



KASTHURBA COLLEGE FOR WOMEN, VILLIANUR

(Run by the Pondicherry Society for Higher Education & Fully Funded by the Government of Puducherry)
Phone: 0413-2661627 email: vcw_2005@yahoo.in

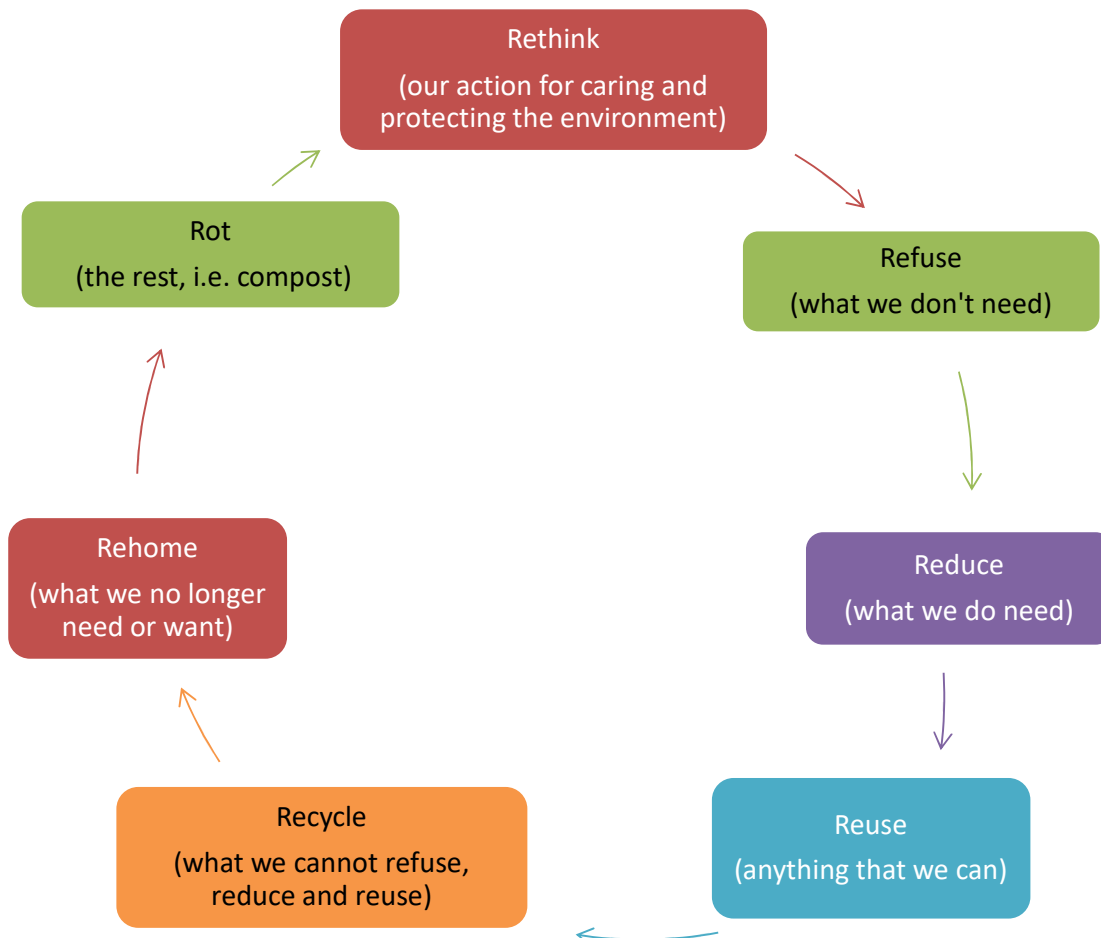
AQAR – 2020-2021

Best Practice – 1

1. Title: Rethink about You and Environment

2.Goal: To strive for a single use Plastic-free campus and to encourage society to recycle plastic waste instead of dumping it indiscriminately. Our target groups are the various stakeholders and the community in the vicinity.

To create a massive sensitisation programme on the **7 Rs of Sustainable Environment.**



3. The Context: Single-use Plastic has become one of the greatest threats to the environment. The direct and indirect harmful effects can be noticed in all species present in the Aquatic and Terrestrial Ecosystem. Plastics pose a threat either in the form of microplastics or something as massive as the Pacific Trash Vortex also known as Pacific Garbage. Microplastics are minute plastic fragments that enter the ecosystem through various industrial as well as domestic sources. They are absorbed into the human body, causing serious hazards. The Pacific Trash Vortex on the other hand is a massive gyre of floating trash which keeps increasing in volume at an alarming pace. The Vortex is formed by high concentration of single-use plastic and has been estimated to be twice the size of Texas.

4. The Practice: Realising the importance of saving the next generation from plastic, Kasthurba College for Women has long been striving to protect the environment from plastics. It has spread awareness within the campus, among school and college students and in the community, as well, regarding the repercussions of plastic usage.

