

Best Practice of the Institution
Best Practice 01
Treasuring Images Film Society (TIFS)

1. Title of the practice:

“Treasuring Images Film Society”

2. Objectives:

The prime objectives of the film society are to:

- Create awareness about world cinema among students;
- Make students good audience which may help them to make good films;
- Screen the films related to UG and PG curriculum;
- Explore social, political, cultural and similar realities depicted in the films;
- Conduct lectures on films by experts.

3. The Context:

The Treasuring Images Film Society is run by Department of English of Vivekanand Arts, S. D. Commerce and Science College since 2006. This film society is affiliated to the Federation of Film Societies of India, and meant for the students who want to study films as an artifact. Any interested student can become a member of the film society by filling up a form and paying a nominal fee of Rs. 100/- per annum.

Screening of the Films:

The Treasuring Images Film Society has its own collection of more than 500 movies. Before screening, these movies go through a selection process. The screening session usually takes place on every Saturday at 2 o'clock in college Function Hall. The screening of the film is followed by discussion on it and even question answer session takes place to clear the doubts in the mind of students. With the teacher's remark, the activity of the day reaches conclusion.

4. Evidence of Success:

Since the last twelve years, the activities of The Treasuring Images Film Society are going on successfully. As a result, the students have improved their taste of enjoying cinema. This activity has helped them to study film as an artifact. They are able to understand and recognize the cultural, artistic and technical aspects of the cinema. This understanding spurs their sensibilities as a human being and a cinema lover.

Moreover, the Film Society has inspired our students to undertake their doctoral research on film studies. The four of our PG students have been pursuing their Ph. D on the following topics.

Ajay Lawange- Exposition of Women's Exploitation: A Study of Deepa Mehta's Element Trilogy

Nitin Kendre- Adaptation of Novels into Films: A Case Study of Three Adapted Novels

Ketan Sopkal- Shakespearean Tragedies on Indian Silver Screen

Shivaji Warpe- From Text to Screen: A Critical Study of Adaptation and Appropriation of Short Stories into Films.

Best Practice 02

Psychological Counselling

Title of the Practice

Psychological Counselling

Objectives

The main objectives of the Psychological Counselling are to:

- Help students in solving their problems.
- Provide assistance to the students for knowing their interests, abilities, aptitudes and opportunities better.
- Assist the students in choosing their education and professional career.
- Promote and create awareness of mental health.
- Help students to boost their confidence and do behavioural changes.

The Context

Life of students is getting complex day by day. Counselling and guidance are needed to overcome the problems of students for optimum achievement and satisfactory adjustment in various life problems.

Counselling is a process in which an individual shares his problems with the counsellor and the beneficiary is advised to cope up with his problems. Nowadays, students are facing various difficulties like anxiety, stress, family conflict, unemployment, poverty, and so on. Students are not able to share their problems with the members of their family or with their friends. All these factors affect their mental health. Considering the gravity of students' problems, the Department of Psychology has been running the counselling centre to assist the students since five years. This centre is providing free of cost counselling with active participation of teaching staff. The students from various faculties approach this counselling centre for getting addressed their problems and for their own psychological testing. Till today, many students have been benefited by this facility.

Facilities under Counselling Centre

- 1) Intelligent testing
- 2) Personality measurement
- 3) Guidance for improvement in study habits, memory
- 4) Stress management training
- 5) Group counselling

- 6) Counselling for personal problems
- 7) Conducting workshops, lecture series, certificate courses for students.

Evidence of Success

The Department of Psychology takes initiative every year to create awareness about counselling facility available in college premises. Leaflets are distributed to students for circulating information about the facility. Notices are displayed on the Notice board and circulated in the classrooms before organizing workshops, lectures and allied activities. The information from the students is collected, analysis of their problems is done and counselling is provided by using psychological tests as per the requirement.

Year-wise details of beneficiaries (mentioned in brackets) availing this facility are as follows: 2014-15 (46), 2015-16 (44), 2016-17 (201), 2017-18 (162), 2018-19 (166), 2019-20 (138).

