process, where registered students cast their votes for their preferred candidates. Depending on the institution, voting may take place in person at designated polling stations or online through secure voting platforms. Election officials oversee the voting process to maintain integrity and fairness.



- **Vote Counting and Results:** Following the close of voting, election officials tally the votes to determine the winners for each position. This process may involve manual counting, electronic tabulation, or a combination of both methods. Once the results are verified, they are announced to the student body, typically through official channels such as school websites, social media, or announcements.
- **Transition Period:** Upon the announcement of election results, newly elected student council members undergo a transition period where they familiarize themselves with their roles and responsibilities. Outgoing members may facilitate this transition by providing guidance and sharing institutional knowledge to ensure a smooth handover of leadership.

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- **Oath-taking ceremony:** The final step in the process is the official inauguration of the newly elected student council members. This often involves a formal ceremony where elected candidates take an oath of office, pledging to uphold their duties and serve the best interests of the student body. The inauguration marks the beginning of their term in office.



The process of student council elections is a best practice of our college, which is evidentially showing student democracy, empowering young leaders to represent their peers, advocate for change, and contribute to the vibrant campus community. Through fair and transparent elections, students have the opportunity to shape their educational experience and foster a culture of civic engagement and leadership.

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