

**Vivekanand Education Society's College of Arts,
Science and Commerce (Autonomous)**

Best Practices 2023-24

Student Connect - a Mentoring Program for students

1. Title of the Practice

Student Connect - a Mentoring Program for students

2. Objectives of the Practice

1. To provide a mentoring system for the students involving personal interactions with their mentors
2. To guide students in their academic growth, goal setting and career planning
3. To provide emotional support and guidance to the students,
4. To motivate students and facilitate their overall personal development
5. To enable students to be confident and constructive members of society and good citizens of the nation

3. The Context

Students who enter degree college are often confused about their career goals and lack the motivation to pursue their academics with focus and dedication. Besides, many students face financial difficulties, health issues and emotional problems. Student Connect is a mentorship program conceived with the objective of identifying the challenges faced by students and helping them navigate through these. It aims at providing students with individual guidance and support so that they have a safe platform to express their thoughts and doubts. They are given academic guidance, career counseling as well as emotional support. Those facing mental health issues are identified and directed to professional counselors. The main objective of the practice is to motivate the students to perform to the best of their potential. By addressing both academic and personal challenges, Student motivate students to realize their potential and achieve their goals. The program not only equips them with the necessary tools to succeed about also builds resilience and confidence, preparing them for the complexities of college life and beyond.

4. The Practice

Each teacher is designated as a Mentor and allotted a group of students whom they are required to mentor. A one-to-one interaction is conducted with each student in which his/her academic progress, co-curricular activities, personal strengths and challenges are discussed, and possible solutions are suggested. The relevant personal details of the student are entered in a Student Connect Form which is passed on to the future mentors of the student by the Student Connect committee. To enhance the effectiveness of the program, feedback on the mentorship process

is obtained from the students at the end of the academic year through Google Forms. The feedback received is analyzed by the Student Connect committee and the analysis sent to the mentors to help them gain insight on how they can improve their mentoring.

The Student Connect initiative is a unique practice in the Indian Higher Education context, since students of most colleges in India do not have the benefit of personal mentoring and guidance. The highly personalized support offered by the Student Connect initiative makes it a valuable resource for the all-round development of the students.

The main challenge faced in implementing the process is the uneven distribution of students in different courses, resulting in some mentors having to deal with a relatively large number of students.

5. Evidence of Success

The feedback from students was overwhelmingly positive, the responses indicated that the program was highly successful in achieving its goal of personal development. It had a profound impact on the students, self-awareness, and confidence.

6. Problems Encountered and Resources Required

The main problem encountered in implementing the practice is lack of time to carry out personal mentoring of every student, especially in large classes. Besides, a few students are not communicative and do not open out easily to their mentors. The main resource required for the program is space for personal mentoring.

Sports Training for College Students

1. Title of the Practice

Sports training for college students.

2. Objectives of the Practice

The National Education Policy (NEP) 2020 emphasizes the importance of sports in education and considers it to be an integral part of experiential learning. We have integrated sports in curriculum with an objective of

- Improving physical fitness: Sports can help students improve their physical fitness.
- Fostering positive traits: Sports can help students foster positive traits like fair play and team spirit, responsibility and leadership, enhance decision-making, strategic thinking, and problem-solving abilities.
- Preparing for life challenges: Sports can help students prepare to face life challenges, Promote physical and psychological well-being
- Teaching life skills: Sports can teach students life skills like leadership, accountability, patience, and self-confidence.

3. The Context

VESASC has appointed two (Male and Female) Sports coordinators from the academic year 2023-24. The Sports Coordinators are primarily responsible for the successful management and coordination of the sports activities, training of students for various inter, Intra collegiate events and co-curricular sporting programme at the College. The Sports Coordinator support and work collaboratively with other sports Committee members of the college to assist students and teachers in achieving enhanced learning outcomes, through:

The college is dedicated to enhancing its sports programs through a comprehensive approach, including:

- Providing leadership, support, and guidance through experienced coaches and staff to prepare students for competitions.
- Collaborating with universities and colleges to coordinate intercollegiate sports events.
- Managing and adhering to budget requirements in alignment with the finance committee's directives.
- Ensuring proper upkeep of the indoor sports room and equipment to maintain a conducive environment for practice and games.
- Maintaining accurate records of participants and winners to document achievements and encourage future participation.