विवेकानंद कला, सरदार दलपसिंग वाणिज्य व विज्ञान महाविद्यालय

● मानसशास्त्र विभाग (Department of Psychology) ●

समुपदेशन केंद्र
Counseling Centre

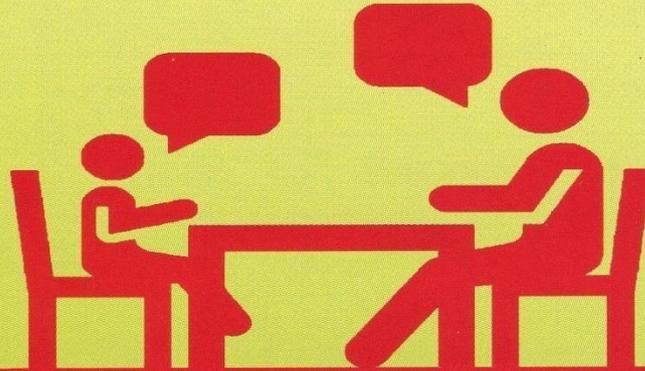


तुमच्या आमच्या आयुष्यात अनेक प्रश्न निर्माण होतात. ते कधी कौटुंबिक, भावनिक तर कधी नातेसंबंधाबद्दल असतात. कधी आपल्याला आर्थिक ओढाताण त्रस्त करते; तर कधी शैक्षणिक अडचणी चक्रावून टाकतात.

अशा सगळ्या प्रश्नांचा गुंता वाढला की मन अस्थिर होतं, प्रचंड ताण येतो. भावनांचा कोंडमारा असह्य होतो आणि आपलं मानसिक आरोग्य ढासळतं! पण आपण त्याकडे दुर्लक्ष करतो.

आपल्या मनातल्या अस्वस्थतेबद्दल आपण बोलतो कमी आणि कुढतो जास्त. यातूनच वाढते जीवघेणी चिंता, निराशा, भावनांचा कल्लोळ आणि घडणाऱ्या आत्महत्या.

पण आपल्या मानसिक समस्यांना आपण उत्तरे शोधू शकतो. त्यासाठी गरज आहे समस्यांविषयी मोकळेपणाने बोलण्याची! आणि हक्काचे ठिकाण असण्याची! असं ठिकाण म्हणजे आपल्या महाविद्यालयातील मानसशास्त्र विभाग. तिथे हक्काने या विश्वासाने आपल्या समस्या मांडा आणि समुपदेशनाचा लाभ घ्या. लक्षात ठेवा की तुम्ही एकटे नाही तुमच्या अडचणी सोडवण्यासाठी आम्ही तुमच्या सोबत आहोत.



मोकळेपणाने बोलूया । मानसिक आरोग्य जपूया ।

खालीलपैकी कोणताही त्रास असल्यास दुर्लक्ष करू नका, मुक्त मनाने बोला आणि आनंदी आयुष्य जगा.

- १) सततची चिंता
- २) नैराश्य
- ३) झोपेचा त्रास
- ४) आहारविषयक तक्रारी
- ५) अभ्यासातील अडचणी
- ६) आत्महत्येचे विचार मनात घोळणे
- ७) विस्मरण, बघराट
- ८) चीडचीड, आक्रमकता
- ९) डोकेदुखी
- १०) ताणतणाव

विशेष मार्गदर्शन

व्यक्तिमत्त्व विकास, नेतृत्व विकास, अध्ययन कौशल्ये, स्मरणशक्ती वृद्धी, बुद्धिमापन, करिअर गायडन्स, मुलाखत तंत्र, ताण व्यवस्थापन याविषयी आपण बरेच काही जाणून घेऊ शकता. समुपदेशनाच्या वेळी तुमच्याकडून घेतलेल्या माहितीबद्दल गुप्तता राखण्यात येईल.



समुपदेशन वेळापत्रक

समुपदेशनासाठी महाविद्यालयाच्या मानसशास्त्र विभागाशी (रुम नं.५१) संपर्क साधा. या सुविधेचा लाभ घेण्यासाठी वेळापत्रक खालीलप्रमाणे -

अ.क्र.	नाव	दिवस	वेळ	भ्रमणध्वनी
१	डॉ. अनघा पाटील	शुक्रवार	१० ते १	९८२२०९७२६४
२	डॉ. रवींद्र शिंदे	सोमवार	१० ते १	९९५८४३९९९९
३	डॉ. महेश मरकड	गुरुवार	१०.३० ते १.३०	९९२३३८०३९०
४	डॉ. सुनील जाधव	बुधवार	१०.३० ते १.३०	८६६८६५९३२२
५	प्रा. सुभाष देवरे	मंगळवार	११ ते २	८३२९४२९२६९
६	प्रा. अक्षय शिंदे	शनिवार	१० ते १	८४८४८४४८९०

- CONTACT -

Vivekanand Arts, Sardar Dalip Singh Commerce & Science College, Samarthanagar.

Aurangabad-431001. Maharashtra, India. Tel: (0240) 2365802, Tel Fax: (0240) 2365801. Email : info@vivekanandcollege.edu.in