



# St. Edmund's College

(Affiliated to North Eastern Hill University, Shillong)  
Recognized by the University Grant Commission under 2 (f) and 12 (B) of UGC act 1956  
Laitumkrah, Shillong – 793003, Meghalaya, India

E-mail: [stedmundscollege@gmail.com](mailto:stedmundscollege@gmail.com)

Website: <http://sec.edu.in>

## Best Practice 1

### 1. Title of the practice:

*Life Skills – Coping with Stress during Pandemic Times.*

### 2. The context that required the initiation of the practice:

India was suddenly thrown into a nationwide lockdown in mid-March 2020, and the young students of St. Edmund's College were taken by surprise. Many of them, being boarders, couldn't return home, especially if they were from other States of India. Nobody was sure how long the lockdown would last and with each passing day, the stress and anxiety increased. There was uncertainty that surrounded not only 'academic learning', but the real threat to life by the virus. The media, especially the social media, did not help to allay the fears. Hence the students needed training of Life-Skills, to Cope with Stress.

### 3. Objectives of the practice:

The Assignments offered in the program, were to help the students to become aware of their emotions, especially related to stress. Then to deal with those emotions effectively. Lastly, to share the skills they've learnt with family and friends. Assignments offered the opportunity to connect with the College, expressing themselves through interests like: art, gardening, poetry writing, camera shoots, etc.

### 4. The Practice:

Every fortnight, the students were sent various materials for reflection by way of videos, audio clips, articles, etc. If the files were too big, they were sent as a link in the Google Drive. There were generally five questions for them to respond to so that they could deepen the content, and get in touch with their inner strengths. The material was dispatched through the College



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dedicated LMS platform, which generated an alert each time, and also gave them the time-line to respond. This also made it easy for the students to upload their responses in the system, making the marking the assignments that much easier. For every assignment the student submitted, s/he earned a score of 10 points, the maximum being 50 points. Within the system there was provision to offer a personal note of encouragement to the student, based on her/his responses. The feedback on the assignment created its own interest in the students. While the Assignments were loaded in the student's individual 'cell', they also got an SMS, which invited them to respond to the material that was posted. The materials sent to them were not only current, but also of interest to young minds, catering to their varied interests. For instance, if they were into gardening, they could upload pictures of how well their garden was doing. The time limit to respond to the assignments was both a help and a hindrance, as some responded immediately on receiving the material, while others procrastinated and missed the closing date.

## 5. Obstacles faced, if any, and strategies adopted to overcome them:

Participation in this exercise was voluntary, without marks, grades or credits to be gained for it so it had to be driven by intrinsic motivation. To get around this obstacle, attractive material was shared. The majority of the students were interacting with the resource person for the first time hence help from the Head of Departments was sought. The students had issues with the network and so the deadlines were rescheduled to give additional time. The students were not always familiar with the College Learning Management System, so this something that got corrected with time.

## 6. Impact of the practice:

The greatest sign of the impact was the number of students that responded to and submitted their assignments. These students were also from Departments across the board, indicating that the assignments were beneficial to all three major Streams of study in the College: the Arts,



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the Science and the Commerce. Some of the students had honestly shared their strengths and weaknesses while responding to certain questions. That surely was a sign that they could trust the College to guide them. Also the fact that the students ranged from all the semesters was another sign of the program being well received. The whole practice was aimed at keeping the students engaged intellectually and creatively and the impact was palpably felt through the active participation of students.

## 7. Resources required:

The resources required were: video and audio clips as well as materials to read and reflect on. The network was a critical resource for delivery of the content and feedback. Having the LMS platform in College, was a great boost to ensure smooth delivery and feedback.

