

BEST PRACTICE II- Focus on Holistic Well Being of Students

At Sophia College for Women, as a part of empowering women through education, holistic wellness measures to enhance students' well-being are done by means of activities undertaken to ensure the physical, mental, emotional, and social health of all our students. It was undertaken through the following ways from 2018-2023.

COVID-19 Support: During the COVID-19 pandemic, many institutions faced significant disruptions. To address these challenges, Sophia College introduced online counseling through the Counseling Center. It was crucial for maintaining educational continuity and providing necessary emotional support during a period of uncertainty. Additionally, the department of Psychology organized many activities and events to raise awareness about the significance of mental health.

Mentor Mentee: The mentor-mentee program supports students to help them overcome academic and adjustment challenges in the institutions. Students meet their mentors regularly and provide them guidance as per the college mentor-mentee policy. The mentors provided them holistic and multidimensional guidance to make their college experience a more enriching one.

Sports Activities: In order to consistently promote the physical well being of its students, the institution follows a sports policy and strives to create a healthy balance between sports facilities and increase participation across diverse disciplines in sports. The college organized a multitude of activities including basketball tournaments, yoga sessions etcetera. Student participation made these activities meaningful and they also offered a space to our students to build virtues like team spirit, collaboration, empathy and hardwork.

NSS and Social Causes: The National Service Scheme (NSS) played a vital role in engaging students with social causes. Through NSS, students participated in community service projects that addressed various societal issues. In addition to organizing social outreach activities, the NSS also organized events for student welfare and spiritual health.

Nobel Oration Lecture Series: In order to supplement the curriculum with the knowledge of the latest advancements in academic and professional world, and to help them understand and analyze the world through a scientific and critical lens, the college conducted The Nobel Oration lecture series. To encourage a rational and evidence-based approach, many departments organized lectures and workshops aimed

at promoting scientific temper and keeping students updated about the latest trends in academic research at a global level.

In-house Student Research Culture: In order to inculcate an aptitude for research and provide students with avenues to publish as well, the college offers journals like SCRIBE (sciences) and Luminous (arts and humanities). In addition to these journals, the college also offers unique platforms like EXAP and EXSP to its students to present their research to their peers and teachers. The teachers also work with the students as guides.

The student engagement in all these programmes of Sophia College for Women, speaks of their relevance. Sports and NSS activities too continue to attract passionate student participation. The lectures and the published research reflect how students find these avenues valuable. Similarly, papers presented in the EXAP and EXSP programmes prove that they are enriching for our students.