Awareness Programme on

“The Ban on Single-Use Plastic Bill, 2019” introduced in U.T of Puducherry



In 2019, World Water Day was observed with the theme “Leaving No One Behind”. Students of I year Social Work displayed news clippings on Environmental issues as part of the Environmental Studies programmes and educated the others on the repercussions of water wastage.



In February 2020, Students of I yr B.Sc. Psychology explained the impact of Plastic Pollution to School and College Students



Webinars (2020 & 2021)

Online Webinar

ENVIRONMENTAL STUDIES

03rd - 04th June 2020
(04.00 p.m To 05.00 p.m)

Topics to be covered

Free Registration

Environmental Protection: Value Addition Based on Case Studies.

Biodiversity Conservation, Pollution, Environmental Laws.

Solid Waste Management.

Women and Child Welfare.



Who can attend
Only Teachers from Universities/Colleges/Schools

Click here to Register

Co-ordinators
Dr. J. Gandhi Mohan
Dr. K. Bhuvaneshwari

Reach us
workshop@wptcpdy.in
9443434972
9486025434

IITB Remote Centre (RC1400)

Women's Polytechnic College, Puducherry
in association with
Green Club

Kasthurba College for Women, Puducherry

Note: Due to limited number of seats, the participants are allowed on first come first serve basis



Kasthurba College for Women
(Affiliated to Pondicherry University)
Villianur, Pondicherry

Accredited by NAAC with 'B' Grade
Run under the Aegis of the Pondicherry Society for Higher Education
(Fully Funded and Managed by the Government of Puducherry)

Two Day National Webinar on

"Environment"- Need for Care and Protection

22.07.2021 & 23.07.2021
@ 11.00 a.m

Key Note Address



Dr. Cheryl-Ann Shivan
Principal
Kasthurba College for Women,
Villianur,
Pondicherry

"Water Conservation and Sustainability" (22.07.2021)



Dr. Denzil John Godin
Member of Legislative Assembly
Government of Uttar Pradesh
Associate Professor of Botany
Lucknow Christian College
Uttar Pradesh

"Ecosystem: Conservation and Restoration" (23.07.2021)



Dr. S. Gajalakshmi
Associate Professor
Centre Head i/c
Centre for Pollution Control and Environmental
Engineering
Pondicherry University

E-certificate will be provided
Registration Link:

Organised by Green Club & N.S.S

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In 2021, the I yr B.Sc. Psychology students made a display on the need for Environmental Care and Protection.

Kasthurba College for Women

Best Practices (2020-2021)

Page 4 of 9



5.Evidence of Success

In March 2021, just before the lockdown, Kasthurba College for Women signed an MOU with Metro Group, a plastic re-cycling unit that turns hitherto assumed “un-recyclable” household plastic into paving bricks and park benches. The paving of the front portion of the administration building is currently underway. The paving bricks are sturdy and can support great weight and are further recyclable.

Metro Groups on its part, as a goodwill gesture, has initially donated paving bricks to the institution and later, more bricks or park benches for use outside the class room would be given to the college in proportion to the plastic waste collected and handed over to them.





The college's role would be to spread the message of plastic-use reduction and the collection of household plastic from the college, from the houses of the various stakeholders in the college and the community around the college and to deposit it with Metro Group.

- Reduction of dump yard waste
- Environmental values are instilled among the student
- A greener campus

6. Problems Encountered and Resources Required

- Bringing about behavioral change is slow and a struggle

Best Practice – 2

1. Title: Mentoring System for the Students

2.Goal: The aim of the system is to guide the students and to optimize their academic, social, personal and psychological well being during their course of study.

3. The Context: Students enter higher education during their post adolescent stage of life. Changing social dynamics, technological development, difficult and disadvantaged family backgrounds have a great impact on the students thus, increasing the challenges in personal and academic life coping abilities. Hence, students need someone to guide and mentor them in decision making and problem solving skills.

4. The Practice Each teaching faculty has to mentor approximately 19 students throughout their course of study in the college. The teacher after analyzing the students' family background, personal and academic skills, guides, supports, and motivates the students to increase their learning potential. The teacher meets the parent and explains the mentoring process to them, thus explaining the importance of a family's responsibility and cooperation in mentoring of the students. Various webinars were organised to enhance the Psychological Well-being of the Students.

Various Webinars Organised to Enhance the Psychological Well-being of the Students

INTERNATIONAL WEBINAR ON

YOUNG MINDS MATTER: TOWARDS THE MENTAL HEALTH & WELL-BEING OF YOUTH

29TH & 30TH JUNE 2020

THE WEBINAR AIMS TO PROVIDE:

AN UNDERSTANDING OF THE MAJOR PSYCHOLOGICAL ISSUES AMONG YOUTH
EARLY IDENTIFICATION AND INTERVENTION STRATEGIES WITH AN AIM TO BUILDING STRONG YOUNG MINDS
METHODS TO PROMOTE HEALTHY RELATIONS BETWEEN TEACHERS AND THEIR STUDENTS

