

Two Best Practices followed by Carmel College of Arts, Science and Commerce

I

1. Title of the Practice : Self-defence training for all first year students of the college. (no fees charged)
2. Goals: To make our students physically strong and confident.
3. The Context: Commenced on 23rd July 2018. This is a management and IQAC initiative, made mandatory for all first year students – Arts, Science & Commerce. It is planned as an ongoing good practice and was organised in collaboration with the YWCA for the academic year 2018-19.
4. The Practice: The Martial Art Academy of Goa, headed by Mr. Suraj Paradkar and his team of 8 instructors conducted the classes after lecture hours. The 14 hour course was held from Monday to Thursday from 3pm to 5pm.
5. Evidence of Success: Although after class, students attended enthusiastically. Student feedback was overwhelmingly positive. 352 students completed 14 hours of training and were awarded participation certificates.
6. Problems Encountered and Resources Required: Only feasible time slot was 3pm onwards due to lecture load and practicals; a large empty hall; necessity of multiple trainers due to large number of students; trainers' fee, transport and transport charges.

II

1. Title of the Practice : Work experience/Internship
2. Goals: To make our students aware of the rigours demands and realities of the workplace and the skills required for gainful employment.
3. The Context: From academic year 2018-19 onwards it has been made compulsory for every student to seek and serve in any capacity in a workplace environment.
4. The Practice: the employment may be remunerated or gratis; the employer should issue a certificate for the same. A minimum of 2 weeks of such 'work' is required to be completed at least once during the 3 year undergraduate degree course.
5. Evidence of Success: Student feedback was indicative of the realisation that they need to hone soft skills, manage time effectively; Students have become more aware and serious about skills' training as well as their studies; Students have begun to actively visualise and pursue career choices, something which they previously never gave a thought to until after graduation.
6. Problems Encountered and Resources Required: A few parents not very encouraging as during term time 'work' often finished only at 6: 30 to 7pm and it was dark by the time they reach their homes in remote rural areas.