



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN
(Affiliated to University of Madras)
Chennai - 600040, Tamil Nadu.

Best Practice- II

Title of the Practice – H.E.L.P

Helping & Empowering through Life-skills programs.

Objectives of the Practice:

The Institution ensures that life skills education is imparted, apart from academics, so that the students can become competent and confident. By enhancing their competency and confidence, the institution aims at moulding the students to perfection and excellence.

The Context:

The college provides life skill training through yoga classes, self-defence training, outsourced personality development and aptitude classes, skill-based training programs, value education, financial literacy, management and organizational skills training, communication skills enhanced through TKT courses from Cambridge university UK & diploma courses for hands-on training. These skills provide important tools for the overall development of students, and enhance their capacity and empowerment.

The Practice

The Institution constantly endeavours to encourage and motivate students to balance academics with participation in life-skills training. The following capability-enhancement and self-development practices are in place:

Self-defense training in Karate and Silambam, Yoga classes, and Zumba classes are conducted by the Physical Director for the physical and mental well-being of students.

A structured 60 hours **personality development and aptitude training** is given to each student during her three years UG program, by professional trainers to help them in placement and various competitive exams. **Adarsh IAS** is a separate wing of the Institution to coach the students in civil services and other competitive exams.



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Adarsh **Student Counselling Centre** is a team of 5- Chief Counsellor, 3 Counsellors, and a Coordinator. They are available in the campus for emotional and psychological support to the students. The counselling centre provides individual and group counselling and is always available for consultation and advice on both academic and personal matters.

The Student Council at AACW is a group of elected students working together with Faculty coordinators within the framework of the bylaws of the Institution to give opportunities for student experience in leadership and encourage student / faculty / community relations. The council plays a vital role in identifying the talents of students and sending them for different competitions conducted by colleges across the city.

The Institution, in association with CPPPI, KVIC, MSME, and the Government of India, conducts **skills development training programs** like Bakery and Beautician Course and a course on Aari Embroidery work. **The IIC** works to create a culture and ecosystem of entrepreneurship to provide start-up support to students. Students were trained in preparing face masks and herbal products during the pandemic. Creation and transfer of knowledge to the student community is promoted and facilitated. This includes seminars, practice schools and mentorship through the Incubation Centre.

Through **Value Education** sessions, students are made to understand social, ecological and community-based issues. Values are inculcated through the curriculum, mentoring and extension activities like NSS, Rotaract and RRC clubs, perfecting purity of thought and action in students. One hour in a fortnight is allotted for teaching **professional ethics** as per the syllabus of Public Administration and Social Work Department.

Financial literacy- Short-term courses and certificate programmes like “Mobile Wallet-digital payment”, “Working capital management” “Financing Decisions- Capital Structure and Leverages”, etc. are offered in the institution which ensure that the students develop a strong understanding of basic financial concepts.



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Proficiency in the English language is developed among students through **Bridge courses** and **Language lab software**. **TKT- Teaching Knowledge Test**, by the University of Cambridge is offered to the students. This is an internationally-benchmarked exam that is a universally accepted standard in English Language teaching. The students are motivated to take part in literary competitions like debates, essay writing, public speaking, contributing articles, paper presentations, publications, attending workshops, International and National seminars, conferences, etc.

Management and organisational skills training- Certified short term courses in “Office management, ”Basics of Organisational Behaviour”, “Personnel Management”, etc. are conducted to help students specialise in vocational disciplines and areas of interest.

Diploma courses - The institution offers dedicated add-on courses and Diploma courses. The Departments have developed 102 **add-on courses** / certificate programmes /value-added courses in the last five years to enrich the learning outcomes of students. **Two diploma courses** in “Computerised Accounting” and “Medical Laboratory Technologies” are conducted which helps the individuals to gain hands-on experience, and provide students with real-life practical skills and proficiency.

Evidence of Success

The success of this practice is reflected in the students who have performed exceptionally well in academics and in other fields. Focus on life skills has made a strong positive impact on

- **Academic excellence** - The average combined pass percentage for the college in the last 5 years has been 95%. With 652 university ranks in the last five years, the college has been raising the bar of academic achievement higher every year.
- **Excellent admissions** – The life skills programs offered have attracted more students to the institution thereby resulting in an increase in the number of programs in the institution, with 94% admission strength every year and a **low attrition rate of the students** both at the U.G and P.G levels.



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- **Awards and achievements** - 220 students have received awards and medals for outstanding performance in sports / cultural activities at university / state/ national / international level. Two students have received the **Guinness World Record in 2019 - dance & yoga.**
- **Alumni accomplishments** - Their accomplishments provide ample proof that the college has honed the students' skills and talents through various platforms.

From civil servants to CEOs, from Chartered Accountants to classical musicians, from eminent professors to celebrated anchors, our former students are a living testimony to the varied and holistic training imparted on campus, **promoting perfection and excellence.**

Problems Encountered and Resources Required

While special permissions are granted for students to participate in extracurricular activities, care has to be taken to ensure that they do not miss out on the tests, assignments, seminars and classroom lectures and other academic needs.