



## BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE

C.S.I Karnataka Central Diocese  
#19,3<sup>rd</sup> Cross, C.S.I Compound  
Mission Road, Bengaluru – 560027  
Affiliated to Bengaluru City University  
[www.bcwcc.edu.in](http://www.bcwcc.edu.in)

### 7.2 Best Practices

#### BEST PRACTICE 1

##### Title of the Practice: Outreach and Awareness Programmes

##### Outreach Programme:

The objective of the outreach programme is to bring in a sense of responsibility among the students. To kindle in them a deep sense of gratitude for the privileges that they are enjoying and to be sensitive to the life of the under privileged. The focus would be in reaching out to the weaker section and to educate them about the basic and the need for a healthy living practice. The means towards these objectives could be in terms of education, medical care, provision of basic needs, food to satisfy or even financial support.

The students of Bishop Cotton Women's Christian College in view of being conscious about the needs of the society's underprivileged every year plan to visit various different kind of homes for the aged, the mentally challenged, the orphans, the sick, and the needy and try and make some efforts to meet such people and try to fetch them their basic needs and to make them happy by visiting them. In this program efforts are being made by the students to even educate the less privileged students of the elementary schools by teaching them some Basic English and science subjects.

- A visit to the home for the aged was organized to study the functioning of an old age home and to interact with the inmates.
- Courage to say NO – a role play cum presentation on the ill effects of tobacco and alcohol and the courage to say no to peer pressure was organized, around 90 students participated.
- Parent Education program -to educate parents of preschool children in the areas of types of parenting, needs of children, inculcating reading habits, behaviour problems, and nutritional needs of children. The program had a live demonstration of creative activities and display of the cooked ideal menu for a Pre-schooler.  
Venue – Achieve School of Education, Chamrajpet, Bengaluru.
- The Department of Botany, Chemistry, Biotechnology visited the Gerizim Home for the special children. The month of December which is often observed as a season of sharing and caring, and more activities conducted to celebrate the joy of giving. The class students generously contributed to the needs of the home in the form of snacks, stationaries, toiletries and food items. The students also had a short message to be shared along with some action song and wishing the children Merry Christmas and New Year wishes.

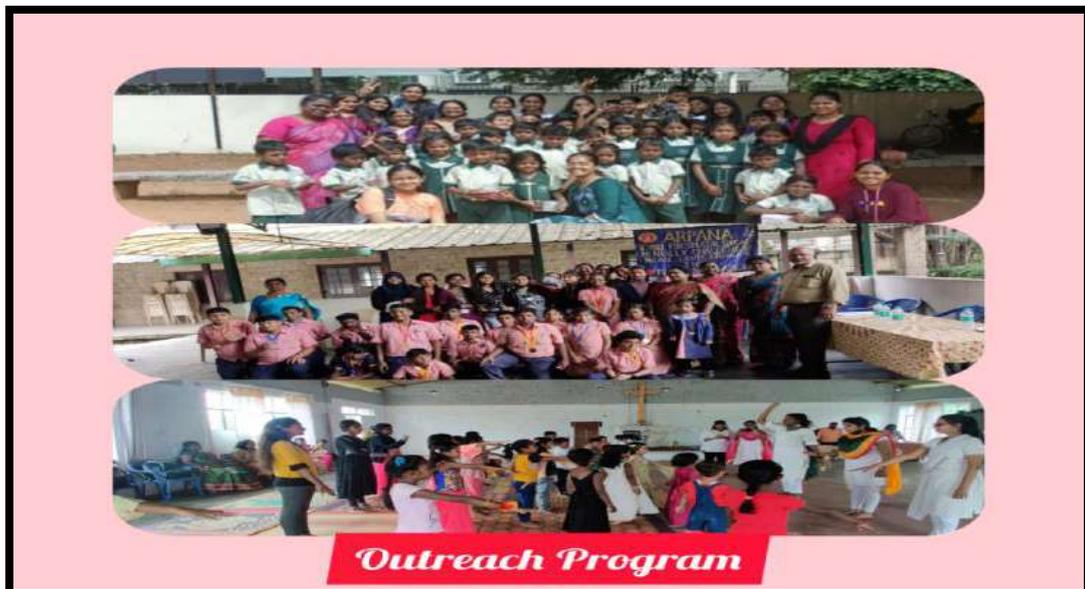
- The Students of Management Studies Department took up an outreach programme and visited an NGO “Oasis India – Community Empowerment Project Programmes” the students distributed stationaries and refreshments. The children were excited on receiving these gifts and their faces shining with happiness which is a very evident success of the initiative.
- The NSS unit organized an outreach programme at ShivajiNagar, Bangalore. The main aim of the programme was to feed the needy and poor people. 11 NSS volunteers pooled in Rupees one thousand and one hundred and bought packed food and distributed it to 40 needy people at the venue. The outreach programme provided a great opportunity for the NSS volunteers to learn to serve the community.
- The students of the Commerce stream visited an Orphanage - Home of Hope to spread the joy of Christmas and donated groceries, clothes, toys and snacks to the children. 15 students and 1 faculty were a part of this programme.
- Bridge English – Some of students visited the YWCA Primary School at KS Garden Slum close to the college location. Children her were taught Basic English speaking skills and mathematics. Around 30 students were the beneficiaries of this program. This initiative created opportunity for students to teach elementary and basic subjects free of cost as a token to give back to the society.

