

Best Practices - I

Title: “Alma Connect” – Staying Associated

A) Goals:

1. To foster enduring relation with alumni for the benefit of the students and institute
2. To create synergism between the institute and alumni.
3. To promote purposeful exchange of knowledge and ideas with the student and faculties of the college.
4. To harness intellectual support for the augmentation of the institute.
5. To organize various programs, workshop and activities in collaboration with alumni.

B) Context:

Sydenham College has myriad of exceptionally bright alumni who by their outstanding contributions in the respective fields, not only helped the nation turn into a great state but also afforded their alma mater a reason to seek pride. They have always proven to be a great asset to the institution. The alumni are perhaps the most important stakeholder for nurturing long-term progress of the college and students.

C) Practice:

1. Sydenham college organizes two alumni meets every academic year to develop strong bond between alumni and institute
2. Alumni cell of the college organizes workshop, mentoring programs, talk shows etc which assist in students progression
3. Alumni of the college offers endowment prizes for students to encourage academic excellence.
4. Alumni also contribute towards curriculum development by being the part of different board of studies of the university
5. Publication of monthly newsletter “Sydenhamite” by the alumni cell.

D) Evidence of Success:

In the year 2020-21, a year when pandemic grappled the whole world, our alumni left no stone unturned and contributed towards progress of the college by organizing following events

1. Celebration of virtual Independence Day on 15th August 2020. Programme shown live on Sydenham alumni cell's YouTube Channel. Students and alumni participated in this musical and patriotic songs programme.
2. First edition launch of Sydenham Alumni newsletter "Sydenhamite" on 15th August 2020.
3. Mental health & meditation session. Resource person our alumni Smt. Binaifer Chakraborty, Reiki Master, EFT Healer, and Candle Healer on 5th September 2020, live on Sydenham Alumni you Tube Channel.
4. Prof. S.V. Ghatalia - Birth Centenary event on 19th September 2020, live on Sydenham Alumni you Tube Channel.
5. Alumni Lecture series talk show with alumni Mr. Ashok Piramal Chairman VIP Industries, shown live on You Tube channel on 20th September 2020.
6. Mentorship programme to clear Professional Exams. Resource person our alumni CA Mr. Udit Goyal, Senior Consultant with Grant Thornton LLP on 5th December 2020, live on Sydenham Alumni You Tube Channel.
7. Key note session with alumni Mr. Keki Mistry (Vice-Chairman and CEO, HDFC) in collaboration with IIT Indore for the IIT event. Topic was 'The Current Perspective of the Indian Economy and the housing Sector' on 1st April 2021.

E) Problems Encountered:

- 1) Virtual alumni interactions during pandemic created less impact on students as compared to real face to face dialogues.
- 2) Perception of the student towards online event is less effective.

Best Practices - II

Title: “Mental Health Matters” – Promoting Mental wellness during Pandemic

A) Goals:

1. To foster mental wellbeing of the student amidst pandemic
2. To identify and develop various facets of mental wellbeing that will enhance academic performance of the students.
3. To initiate various programs and activities to cope up with stress and anxiety disorders

B) Context:

In the present era of competition, one of the most crucial aspects of a student’s path to success is mental health. Sydenham College nurtures the overall development of the students by focusing not only on academic and extra-curricular activities, but also on developing various life skills which assist the students to handle challenges of the complex world. With the upsurge in academic demands, it is vital to prioritize work and manage efficiently. Managing mental health of students during pandemic was a necessary, so Sydenham college teachers undertook array of online programs to address the student’s stress and anxiety level.

C) Practice:

- 1) Teacher-Student mentoring, Peer-to-Peer mentoring was undertaken through online modes
- 2) Programs, workshops on mental wellness are organized by different societies of the college
- 3) Yoga, meditation session are organized by Physical Education department of the college.
- 4) Counselling to the students by the faculties of the college.
- 5) Remedial and extra lectures was arranged for slow learners

D) Evidence of Success:

1. Mental health & meditation session. Resource person our alumni Smt. Binaifer Chakraborty, Reiki Master, EFT Healer, and Candle Healer on 5th September 2020, live on Sydenham Alumni you Tube Channel.
2. Mentorship programme to clear Professional Exams. Resource person our alumni CA Mr. Udit Goyal, Senior Consultant with Grant Thornton LLP on 5th December 2020, live on Sydenham Alumni You Tube Channel.

3. Yoga and meditation session by Dr. Sunil Singh was organized by Dr. Homi Bhabha State University for students and teachers of all constituent colleges.
4. A session on “De-stress with Music” was organized by English Literary Club of the college in which various mental relaxation techniques with music was discussed. Students actively participated in this program.

E) Problems Encountered:

- 1) Poor participation from students in mental wellness program
- 2) Student perceive mental health problem as a social stigma and are reluctant to discuss with their peers or teachers.
