

**Kannada Sangha Pune's
Kaveri College of Arts, Science and Commerce**

Best Practices successfully implemented by the Institution

Best Practice - No. 1

Title of the Practice: Awareness about Physical & Mental Wellness amongst staff and students

Objectives of the Practice:

To conduct various activities to promote awareness on Physical and Mental wellness amongst the staff and the students by having a holistic approach for a sustainable and healthy lifestyle.

The Context:

Recent issues on work-life balance, peer pressures, competition, varied eating habits, emerging mental and physical problems have brought attention to educational institutions to create awareness amongst the students and faculty.

The Practice:

The college emphasizes a balanced approach to physical, mental, and emotional well-being through various initiatives. These include Health Checkups, World Mental Health Day events, 'Mindful Eating' workshops, Diabetes awareness programs, CPR training, and a State-Level Health Awareness Workshop on 'Why Only Humans Need Medicine?', promoting well-being for all.

5. Evidence of Success

Inclusion of staff and students in various activities focusing on physical and mental wellness programs and their response to participation in large numbers is evident in its successful planning and awareness campaign.

6. Problems Encountered and Resources Required

Although awareness on physical and mental health is a topic of interest for all, yet there exists social stigma, myths, misconceptions and taboo on accepting the symptoms and occurrence of related issues and probabilities.



Best Practice: 2

Title of the Practice: Inculcating Leadership and Management Skills amongst students

Objectives of the Practice

To organise various learning experiences through academic and non-academic activities for the students to inculcate leadership and management skills.

The Context

Industry expects trained workforce from the educational institutes. Exposure to the students through various programs on leadership and management skills enables in meeting upcoming leadership roles in careers and society.

The Practice

College promotes inculcating leadership & management skills by conducting consistent activities such as M. R. Pai Foundation leadership camp, activities under BBA Club, Arts Club - Kautilya's Club, Kolors of Kaveri, and Commerce Horizon - commerce club

Evidence of Success:

College encourages all streams to conduct various programs and competitions enabling students for holistic development. Such experiences open doors to develop various life skills. Participation of peers in such programs develops confidence and courage for other students.

Problems Encountered and Resources Required

Limitations in terms of making arrangements of such programs from a regular teaching learning schedule and also quality coaches or experts to interact with students is also limited.