WHO CAN PARTICIPATE:
TEACHERS, STUDENTS & PARENTS

CLICK HERE TO REGISTER OR SCAN QRC

REACH US:
9443434972 & 9486025434
workshop@wptcpdy.in

CO-ORDINATORS:
DR. J GANDHI MOHAN
DR. K BHUVANESHWARI

29TH JUNE 2020 11.15AM TO 11.30AM

KEYNOTE ADDRESS

SHRI. A. ANBARASU, I.A.S.
DEVELOPMENT COMMISSIONER-CUM-
SECRETARY TO GOVERNMENT
GOVT. OF PUDUCHERRY

29TH JUNE 2020 11.30AM TO 12.30PM

LET'S KEEP TALKING: RAISING AWARENESS OF YOUNG PEOPLE'S WELL BEING FROM A MENTAL HEALTH PERSPECTIVE

MS. SASHA RUTH BIPIN,
B.A.(HONS) PSYCHOLOGY AND SPECIAL & INCLUSIVE EDUCATION, M.SC. PSYCHOLOGY
MEMBER OF THE BRITISH PSYCHOLOGICAL SOCIETY
ENGAGEMENT OFFICER, UNITED KINGDOM

29TH JUNE 2020 3.00PM TO 4.00PM

EMANCIPATION FROM ADDICTION - ROLE OF STUDENTS AND TEACHERS

DR.P.ARUL VARMAN, M.D.(PSYCHIATRY)
ASSISTANT PROFESSOR
DEPARTMENT OF PSYCHIATRY
INDIRA GANDHI MEDICAL COLLEGE AND RESEARCH INSTITUTE, PONDICHERRY, INDIA

30TH JUNE 2020 11.30AM TO 12.30PM

MENTAL HEALTH AND WELL-BEING: AN OVERVIEW OF MOOD DISORDERS IN YOUNG PEOPLE

DR.BIPIN RAVINDRAN,
M.B.B.S., MRCPsych(LONDON), DGM(LONDON)
CONSULTANT PSYCHIATRIST
NATIONAL HEALTH SERVICE,
UNITED KINGDOM

30TH JUNE 2020 3.00PM TO 4.00PM

PROMOTION OF STUDENTS' MENTAL WELL-BEING - ROLE OF TEACHERS

MR.S.SARAVANAN, M.PHIL.
ASST.PROF. OF CLINICAL PSYCHOLOGY
DEPT. OF PSYCHIATRY
PONDICHERRY INSTITUTE OF MEDICAL SCIENCES
PONDICHERRY, INDIA

IITB Remote Centre (RC1400)
Women's Polytechnic College, Puducherry
in association with
Department of Psychology
Kasthurba College for Women, Puducherry

World Mental Health Day

10th October 2020
3.00 - 4.00 p.m.



**"Mental Health for All
Greater Investment – Greater Access"**

Dr. M.Gajalakshmi, M.B.B.S., D.P.M

Psychiatrist & Program Manager,
National Mental Health Program,
Puducherry

will deliver the guest lecture on "Mental Health Care"

Registration Link: <https://forms.gle/PF8c7QHLJsNyWP9T7>

Lecture Link: <https://meet.google.com/chq-ykvb-oab>

organised by

Kasthurba College for Women,

&

National Mental Health Program, Pondicherry.

Contact: 94860 25434, 95859 78968

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The Principal and Faculty cordially invite you to the National Webinar on **"Nurturing Gratitude Among Youth"**

June 4th 2021, Time : 10.00 A.M

Keynote Address



Thiru P.T. Rudra Goud

Director of Higher and
Technical Education,
Government of Puducherry.

Presidential Address



Dr. Cheryl-Ann G. Shivan

Principal
Kasthurba College for Women
Villianur

Resource Person



Dr. M. Suresh Kumar

Head
Department of Psychology
The American College
Madurai

Organized by
Department of Psychology



Participants:

WEBEX LOG IN

**Students, Research Scholars, Academicians
and the others who are interested**

E-CERTIFICATES WILL BE PROVIDED

Co-ordinator

NO REGISTRATION FEE !!!

Dr. D. Suresh

Mobile No: 9943255399

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5. Evidence of Success

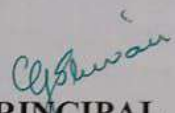
- The teachers being mentors gained more understanding of the psycho-social background of the students, thus increasing the scope of identifying the areas which need to be strengthened for the overall well being of the students.
- Mentoring decreased the drop-out rate especially among the students who are vulnerable towards discontinuing higher education. The teachers make home visits

whenever there is absenteeism for a period of more than a week and when there is no response when contacted, telephonically.

- Mentoring has developed coping strategies to deal with personal, social and academic challenges that a student faces during her study period as well as for the future.
- During COVID-19, the teaching faculty were able to continue to render the same support through the mentoring system.

6. Problems Encountered and Resources Required

- Gender barrier: Women students find it easier to communicate with the same gender teacher rather than with the opposite gender.
- A few students find it difficult to express their difficulties despite the teacher being open to accommodate individual differences.
- A training session on professional Counselling and Guidance will boost the capacity of all the teachers, and thus, increase the standard of individual care and attention


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PUDUCHERRY 605 110.