Outreach programmes give an opportunity and an exposure to students to know the life outside their comfort zone. By going that extra mile the students had the satisfaction of reaching out to the needy and at the same time the under privileged were met with their basic needs. The main objective of organizing these outreach programmes was achieved by offering continuous support. This influenced a behavioural change in students and instilled awareness of community needs and also empowered them to make positive changes in themselves. Students were given an opportunity to work towards the betterment of the society.





### Outreach in Shivajinagar Slum



### Awareness Programmes:

True to the mission vision statement of our college various events and knowledge sessions are organized to create awareness, to share knowledge about various issues in the society. These knowledge shares from experts may show the direction to make the necessary changes towards achieving an improved and a healthy successful living.

The students having realized the importance of having a holistic development and also being conscious of educating the ignorant conducts many of the awareness programs. Most of the times students are so much not informed about various aspects of life apart from their prescribed curriculum. Awareness sessions conducted by various departments is indeed an eye opener to many. These awareness programmes are focused towards the healthy living

practices, health and hygiene, environmental conscious issues, sustainability, legal information's, constitutional values and social causes.

- The department of Psychology observed World Elder Abuse Awareness Day. The students were sensitized on the problems and issues faced by senior citizens through a street play. A poster making competition was also conducted with the theme “Respect your Elders”.
- A workshop on developing a positive mind-set was organized where the students gained an understanding on how to develop and practice a positive mind-set.
- An awareness program on the topic “Courage to say NO”. A role plays cum presentation on the ill effects of tobacco and alcohol and the courage to say no to peer pressure.
- The Department of Zoology organized a guest lecture to create awareness on Organ Donation. The lecture covered the various aspects of organ donation like the eligibility criteria, types of donations, tissue and corneal donation as well as brain death.
- The Eco Watch Club conducted an awareness Program on the Segregation of waste and Recycling. Detailed discussion on the waste collected in the canteen, dry leaf waste, plastic waste, e waste and the method to treat these wastes was explained to the maintenance staff.
- The club also organized a clean campus awareness drive. To promote hygiene and reduce the spread of sickness by maintaining a clean college environment. Students displayed placards and charts which carried many slogans to avoid littering on campus. This awareness campaign was conducted to promote civic sense among students and community.
- The Department of Sociology organized a Rally on ‘UNITE’ Activism to end violence against Women and Girl Child. Another awareness workshop on the occasion of The World Drug Day - “Together we can tackle the World Drug Problem” was organized in collaboration with Karnataka State Police and Bengaluru City Police.
- To uphold the value of Democracy, the Department of Political Science conducted a Voter Awareness Registration Drive as a part of Electoral Literacy Club.
- The Legal Literacy Club organized an awareness session on “Fundamental Rights and Duties – From a Woman's Perspective “where the speaker emphasized on the legal laws pertaining to women’s rights. Another session on “Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act 2013” was organized where the speakers explained on how to prevent sexual harassment at workplace and the steps taken to redress the same.
- An awareness session on Breast Cancer was organized by the Student Welfare Committee. The Radiation Oncologist from HCG hospital spoke about the causes of breast cancer such as sedentary lifestyle, improper food habits, and genetic history. The speaker emphasized on the techniques to examine the early stage breast cancer in young women, techniques to perform self-breast examination, and to undergo mammography for the detection of lump in the breast tissues of women in above 30 years of age. The session also covered the myths and facts about the occurrence of breast cancer and brought a sense of awareness on the cervical cancer that is fatal.
- A Stroke Awareness Walkathon was organized to create awareness of stroke among the general public.
- Awareness session on Constitutional values with the title “Come Let’s Celebrate National Constitution Day” on account of Samvidhan Divas was conducted.

