



SHREE GOKARNANATHESHWARA COLLEGE

GANDHINAGAR, MANGALURU – 575 003, D.K.

Affiliated to Mangalore University

NAAC Re-accredited “B+” Grade (2.73 CGPA)

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BEST PRACTICE 2023-24

1. Title of the practice

CHINTANA MATTHU SUDDI

2. Objective of the practice:

CHINTANA: to spread moral values through the art of public speaking by the students in the assembly.

SUDDI: Speaking on the current affairs and news which are relevant to the students.

3. The Context:

To contribute to the art of public speaking and current affairs, news and moral values by the students in the weekly assembly.

4. The Practice:

The students in the weekly assembly are made to speak on moral values with short stories or quotations with elaborate explanations of the morality of the story. Also, the students are made to speak on current affairs and news relevant to the student community.

5. Evidence of success:

Students actively participate in turn every week on a Wednesday and put forth the speech assigned to them. Well in advance preparation of the students have shown the depth of involvement of the students in this practice.

6. Problems encountered and resources required:

No major problems are encountered in the task. Students willfully participate in the practice.


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BEST PRACTICE 2023-24

1. Title of the practice

MANA SHANTHI

2. Objectives:

To counsel the students

3. The context:

To promote good mental health and counsel the students. To address all issues related to mental health. The practice: The students at the beginning of the academic year had to compulsorily undergo counselling session.

4. The Practice

The students at the beginning of the academic year have to compulsorily undergo counselling with professional mental health counsellors in a face-to-face interaction session.

4. Evidence of success.

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

5. Problems encountered and resources required:

Students partially refusing to speak about the issues in the beginning but end up sharing the issues on later stages of counselling sessions.

6. Resources required

Room for counselling and professional counsellors.


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