## 8. About the Institution

i.	<b><u>Name of the Institution</u></b>	St. Edmund's College
ii.	<b><u>Year of Accreditation</u></b>	2019
iii.	<b><u>Address:</u></b>	Old Jowai Road, Laitumkhrach, Shillong 793003
iv.	<b><u>Grade awarded by NAAC</u></b>	B++
v.	<b><u>E-Mail:</u></b>	<a href="mailto:seciqac2020@gmail.com">seciqac2020@gmail.com</a>
vi.	<b><u>Contact person for further details</u></b>	IQAC Coordinator
vii.	<b><u>Website:</u></b>	<a href="http://www.sec.edu.in">www.sec.edu.in</a>



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## Best Practice 2

### 1. Title of the practice:

*Establishment of Institution Innovation Council (SEC-IIC) ID202015433*

### 2. The context that required the initiation of the practice:

With the introduction of National Education Policy (NEP2020) in Higher Educational Institutions, the college need to invest in new fields/domains such as Research- Swachhta- Innovation in addition to normal teaching learning processes. It is deemed appropriate to establish an Innovation Council as mandated by Ministry of Education Innovation Council (MIC), Government of India. In the middle of the lockdown due to Pandemic, few members of the staff and students get together and formed the Innovation Council as per laid down principles of MIC and got the approval with ID202015433. The college wish to contribute to and take responsibility on the concept of “Aatma Nirbhar Bharat” in the present reality which the world is facing that is transforming the way we live!

### 3. Objectives of the practice:

*“Innovate today for a better tomorrow”*

To facilitate a viable ecosystem in the campus for critical thinking, problem solving, innovations and start-ups. The students are encouraged and motivated to think and dream beyond syllabi; identify and develop a proposal on a topic relevant to local and or national level; build a model that can be verified and standardised for a working model on start-ups.

### 4. The Practice:

The Council initiated its activities using the expertise of Alumni Network, local Entrepreneurs and organised online impact lecture series bringing in eminent Entrepreneurs from all over India.



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The students and faculties were exposed to the idea/concepts of Entrepreneurship, innovations, start-ups – the challenges and prospects of such ventures. The social media accounts (face book, Instagram and twitter) were activated and presently there are 220 members participating in sharing of ideas and thoughts. Regular formal and informal interactions and meetings are held to discuss and deliberate on the working schedule of the council. The students were asked to identify issues, think critically and propose a working model through online presentation as well as in physical mode. All the self-driven and MIC driven activities were recorded and uploaded in the MIC portal for evaluation and assessment. The council members are in constant touch with the eminent persons and MIC experts to explore ideas and concept notes. The students are motivated to participate in all activities of the council and it is expected to yield an outcome in line with the mission of MIC.

## 5. Obstacles faced, if any, and strategies adopted to overcome them:

The college being a non- technical science- arts-commerce affiliated college, it has very limited scope to design and start new courses relevant to the present theme. However, the college plans to develop a friendly ecosystem for all so that the students get ample opportunity to explore- tinker and develop a project based on real issues. Resource management is an issue which is being look at by exploring avenues like alumni network, government funding and self-finance. A research facility, tinkering laboratory are in place to be used by the students under the supervision of a technical expert. The management shall support any viable project developed by the students after proper assessment, evaluation and approval from the experts. The Council shall take the expert advice from the Kaziranga University, Assam, the mentor institution assigned by MIC under Mentor- Mentee Flagship Programme to further augment its activities.

## 6. Impact of the practice:

The students are enthused to take part in self- driven and MIC driven activities, share their thoughts and ideas, identify an issue and its solution. The participation in online/offline model



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presentations has been encouraging. Hands on training on Candle Making, Herbal Soap, Vermi compose (Organic manure) are carried out and the feasibility of such projects as “Pilot Start-ups” involving local vendors and entrepreneurs being work upon. All the activities of the council were shared with the MIC peer team members for evaluation. The activities of the college were recognised and the college is allowed to participate in IIC 4.0 programmes. Recently, the college received ONE STAR for its activities, the only non-technical college in Meghalaya to be recognised by MIC, Government of India. It is expected that a sincere effort from all stakeholders shall give a positive result and the college can contribute to the nation building process of Self Sufficiency.

## 7. Resources required:

The college council has established a strong relationship with Ministry of Education Innovation Council (MIC) and the mentor institution assigned to foster a platform in innovations, start-ups problem solving, design thinking, IPR, marketing etc. The vibrant Alumni network is helping to plan and organize impact lectures on the theme mandated by the MIC, Govt. of India. Dedicated space as tinkering lab, innovation hub cum Central Instrumentation lab (CIC) is in place funded by the management

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xiv.	<b><u>Website:</u></b>	<a href="http://www.sec.edu.in">www.sec.edu.in</a>