- Awareness on Swatch Bharath Abhiyan – cleanliness drive and Tree Plantation Drive was organized to bring in a sense of responsibility towards achieving a sustainable Ecosystem.

As a result of attending these awareness programs the students in the campus and the common public were well informed about the pros and cons about the various issues concerning the society, safety, legal issues and health. This was an eye opener to many to overcome the superstitious beliefs, and to be well informed about the myths and facts. A sense of responsibility and commitment from the students and the common man was kindled after these awareness programs.



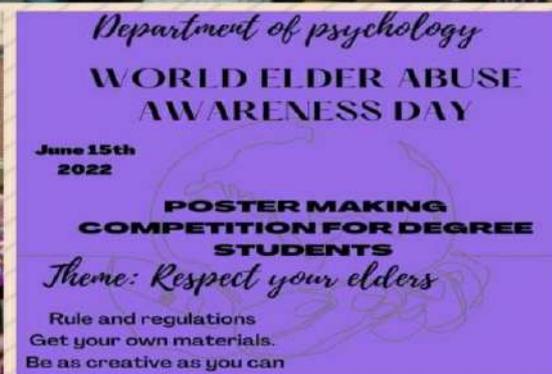
**Stroke Awareness Walkathon**



**Voter Awareness Campaign**



**Clean Campus Awareness Drive**



**BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE**  
 47th, 7<sup>th</sup> cross, Old Compound, Mission Road, Bangalore - 560027

Department of Zoology  
 organises a Guest Lecture on  
**"WELL-BEING"**

Date: 9<sup>th</sup> January 2023  
 Time: 11 a.m.  
 Venue: Seminar Hall

**Guest Speakers**

**Dr. Prakruthi K.P.**  
 MBBS, DNB, DNB Fellowship in Post-Operative Nursing,  
 Senior Lecturer,  
 Bangalore Memorial Hospital, Bangalore  
 Post # 0202027921

**Dr. Bhargavi Brahmakal**  
 MBBS, MRCP(UK),  
 Senior Lecturer,  
 Bangalore Memorial Hospital, Bangalore  
 Post # 0202027921

**Organizing Committee:**  
 Mrs. S. Anithavan Grace, H.O.D., Dept. of Zoology  
 Mrs. S. Kumathi, Asst. Professor, Dept. of Zoology

Dr. Revina Rebecca  
 Principal, B.C.W.C.C.



