



Punjab Association's
ANNA ADARSH COLLEGE FOR WOMEN

(Affiliated to University of Madras)

Re-accredited by NAAC with A++ Grade

2(f) Status under UGC Act

Best Practice 3

Title of the Practice – Shaping Student Futures Through Mentoring and Guidance

.Objectives of the Practice:

Mentoring is designed to accelerate students' development across three critical areas:

1. **Educational Achievement:** Helping students perform better academically.
2. **Health and Safety:** Promoting mental and physical well-being.
3. **Social and Emotional Development:** Building confidence, creativity, and emotional balance.

The Context

Transitioning to college life can be overwhelming for many students. New environments, peers, and faculty may leave them feeling confused and isolated, causing them to internalize their struggles. The mentoring system addresses these challenges by guiding students through this transitional phase, ensuring they are prepared not only for college but also for life beyond it.

The Practice

The college employs a comprehensive mentoring strategy from admission to graduation. Key elements include:

- **One-on-One Mentoring:** Personalized guidance for addressing individual student needs.
- **Workshops and Orientations:** Sessions to introduce life skills and college culture.

- Support Systems: Academic tutoring, career and placement guidance, and research opportunities.
- **Psychological Counselling:** Ensuring emotional well-being through counseling services.
- **Health Support:** On-campus medical facilities with a nurse and doctor available for emergencies.
- **Extracurricular Activities:** Encouragement to participate in seminars, clubs, sports, and cultural events.

Mentoring by Faculty

First-year students often face challenges adjusting to the college environment. To ease this transition, the class in-charge provides initial guidance and counseling. Additionally, mentors are assigned to students to support their academic and emotional well-being. Mentors clarify expectations regarding courses, research, and other program aspects, making implicit details explicit. Mentors meet students as needed, providing constructive feedback and identifying areas for improvement. Students requiring expert guidance are referred to the college counselor for additional support. For academically weak students, appropriate remedial measures are recommended.

Counseling by Professional Counselors

The **Adarsh Student Counselling Centre** comprises a dedicated team: a Chief Counselor, three Junior Counselors, and a Coordinator. They are available on campus to provide emotional and psychological support to students. The counseling center offers individual and group counseling and organizes programs focused on:

- Women's issues and empowerment
- Life skills, social skills, and interpersonal skills
- Professional and study skills development

The counselors ensure students are equipped to handle personal and academic challenges effectively.

Grievance Redressal by Internal Complaints Committee (ICC)

To foster a gender-sensitive and inclusive environment, the Internal Complaints Committee (ICC) addresses complaints such as ragging or sexual harassment. Students can submit grievances directly to the ICC faculty in charge, through a suggestion box, or via email. The ICC evaluates complaints, determines their merit, and initiates discussions or investigations as necessary. The committee strives to resolve grievances within a reasonable timeframe.

Guidance from the Student Council

The Student Council at AACW, comprising elected representatives, collaborates with faculty coordinators to manage college affairs and activities. The Council focuses on:

- Providing leadership opportunities
- Promoting student-faculty-community relationships
- Encouraging student participation in intercollegiate competitions

The Council also plays a key role in maintaining discipline, including enforcing anti-ragging measures, regulating mobile phone usage, curbing late arrivals, and fostering a sense of college culture on campus.

Career Guidance and Coaching

The Career Guidance and Placement Cell supports students in their career aspirations. Its functions include:

- Organizing career guidance programs for final-year students
- Assisting with competitive exams and job interview preparation
- Coordinating campus recruitment drives
- Facilitating visits to job fairs and educational expos

Mentoring and Guidance from Alumni

The College alumni play an active role in mentoring current students. Alumni members in prominent positions regularly address students, conduct seminars, and act as resource persons. The Alumni Association facilitates job referrals, career advice, endowment awards, and financial

assistance for students. Departments organize alumni initiatives to inspire students, highlighting successful alumni as guest speakers and mentors.

Programs for Mental and Physical Well-Being

Departments organize interactive sessions with eminent academicians, social activists, and well-placed alumni to address mental and physical well-being. Key initiatives include Awareness Programs, Nutritional Health Assessments etc.

This structured approach highlights the college's commitment to fostering holistic growth, from academic support to health and emotional well-being.

Evidence of Success:

The mentoring and support programs have yielded remarkable outcomes, reflected in the personal, academic, and social growth of the mentees. Key indicators of success include:

- **Improved Academic Outcomes:** Increased retention and graduation rates, higher academic performance, and informed career exploration have been observed.
- **Enhanced Attendance and Participation:** Consistent care and guidance have boosted morale, leading to regular attendance and active participation in academic and extracurricular activities.
- **Skill Development:** Alumni report significant personal and professional growth, achieving their potential, enhancing skills, and excelling in their careers.
- **Respect and Empathy:** Students demonstrate acceptance of diverse opinions and respect for others, fostering a harmonious campus culture.
- **Giving Back to Society:** The guidance received inspires students to contribute to society through voluntary extension activities and community service.
- **Improved Coping Mechanisms:** Students develop better strategies to handle everyday challenges with resilience and adaptability.
- **Healthier Relationships:** A deeper understanding of relationships and friendships, both on and off campus, has been cultivated.

- **Enhanced Mental Health:** Students report better mental health, which has translated into improved performance in academics and sports.
- **Strengthened Social Skills:** Mentees exhibit greater confidence and ease in interacting with the outside world.
- **Increased Confidence:** Students not only tackle their own challenges but also extend support to peers in need.
- **Value-Based Living:** A focus on prioritizing ethical and value-driven decisions is evident in their behavior.

These outcomes underline the success of the mentoring initiatives in nurturing well-rounded, socially responsible, and confident individuals.

Problems Encountered and Resources Required:

Faculty often face time constraints due to the dual responsibilities of academic and administrative duties, which may occasionally limit the quality time they can dedicate to mentoring their students. Additionally, some students remain hesitant to seek help from professional counselors due to the lingering stigma surrounding therapy and counseling sessions. This negative perception continues to discourage a few individuals from exploring the support and benefits that counseling can offer.
