



SURENDRANATH EVENING COLLEGE

[Established in 1961]

24/2, MAHATMA GANDHI ROAD, KOLKATA - 700 009
Phone : 2350-9011, E-mail : snevening@yahoo.com
Website : [www.http://surendranatheveningcollege.com](http://surendranatheveningcollege.com)



MATRIX : 7.2.1

BEST PRACTICE 1

1. **Title:** Career Counselling Initiatives for the students
2. **Context of the Practice:** The students of final semesters are often puzzled about what to do after completion of their under graduate studies and this many a times lead to defocus them from their studies also resulting in poor result. Recent graduates who are transitioning from academia to the workforce may seek career counseling to navigate job search strategies, identify career opportunities, and develop essential job-seeking skills. If the college can provide a guided way in order to make them aware of the various opportunities awaiting for them after pass-out it will be beneficial for the students and they can explore their interests, values, strengths, and goals to identify suitable career options.
3. **Objectives of Practice:** Career counselling is a process that involves providing guidance, support, and resources to individuals to help them make informed decisions about their career paths. It helps individuals understand the relationship between their education and career goals and identify their strengths and weaknesses. It can also assist the students with developing job search strategies, writing resumes and cover letters, preparing for interviews, and understanding and managing job stress.
4. **The Practice:** The Training and Placement Cell along with the IQAC of our college arranged career counseling programs by inviting reputed and expertise companies where the trained professionals deliver lectures and also interact with the students directly. In this session two agencies namely ERUDITE and GROW visited our college where they motivated and guided our students about job opportunities and also how to prepare themselves for competitive exams.
5. **Obstacles Faced:** Since in this session we arranged such programs in the month of May 2023 majority of the student's strength could not attend as they were busy preparing for their final exams. Thus we could not provide benefit to maximum number of students. Hence we are trying to bring such companies beforehand when normal classes will be going in the college so that all can attend such programs smoothly.
6. **Impact of Practice:** The impact has been direct and considerable as our students gave us the feedback that it helped them a lot to plan about their future move. Moreover it boosts the confidence of our students and they become hopeful that they can pursue their job of interest in near future. Some of our students also got jobs in reputed companies which in turn helped the students of early semesters to become more enthusiastic to continue their under graduate studies in the general degree college.



SURENDRANATH EVENING COLLEGE

[Established in 1961]

24/2, MAHATMA GANDHI ROAD, KOLKATA - 700 009

Phone : 2350-9011, E-mail : snevening@yahoo.com

Website : [www.http://surendranatheveningcollege.com](http://surendranatheveningcollege.com)



BEST PRACTICE 2

1. **Title:** Introducing physical awareness as a parameter for students
2. **Context of the Practice:** The world is increasingly realizing that physical health is an important criterion for all-round character development as any other index or practice. From office staff in multinational companies to students in colleges the place where one spends a major part daily life is ideal for spreading awareness about physical health
3. **Objectives of Practice:** To create an environment for students where free of cost they can nurture and look after their physical activity.
4. **The Practice:** The college installed a multi-gym facility within the college campus. Along with basic instruments of work-outs the gym also has a tread-mill and other instruments for aerobic exercises. A notice was issued by the Principal of the college to participate in this programme. Two different slots were set for male and female students.
5. **Obstacles Faced:** Initially the primary obstacle was the place of setting up of the multi-gym facility but later it was resolved. Also there was a lethargic response from the students. But now on seeing their friends other students are joining and showing a lot of enthusiasm.
6. **Impact of Practice:** There has been a remarkable change of fitness in the case of students and there has been a general improvement in the concentration and confidence of the students.