At VESASC College we strongly feel that Sports and games play an important part in the overall development of students. Training in sports and games makes students active, daring, adventurous, and capable of facing challenges in future life. Sports and games keep them physically fit and mentally fine.

Our students are enthusiastic sportsmen with zeal and ambition for their best performance. This year too our students have participated in various Games and Athletic activities conducted by the University at Zonal and Inter-Zonal level. Students also participated in a number of sports activities organized by various Colleges as part of their sports fest, where they won trophies, medals, and certificates. Many students also participated in various sports events organized by various organizing bodies. The following are some of the sports achievements by our students during the academic year 2023-24.

4. The Practice

The college places a strong emphasis on sports and fitness by providing regular practice sessions for both indoor and outdoor games. To ensure seamless coordination and smooth execution of sports activities, the college has two enthusiastic and dedicated sports coordinators.

Key highlights of the sports initiatives include:

- **Cricket Practice:** A specialized cricket coach conducts practice sessions daily from 3:00 pm to 5:00 pm.
- **Morning Fitness & Athletics:** Morning sessions are held on the college grounds from 6:15 am to 7:30 am, focusing on fitness and athletics.
- **Facilities for Indoor games :** The college has made provision for indoor activities such as Chess, Carrom, and Table Tennis, encouraging students to engage in recreational sports.
- **Turf Practice:** Dedicated turf sessions for Football, Cricket, and Handball are scheduled on Mondays, Fridays, and Saturdays from 2:00 pm to 3:30 pm.

5. Evidence of Success

Our students have won awards, and certificates in many indoor and outdoor events at various levels like national level, Interzonal level, etc. in the academic year 2023-24

Event	No of awards
National Level	8
State Level	2
Interzonal Level	12
Zonal Level	19

We have received National Level awards in sports at Kabaddi, Cestoball, Karathe, Thai boxing, and Taekwondo. We have received awards at the state level in Karate. We have received awards at Inter zonal level in Volleyball, Kabaddi, and Football. We have received Zonal level awards in Hockey, Football, and Boxing. We have received awards in Inter-collegiate levels in Cricket and Kabaddi. In our college students do participate in great numbers in indoor games. Our students participate with great enthusiasm for every sport game and bring awards and certificates. Our college students participate in great numbers and have great enthusiasm and

motivation towards sports activities in college. Every year, we win many prizes and awards in sports games.

6. Problems Encountered and Resources Required

To encourage greater student participation in sports, the college has taken a proactive step by arranging professional coaches for cricket, chess, and Taekwondo. This initiative aims to inspire enthusiasm among students, enhance their skills, and boost participation in these activities. The college is committed to promoting a vibrant sports culture and providing opportunities for students to excel both on and off the field.

7. Notes (Optional)

The college provides facilities for various indoor and outdoor games equipment which is open for all students from morning 9.00 am to evening 6.00 pm every day. Turf and ground is available for regular practice for cricket and football in college.

Annual sports is conducted for a week (Indoor and outdoor) in college every year through which students can showcase their talents in sports activities through various games. Students from various streams, courses, and classes were grouped in four houses namely,

NAME OF THE HOUSE	CLASS
AGNI HOUSE	All BSC, BSC IT, BSC CS, BSC BT, MSC
AKASH HOUSE	All B.Com. & M.Com.
PRITHVI HOUSE	All BFM, BBI, BAF, BMS
SURYA HOUSE	All BA, BAMMC, MA, BSC DSDA, E-COM, BCOM FIN, BBA, BSC AI

As a part of Annual Sports Meet, the college organized competitions in the following events:

Indoor events	Badminton, Table Tennis, Carom & Chess
Track events	100M, 200M, 400M, 800M, 1500M , 5000M & Relay 4 X 100M Men and Women.
Field events	Discuss Throw, Shot Put, Javelin Throw & Long Jump.
Team events	Cricket, Football, Volleyball (Men), Throwball (Women) Kabaddi, Kho-Kho & Tug-of-War.

Best Athlete Men and Women Award and Best House Trophy

Based on individual performance in annual sports college awards Best Athlete Men and Women. Based on house performance college awards Best House trophy.

Best Sportsman & Sportswomen Award

Best sportsman and sportswomen trophies are awarded to the students on the basis of performance and participation in sports at International, National, State, District and University level. Students need to apply for this. Notice regarding same will come separately.