

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA

COOCH BEHAR (West Bengal)

NAAC ACCREDITED

[A Govt. aided Degree college permanently affiliated to the Cooch Behar Panchanan barma university and enlisted under Sec. 2 (F) and 12(B) of the U.G.C. Act]



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OFFICE OF THE PRINCIPAL

BEST PRACTICES

Best Practice – 1

Title of the practice: Clean and Green Campus

Context

One important mission of the college is “To develop a commitment among Students & Staff members towards the conservation of Environment with a goal towards sustainable development.” The college has framed well defined and viable strategic goals for creation of a Clean and Green Campus & help students to dream & achieve a sustainable and healthy environment in and outside the college Campus.

Objectives

To carry out the swachhta activities in the campus smoothly.

Creation of a Green Campus

Water Conservation to be done to reduce unnecessary water usage.

Recycling of waste paper.

Waste Management to be performed in the college campus

To conserve energy and reduce wastage in the campus

Practice

The college has formed Swachhta Action Plan Committee with Staff & Students to carry out the swachhta activities in the campus smoothly.

The cleaning of the campus, classrooms, laboratories, toilets and College Garden are done by supporting staff & supervised by the NSS Unit, Students & Head of the respective Department.

Plastic free campus drive by introducing cloth bags, paper-bags, paper plates & earthen glass in the campus.

Maintenance of taps, cisterns & water pipes is done regularly. Leakages are immediately taken care of by availing the service of the plumbing agency.

The college has facilities for the management of degradable & non-degradable waste.

Plantation programmes have been done for the greenification of the campus.

Outcomes

The green campus developed by the college is not only a step towards saving the environment but also an addition to the beauty of the campus. Due to this practice, there is an increase in plantation of trees in the campus. We have also succeeded in maintaining plastic free campus.

S. Singh,
12.03.2020.

Teacher-in-Charge
T. P. M. Mahavidyalaya
Cooch Behar

Best Practice--2

Title of the practice: **Psychological Counselling Cell**

Context

Mental wellness is essential for the learners. Addressing the physical and mental health issues of students was imperative to rule out future impairments. Mentoring was necessary to wipe out the trauma caused to the young minds, the sense of despair and listlessness. Counselling is confidential and recognizes that each person is unique. The Psychological Counselling cell was set up to ensure the mental wellness of the students. The focus of the sessions was to help students in their mental crisis and to provide them necessary guidance.

Objectives

To create awareness on to manage daily hassles and stress from the same.

There were interactive sessions on Depression in which several causes and symptoms of depression were discussed. Remedial measures were explained.

To create awareness among students on Suicide and how treatment can help them.

To create awareness on cyber addiction and cyber bullying

General discussion on potential, aptitude and interest are undertaken.

Steps are outlined to sustain attention during counselling.

Practice

The Cell conducts both individual and group sessions at the commencement of the academic session in July, the Cell conducts group sessions for students to give them an overview of counselling. The Cell also organises group sessions related to specific topics such as Stress Management and Examination Phobia. About 30 students attended the individual sessions and 79 participated in the group sessions.

Outcome

Interactive sessions on causes and remedial measures of social interactions and anxiety have been truly fruitful to the students. As a result of continuous supervision and counselling of the students, attendance has improved and concentration has increased.

S. Singh,
12, 03, 2020.

Teacher-in-Charge
T. P. M. Mahavidyalaya
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