



SHREE GOKARNANATHESHWARA COLLEGE

GANDHINAGAR, MANGALURU - 575 003, D.K.

Affiliated to Mangalore University

NAAC Re-accredited "B+" Grade (2.73 CGPA)

Ph.: 0824-2457226, Fax : 0824-2457221, E-mail : sgokarnanatha@rediffmail.com

Website : www.gokarnanatheshwaracollege.com

Ref.:

Date :

2022-23

1. Title of the practice-

ARIVU MATTU CHINTHANA

2. Objectives of the practice:

ARIVU: to give a message on morality and human values by the staff.

CHINTHANA: to inculcate the moral values through the art of public speaking by the student.

3. The Context:

To promote the art of public speaking with confidence among the students on relevant topics of moral values.

4. The Practice:

The concept of public speaking with courage is the focus, keeping in mind the moral values. The students are given the task of speaking in the college weekly assembly on topics relevant to moral values.

The staff are also assigned to talk on any matters related to morality, human values and topics relevant to social causes that will inculcate a sense of righteous thinking among the students.

5. Evidence of success.

The active participation of our students shows the evidence of success. Every week the staff and student have taken up this task of public speaking and the students have gained the confidence of talking and addressing the gathering. Moral values are the key focus area; hence this practice has also spread value-based information to the students.

6. Problems encountered and resources required:

Nomajor problems have been encountered as most students wilfully accepted the task. Resource required was in terms of guidance for the students to deliver the thought in the college assembly which was aptly taken care of the staff in terms of guiding the students.


PRINCIPAL
SHREE GOKARNANATHESHWARA
COLLEGE



SHREE GOKARNANATHESHWARA COLLEGE

GANDHINAGAR, MANGALURU - 575 003, D.K.

Affiliated to Mangalore University

NAAC Re-accredited "B+" Grade (2.73 CGPA)

Ph.: 0824-2457226, Fax : 0824-2457221, E-mail : sgokarnanatha@rediffmail.com

Website : www.gokarnanatheshwaracollege.com

Ref.:

2022-23

Date :

1. Title of the practice-

MANA SHANTHI

2. Objectives of the practice:

To counsel the students in regard to mental health and personnel issues faced by them.

3. The context:

The promote good mental health and counsel the students in regards to issues faced by them in college or outside. To address all issues related to mental health.

4. The practice:


The students of the college at the beginning of the academic year had to compulsorily under counselling session in a face to face talking approach with the counsellors who have been assigned by the college.

5. Evidence of success.

All students have undergone the counselling session and have spoken about the concerning issues to the counsellors and most of the issues are addressed by the counsellors.

6. Problems encountered and resources required:

Students partially refusing to speak about the issues were a matter of concern. Most of the students had the issue of opening up to the counsellors due to lack of understanding of the need for counselling. Resources required was a room for counselling and professional counsellors.


PRINCIPAL
SHREE GOKARNANATHESHWARA
COLLEGE, GANDHINAGAR