

**St. Mira's College For Girls, Pune Autonomous
(Affiliated to SavitribaiPhule Pune University)**

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

BEST PRACTICES

1.Title:

- Holistic Mental Health Program – Combining Promotion, Prevention, and Early Help.

2.Objectives:

- Create a plan that combines different ways to help people with their mental health: making it better, stopping problems before they start, and helping when issues begin.
- Make sure everyone knows more about mental health and can get help that's fair and doesn't cost too much.

3.Context:

- Weaving mental health initiatives into the school year through compulsory classroom awareness sessions.
- Involving important players such as college leaders, teachers, and students in mental health support efforts.
- Adapting the program to emphasize fairness and equal opportunities for all, with active involvement from students, by using a social-justice perspective.

4.Practice:

Our mental well-being program is structured into three main components:

- Promotion: We raise awareness through online classroom sessions.
- Prevention: We identify and address risk factors in students' mental health and foster protective factors like peer support, trust, and resilience through group therapy, support sessions, and awareness programs.
- Intervention: We provide online individual counselling to detect early signs of mental illness.



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5.Evidence of Success:

- This program has important policy implications indicating that integrative frameworks can lead to prevention and intervention with minimal resources.
- During the second half of the year 22-23, more than 100 Counseling sessions were conducted for students on one-on one basis by the on campus counselor alone and close to 40 sessions were conducted by the visiting counselor.
- Coming to a number of 40 sessions conducted in the second half of the year. There was a pan college event, Sukoon, students attended various activities that were capped to a number and it was observed that close to 50 students (48 students) attended the programme that was held over two days.

6.Problems Encountered and Resources Required:

- Need for trained and experienced mental health professionals to offer services. We need a team of counselors so that various activities in the mental wellbeing programme that are not limited to individual sessions, such as group sessions, webinars, seminars and conferences can be well distributed.
- Identifying students at higher risk due to gender, caste and other psychosocial disabilities.
- Need for a protocol to help students with higher risk.
- Engaging Parents as stakeholders

7. Notes:

- This program uses a continuum approach to mental health and identifies students as active participants of society and not just passive recipients of the program with an intention to develop a mental health care policy for college.
- The program is designed to help students with the problems and challenges faced on a day to day basis at the college level and the stressors coming from student's day to day life. It's an early intervention program to provide a space for students to come and seek help the moment they realize they need support.



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Best Practice 2:

1. Title:

- Centre for Women's Entrepreneurship (CWE); Educate Empower Elevate

2. Objectives:

- Vision Statement CWE aims to create an environment that promotes and stimulates the spirit of entrepreneurship among the students of the College.

3. The Context:

- To achieve the spirit of entrepreneurship through educational programs, events, and research. Keeping the students motivated and encouraging them to explore career opportunities in entrepreneurship is need of the hour.

4. The Practice:

- Establishment of IIC and conducting activities as laid down by MoE. Ensuring sessions by practitioners on contemporary topics like Design Thinking, Social Entrepreneurship and organizing competitions on Ideation, Business plan preparation and conducting activities on par with Technical institutes. Also fulfilling/ complying with the uploading guidelines for events on IIC portal.

5. Evidence of Success:

- The Entrepreneurship Fest has successfully established a thriving entrepreneurial ecosystem, enabling students to display their entrepreneurial talents through stalls featuring edibles, accessories, and artefacts. The Incubation cell provides crucial support, including mentoring and assistance with business plans, modeling, and legal/IP issues. In 2022-2023, a coffee table book, Volume 2, was published, highlighting the journeys of 27 student entrepreneurs across various business sectors such as baking, digital creation, makeup, self-defense workshops, jewelry designing, and more. This initiative is ongoing and demonstrates the students' transition to self-employment with stable incomes while striving to expand their businesses. Additionally, students are encouraged to participate in intercollegiate business idea competitions, where



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they have achieved recognition and won prizes for their innovative concepts.

5. Problems Encountered and Resources Required:

- The main challenges faced by CWE (Entrepreneurship Fest) include difficulty in raising sponsorship for initiatives and activities such as visits and exchange programs, a lack of support from the Alumni Network in fundraising, and the ongoing challenge of keeping students motivated in pursuing entrepreneurial opportunities. The Coordinator and Co-coordinator are constrained in participating in training sessions due to college commitments. It is crucial to expand networking efforts with entrepreneurial ecosystem enablers, establish collaborations with domain-specific experts, and explore innovative fundraising methods to sustain and enhance the entrepreneurial ecosystem within the institution.

7. Notes:

- To improve CWE's effectiveness, several actions are required:
- Dedicated Staff: Employ dedicated personnel to assist with documentation, report writing, and portal uploads, ensuring efficient management of information.
- Impact Assessment: Conduct a research study to assess the impact of CWE, and share the findings through presentations and publications to demonstrate its significance.
- Promotion: Increase visibility by promoting CWE on various commercial platforms, expanding its reach and presence.
- Credit Course: Implement a credit course on Entrepreneurship and Intellectual Property Rights (IPR) for students, aligning with NAAC recommendations to enhance educational offerings.
- Open Membership: Extend CWE's accessibility to individuals outside the institute, fostering a broader entrepreneurial community and encouraging collaboration.