**Awareness on wellbeing and organ donation**



**Awareness program on Waste Segregation**

## **BEST PRACTICE 2**

### **Title of the Practice: Mentoring and counselling**

#### **Mentoring Report:**

Mentoring is a process of correlating an individual's personal skills with empowerment tools. It is a practice wherein every teacher is assigned with a set of 20 to 30 students to constantly monitor them throughout their study period in the institution. Mentoring provides an opportunity to inculcate a closer connection with the students' lives emotionally, physically and mentally, which stands as one of the reasons for their holistic development. Academically faced issues like shortage of attendance, backlogs in core and elective papers, delay in fee payments, time management during classes and exams, career oriented placements as well as problems faced personally such as loss and grief, anger issues, anxiety, depression, self-harm, peer pressure, substance abuse, addiction to social media, toxic relationships, cyber bullying, suicidal thoughts, family dysfunction, mental and physical health problems are monitored by the mentors on a regular basis.

An efficient mentor is one who provides guidance on personal as well as educational issues, points out the strengths and areas of development in each student, provides constructive suggestions for the overall development of the student and advises the parents to encourage their wards in capitalizing their strengths. Mentors are equipped to maintain a healthy bonding with mentees by inspiring and teaching motives for the up liftment of mentee. Mentoring is an opportunity to use and develop leadership skills and results, to enhance and strengthen interpersonal and coaching skills for the Mentor as well. It also aims at self-assessment of mentors to upgrade on their mentoring system.

A Mentor – Mentee policy that college mentoring system follows creates a safe and healthy partnership between mentor and mentee. The mentoring process is guided by synergy, uniqueness and responsibilities. The mentors conduct meetings with their respective mentees periodically. The mentors are given the accessibility to the information of mentees' online ERP portal to monitor their attendance and academic on-going on a daily basis which the mentors assess, analyse and document. At the time of PTA, mentors are expected to meet the parents of their mentees, issue an undertaking for shortage of attendance and to maintain confidentiality in respect of all matters disclosed by the mentee. A continuous effective mentoring given to each mentee has improved the overall attendance, pass percentage and attitude of the students as a mark of their academic performance over the years.

Students acknowledge a sense of awakening to turn to mentors in times of trouble, functions as a comfort provided for the students during mentoring session. The responsibility of a mentor encompasses the feel of gratification in parents for their placement of children in safer environment.

The constant process of communication through mentoring promotes academic excellence, self-esteem, and personal growth of the students. The mentoring programs is undertaken in all earnestness and has emerged as one of the best practices of the college as it also reiterates the mission of the college to empower young women to face the challenges of life with courage and conviction.

**Bishop Cotton Women's Christian College, Bangalore**  
**Informed Consent Form for student mentoring 2022-23**

**1. Mentoring Protocol**

**Student -Mentor Agreement:**( To be filled by Mentee)

- I agree to take part in the College Peer Mentoring Scheme until... (End of the course, or a suitable date).
  - However, I am aware that I can finish the Mentoring relationship at any time by notifying my Mentor that I wish to withdraw from the Scheme
  - I have read and understood the College Mentoring Policy and I know which areas of my college life my Mentor will help me with.
  - I understand and agree to follow the college Mentoring Confidentiality Policy and have signed a copy.
  - I will meet with my Mentor once every (vary as appropriate) two weeks for 30 minutes. We will meet in a public place (Student area, Lounge, classroom Learning Centre etc)
  - I am happy for my Mentor to make brief notes of our meetings which will be kept in... (Nominated place, such as Student Services etc)
  - My Mentor and I agree that we will contact each other by  
: Email: ... @address. College mail system
- If I have concerns about any aspect of the Peer Mentoring program I will speak to my Tutor or to (name of Scheme coordinator)

**2. Confidentiality Statement:** (to be signed by both Mentor & Mentee)

As a College Mentor I agree to act on behalf of the college to support a young learner who is enrolled on a course of study.

