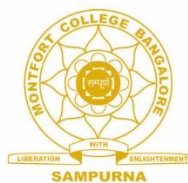




BEST PRACTICE 1

Title	Extension Activities: From Campus to Community
Objectives of the practice	<ol style="list-style-type: none"> 1) To increase awareness of mental health and social wellbeing in the community. 2) To inculcate a sense of empathy, cultural sensitivity, and commitment and service.
The Context	Inculcating values of service and empathy can help in developing a society which is willing to look out for others and provide services which are beneficial to the community.
The Practice	Each student of counselling psychology is required to complete 150-210 direct counselling hours, design, and deliver mental health awareness and sensitization workshops at schools, colleges, NGOs, and other institutions. Secondly, different committees and clubs along with other organizations carry out regular awareness programs each year.
Evidence of Success	Students going for counselling practicum meet and exceed 210 hours showing that the uptake for these services is high. More and more students are volunteering their time and services at various centers such as NGOs, special schools, and half-way homes.
Problems encountered and Resource required	<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.</p> <p>Therefore, trained and qualified supervisors to oversee student work.</p> <p>Support from the media, organizations, and authorities is also required in organizing awareness programs, walkathons, etc.</p> <p>Funds for creating flyers, pamphlets, etc., and for transport is required.</p>



MONTFORT COLLEGE

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BEST PRACTICE 2

Title	Social Media Impact at Montfort College - Training and Facilitating
Objectives of the practice	1) To disseminate information on mental health and wellbeing. 2) To empower students to use social media ethically and creatively.
The Context	It is imperative in this ever-evolving world to include new media in practices and into the curriculum as the demand for accurate mental health-related content on social media is enormous and crucial.
The Practice	Student-run social media platforms, with minimal supervision from faculty were used to spread words of encouragement on campus and on social media. Student assignments were designed to create reliable information related to mental health and to be shared through social media. The practice was important in understanding social media and use for students' future practice.
Evidence of Success	The amount of engagement with content on social media is evidence of its success. Moreover, the growth of students in the creativity of the reels made and in thinking, planning, and executing ideas shows commitment and progress.
Problems encountered and Resource required	As with every social media campaign, it takes time to build traction. Including more people consistently and getting resources to make quality content is required to continue the growth.