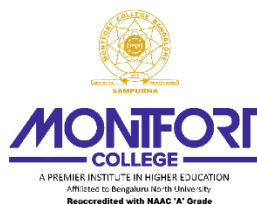




ACADEMIC YEAR 2023-2024

### BEST PRACTICE 1

Title of the Practice:	Online Counselling: Training for Accessible Counselling Services
<b>Objectives of the Practice:</b>	<p>To empower students with skills necessary for technology assisted counselling.</p> <p>To provide accessible counselling to the general public.</p>
<b>Context:</b>	<p>Mental health services are being provided via technology, more so after the pandemic. The college believes that students should be equipped with the skills to provide counselling services online.</p>
<b>The Practice:</b>	<p>The students are given a skills development training to provide mental health services through online modalities. Following this, the students are given the opportunity to work with clients online through their practicum. Their work is supervised by trained counselling supervisors.</p> <p>Since the students, who are trainee counsellors, provide the counselling services to the general public, many lay people are benefitted: they receive quality counselling services free of cost which they can access from the comfort of their own homes.</p>
<b>Evidence of Success:</b>	<p>Forty students of M.Sc. counselling were trained to provide online counselling.</p> <p>Students have provided free counselling services to more than 100 people.</p>
<b>Resources Required:</b>	<p>Experienced trainer for technology-assisted counselling training.</p> <p>Access to smart phones or computers with internet access</p> <p>Access to a private noise-free space for counselling</p>
<b>Challenges Faced:</b>	<p>Providing counselling for real-life cases comes with a great amount of responsibility to ensure that the students' work is credible, and the services provided are of good quality. Finding qualified supervisors is important.</p> <p>Having a stable internet for the sessions was a challenge. This was overcome by students using personal data.</p>
<b>Contact Details:</b>	<p>Principal Montfort College 184, Old Madras Road Indiranagar Bengaluru - 560038</p>



ACADEMIC YEAR 2023-2024

## BEST PRACTICE 2

Title of the Practice:	Course Work for Bridging Gaps in Knowledge and Ability
<b>Objectives of the Practice:</b>	To empower students with the necessary knowledge, skills, and attitude for the programs they have enrolled.
<b>Context:</b>	Students come from a variety of backgrounds with differing knowledge, skills, and academic abilities. For teaching of coursework to be effective, the student's knowledge and skills should be similar. In addition, the NEP provides multiple entries and exits for students, and they need to be prepared with some basic skills at the very beginning if they are to be ready for the job market. In this context, the college offers bridge courses to UG students and foundational program to PG students to meet the needs.
<b>The Practice:</b>	<p>The college conducted a bridge course for the students of all UG programs from 10<sup>th</sup> to 14<sup>th</sup> July 2023. The aim of the course was to familiarize the students with the university pattern of curriculum, evaluation, and coursework. Further, the basic concepts relevant to their programs were also revisited.</p> <p>The college conducted a foundational program for the students of both the PG programs between 10<sup>th</sup> October and 10<sup>th</sup> November 2023. The aim of the program was to build the necessary knowledge, skills, and attitudes to learn the courses related to psychology and counselling. The program covered topics from stereotypes and biases to mental health infrastructure in the country as well as relevant National Acts.</p>
<b>Evidence of Success:</b>	<p>The students expressed their satisfaction with the course.</p> <p>Teacher's evaluation of the students' knowledge and skills indicated that the bridge course and foundational program built the necessary framework for their programs.</p>
<b>Resources Required:</b>	Syllabus, teaching materials, and teachers.
<b>Challenges Faced:</b>	None.
<b>Contact Details:</b>	<p>Principal Montfort College 184, Old Madras Road Indiranagar Bengaluru - 560038</p>