- I have successfully completed the Initial Training Course and am prepared to undertake **two 30 minute sessions during the month with each mentee** (vary as appropriate)
- I understand and agree to follow the college Mentoring Confidentiality Policy and will sign a copy with my Mentee.
- We will meet in a public place (Student area, Learning Centre etc)
- I will make brief notes of my mentoring meetings that I will share with my Mentee. I will store these documents in ...(nominated place, such as Student Services etc)
- I agree that I will provide mentoring support to my Mentee until...(End of the course, or a suitable date). However, I am aware that I can finish the Mentoring relationship at any time by notifying my Supervisor that I wish to withdraw from the Scheme

Mentoring Consent Form

Signatures for Informed Consent form -

Undertaking - I have been explained & read through the contents of the Informed Consent form and understood about the student mentoring process. I provide consent to be part of the mentoring process as a mentee, with Ms. Sarala Sonia as my mentor.

Sl. No.	Mentee's name	Mentee signature	Sl. No.	Mentee's name	Mentee signature
1	Keerthana B (CSP)	<i>Keerthana</i>	14	A. Meghashree (Csc, Psy)	<i>Meghashree</i>
2	Supriya V (Csc, P)	<i>Supriya V</i>	15	Aaiman (NDC)	<i>Aaiman</i>
3	SANJANA SHREE.S (Csc, Psy)	<i>Sanjana</i>	16	Umme Zaina (NDC)	<i>Zaina</i>
4	Prasthanthi.V (CSC, Psy)	<i>Prasthanthi</i>	17	Zehra Fatima (NDC)	<i>Zehra</i>
5	Sarah Khan (C.Sc, Psy)	<i>Sarah Khan</i>	18	S. Keerthana (NDC)	<i>S. Keerthana</i>
6	Zeba Rehman (Csc. Psy)	<i>Zeba</i>	19	JEEVITHA.R (NDC)	<i>Jeevitha R</i>
7	SAHLA.P.P (CSC, PSY)	<i>Sahla</i>	20	DEMLNA SOLBAM (CBT)	<i>Demina</i>
8	Subhila.P.P (CSC, PSY)	<i>Subhila</i>	21	SHIFRAH SATISH (CBT)	<i>Shifrah</i>
9	Halima Ibrahim (Csc, Psy)	<i>Halima</i>	22	GRACE MICHAEL (CBT)	<i>Grace Michael</i>
10	tanupriya W (Csc, Psy)	<i>Tanupriya W</i>	23	HUMAIRA FIRDOSE KHAZI (CBT)	<i>Humaira Firdose Khazi</i>
11	Melvin Karuna.A (CSC, Psy)	<i>Melvin A</i>	24	SHIRLEY.P (CBT)	<i>Shirley P</i>
12	Ethna Berena B (CSC, PSY)	<i>Ethna B</i>	25	HENASHREE.S (Z/BE)	<i>Henashree</i>
13	Jeeva (Csc, Psy)	<i>Jeeva</i>	26	LIKITHA.R (Z/BE)	<i>Likitha R</i>

Signature of the mentor: *Sarala Sonia*

Date: 15.09.2022

## **Counselling Report:**

Besides the faculty mentoring system, BCWCC has a counselling cell staffed with a full time in house counsellor who is available for students from Monday to Saturday. The counselling cell focuses on nurturing comprehensive student growth and fostering individuality. It helps a student to handle and solve their personal, emotional, and inter personal problems and academic difficulties.

The primary task of the counsellor is to support the academic session of the college by facilitating a student to perform well in their examination and to identify the root cause of absenteeism and to provide effective assistance and support through counselling. We secure and help our students to adjust or deal with personal problems by enabling them to discover for themselves the solution to the problems when receiving attention from a counsellor.

**VISION:** To cultivate a supportive and empowering environment where students can explore, understand and manoeuvre with their emotions, relationships and challenges. It aims to foster holistic personal growth, resilience and maximising academic performance.

**MISSION:** To facilitate comprehensive growth in student's personalities, fostering students in setting realistic goals, communicating effectively, time management and emotional wellbeing to aid in navigating personal and academic challenges.



**Counsellor conducting a session on the topic - Establishing boundaries in relationships**



**Counselling Session with students**