

Government College, Karauli

Best Practices

Best Practice 1

Practice Topic : Establishment of Mental Health Counselling Centre

Rapidly changing social conditions have adversely affected the mood of the youth. The youth is slowly starting to feel frustrated. The Mental Health Counselling Centre has been established on 23 December 2020 in the college for the solution and counselling of problems like depression, insecurity and fear among the youth. Through this centre, efforts are made to solve the problems not only of the students of the college but other youth of Karauli. The centre analyses the mood of the students through a variety of interactive activities and also liaises with their parents to resolve it. The center has so far provided counseling to 700 students. The center receives the help local psychiatrists for its work. In order to remove stress and depression among the students, the Center periodically organizes many entertainment programs so that the students can forget their problems and enjoy life. The Center also organizes various workshops for teachers to develop methods of study that can provide opportunities for students to learn in a stress-free environment.

Best Practices 2

Practice Topic : Competitive exam preparation

In the current competitive times, the competition for getting employment opportunities in the students has increased tremendously. At such a time, students have to face double problem, they have to complete one more their college education, while on the other hand they have to prepare for competitive examinations. In such a situation, the students have to face extreme mental stress. Keeping this problem of the students in mind, a program called Competition Efficiency has been started by the college through which the students of the college are imparted training to obtain various government and private jobs. This year about 1100 students in the college have benefited from this training program. Under this training program, students are prepared for intensely competitive examinations by subject matter experts and also from time to time in collaboration with various sections of the society Free books are provided.