

Government Arts College, Gandhinagar

Best Practices

1. 'Vijay Padma' - Government Colleges State-level Essay Writing Competition

Objectives

1. In the current era, the higher education system is gaining momentum in terms of competitiveness, wherein, it becomes a moral duty of the college to focus on the development of students irrespective of the streams and across a wide spatial context.
2. The constantly evolving questions which engulfs the current situations and ideologies of the contemporary world, nation, state and the society should be introduced to the students so that tomorrow we may have an aware, thoughtful and a compassionate society valuing the human emotions at large.
3. Language is the medium through which every student of a government college gets an opportunity to develop and showcase his/her creative ability.

Context

1. The government colleges are widely spread across the state. Not only the students of these colleges come from the deprived socio-economic sections of the society but also from the tribal, coastal and geographically remote corners of the state.
2. It promotes a closer interaction amidst government colleges which facilitates exchange of thoughts, conversation and team spirit which is ultimately our aim behind this practice.

Practice

'Vijay Padma' is a rotating trophy for the Government Colleges State-level Essay Writing Competition. Commencing from the year 2015-16 each year a musing topic is selected which is then communicated to various government colleges through mail. Based on that topic, a college level essay competition entitled 'Vijay Padma' is then organized, wherein, every college is supposed to send two of its best essays in this competition. Keeping in mind an impartial attitude, the college invites a panel of judges outside the college, preferably teachers from any government college or even universities to evaluate the essays. The judges evaluate these essays on various parameters such as fundamentality, expression and diversity in the topic. Based on their evaluation, the results are announced, and the winners are invited to collect their rewards.

Evidence of Success

The academic year 2021-22 had the following winners –

S.No.	Position	Name	College	Place
1	First	Rajpurohit Kumkum	K.K.Shastri Government Commerce College	Maninagar, Ahmedabad
2	Second	TabiyadBansari	Government Arts College	Gandhinagar
3	Third	DamarMunnavar Sultana	Government Arts College	Vanthali
4	Consolation prize	KatlamanShreyansh	Bahauddin Arts College	Junagadh
5	Consolation prize	Raval Saroj	Government Arts College	Bechraji
6	Consolation prize	Joshi Shubham	Government Arts College	Maninagar, Ahmedabad

1. The topic of the competition in the year 2021-22 was 'Corona Pandemic and Mental Health.
2. There were a total of 21 entries in this year's competition.
3. Judges – Dr. Jay Oza and Dr. Bhairavi Dikshit (Children's University, Gandhinagar).

Problems encountered, and resources required

The invitation of the entries for this essay competition to different Science, Arts and Commerce government colleges in the entire state used to be communicated and received through post and email. In abeyance to the government guidelines in the Pandemic, communication via post was restricted. So, it was done through online mode i.e., via email. Even the date of receiving the entries and prize distribution event was postponed for a year.

Keeping in mind, the vast geographical extent up to which this event is proposed to be organized. It is a must that different government colleges voluntarily come to support the existing set up. This will not only help in penetrating deeper geographically and socially but also the scale of this event will be upgraded.

2. Best Practices: Suicide Prevention Day-Event-2021-2022

Psychology being an applied field, it is a must for students to have hands on experiences and variety of professional exposure to gain better conceptual clarity. For skilful development and holistic education extra-curricular activities are basically required in curriculum itself. To be able to bring the theories into practice, psychology department of Government Arts College, Gandhinagar, scheduled a field trip in the month of Suicide Prevention Awareness. Students were taken to a neighbour college through invitation of a seminar on Mental Health Awareness and Early signs of Suicide and its Prevention.

Objectives of the Practice:

- To sensitize students about common signs of suicidal tendencies and active efforts to prevent suicides
- To enable students with skills required to diagnose mental health issues merely through classroom interventions
- To provide experiential learning by enabling students to relate well with the concepts learnt by closely observing and interacting with their peers and experts outside the campus

The Context:

- It has been realised that students' socio-economic background impactfully reflects on the capacity and willingness to explore the field from a holistic perspective.
- On the other side, students' majorly belonging to rural backgrounds are able to witness social stigma and myths about signs of poor mental health and treatment for the same.
- Utilising the provided scenario, it becomes essential to consistently showcase the scientific approach of understanding mental health and severity of issues further leading to suicidal tendencies and attempts.
- Rural background also provides a huge spectrum of daily life circumstances generally prevailing due to family maladjustments, acute financial crisis, poor health regime due to lack of awareness and more. This further adds a perspective to work upon proactively on mental health of community.
- The above mentioned, confirms the benefits of field trips and seminars on respective topic.

The Practice:

- **Goal:** To sensitise students and deepen their understanding of “Common Signs of Suicidal Thoughts, Tendencies and Attempts.”
- **Audience:** Graduate and Post Graduate Students of Psychology at our College Level.
- **Mode of Activity:** Seminar by an Expert of Mental Health
- **Areas of Best Practices:** Community Sensitisation, Individual Interaction, Expert Intervention and Field Visit
- **Venue:** Outside College Campus. Neighbour College of Graduation
- **Orientation:**
 1. Invitation to our college students by a Govt. Centre; Jeevan Aastha Helpline of Suicide Prevention and Mental Health Care
 2. Students’ Notice for the same
 3. In-house guidance session of students for the same
 4. Execution
 5. In-house Interactive Session post event
 6. Thank You Letter to respective Neighbour College and Govt. Centre

Problems Encountered and Resources Required:

- Such co-curricular activities can be better executed if seminars are more often conducted within the campus through better infrastructural facilities like auditorium/Amphitheatre with audio visual aids.
- Students staying at longer distance from respective venue and college couldn’t participate in the event timely. This can be worked upon by transportation facilities for students.