



## **Best Practice-01**

The institute makes efforts under the banner of IQAC to utilize the research aptitude of research scholars of the research Centre of Department to carry out research survey studies on issues hitting students, teachers, community. Data is compiled and the outcome is planned to be displayed in the college website, publication and discussed in seminars of college.

### **Title of the practice**

**A study to reveal the Internet Addiction among Adolescents as Impact of Technology.**

### **Objective of the Practice:**

- To find out the impact level of internet among college students and school going students of nearby areas.
- To reveal negative and positive effect of technological advancement on college students and school students of nearby areas.
- To suggest methods to fix the internet addiction problem at the initial stage, among college students and school going students of nearby areas.

### **The Context:**

- Internet has emerged as a necessary part of our life. Adolescent have become entirely dependent on the internet to search for information, social website, recreation, online purchasing and online gaming. Educational institutions around the world are making use of the internet to upgrade teaching and studying indoors or outside the classroom using the internet.
- The present research work is to find out the impact of technology advancement focusing the internet usage, with reference to positive and negative effect. The researcher has attempted to recognize the several factors having influence on youth's internet addiction level and also analysis the effects. To overcome all these negative effects of internet and technology, the parents needs to monitor their children on regular basis.



- Tabssum, research scholar under guidance of Dr. Reshma Lakesh from Home Science Department took the initiative for this social responsibility and constructed a plan to find out the reasons, effect and solution of this problem not only among the college students but also amongst the school going students of nearby areas.

### **The Practice:**

Internet has emerged as a necessary part of our life. Through internet and social media website any social networking sites have become a handy way to communicate and made feasible to chat with peoples who reside far away.

Adolescent have become entirely dependent on the internet to search for information, social website, recreation, online purchasing and online gaming. Educational institutions around the world are making use of the internet to upgrade teaching and studying indoor or outdoor the classroom using internet. If the internet is used wisely then it proves to be very useful, such as research instruments, seeking information, improve their interpersonal skills, interchange experience and understanding. Internet has many benefits and proves to make higher efficiency; it can also be harmful for students if they become addicted to it. Therefore the objective of this study is to analyse the level of internet addiction.

Now a days, adolescents rely upon social networking sites like Google, yahoo, Gmail, You-Tube, Facebook, Whatsapp, hike, twitter, tik-tok, omegle, instagram, gaming apps etc.

Studies show that teenager population is a high risk group for internet dependency

- [1] One of the reasons for this could also be the lack of supervision and guidance while using internet
- [2] Internet addiction may also refer as lack of ability to control the will of using internet. It can be described as preoccupation with internet, high use of internet, when they go offline feel restlessness and depressed
- [3] The impact of the internet on particular's social participation and health shows that excessive use of internet make you less in touch with family and friends, this will reduce the social circles.
- [4] Working on internet can decrease social interconnection and communication. Moreover, it denotes that the socially remote adolescents are more probable to use the internet.



[5] Quick and smooth access to the required information also decreases the creativity of the adolescents and oppression using the web facility is the worst effect of the internet. Stanford University on internet utilization showed that 12.4% of students stayed online longer than expected. It is observed that intemperate electronic media usage at night interrupt the sleep which grows the depression.

[6] Home science research center has been working on very sensitive and burning social issues and problems. Our students are trained for awareness programme initiative.

Youth Red cross volunteers under the monitoring of Dr. Reshma Lakesh have tied up with 100 Aganbadies, old age home, schools for special students since last decade and are constantly working for upliftmentof underprivileged sections of society.

Regular research work and survey is done on physical, mental, social, nutritional and health problems.

### **Evidence of Success:**

- The present research work is to find out the impact of technology advancement focusingresearcher has attempted to recognize the several factors having influence on youth's internet addiction level and also analysis the effects. To overcome all these negative effects of internet and technology, the parents needs to monitor their children on regular basis.
- Ms. Tabssum, research scholar under guidance of Dr. Reshma Lakesh from Home Science Department took the initiative for this social responsibility and constructed a plan to find out the reasons, effect and solution of this problem not only among the college students but also amongst the school going students of nearby areas.
- Upliftment of underprivileged sections of society.
- Regular research work and survey is done on physical, mental, social, nutritional and health problems.

### **Evidence of Success:**

The present research work is to find out the impact of technology advancement focusing the internet usage, with reference to positive and negative effect. The study is important to get an attention of individual, a group and the government on the



negative effects of the technology which the people generally neglect. Everyone is trying to get digitalize and the government is also focusing on it. Digital literacy is not only regarding the knowledge of digital devices, but also not getting addicted of technology. The problem of technology and internet addiction should be focused in the initial stage of one getting digital literacy either by any of the family member or institution.

### **Problem Encountered & Resources Enquired:**

The main reason of being dependent on internet and technology are sense of satisfaction and belief of feeling happy over social networking sites. To overcome all these negative effects of internet and technology, the parents need to monitor their children on regular basis, when they use internet although it is little difficult for the parents to monitor the child all the time because digitalization in schools, college has made children to use technology for not only doing the online uploaded homework but also for tracking the progress in class and for taking help of internet to prepare project or assignments. The adolescents have good excuse for using internet and technology. So, digitalization or technological advancement has high impact on the internet addiction level of adolescents.



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## **Best Practice-02**

The institute makes efforts under the banner of IQAC to Financial support to economically deprived female students under Colleges' fellowship schemes like – Mor Noni Yojna

### **Title of the Practice**

#### **More Noni Yojana**

Financial support to economically deprived female students under Colleges' fellowship schemes like –Mor Noni Yojna, Dev Jivan Smriti, Late Shree J.C. Gupta and Late Smt. Kanti Gupta memorial fellowship.

### **Objectives of the Practice**

- To provide equal opportunities to economically impoverished female students of the College in attain higher education by financial support for fees.
- To develop confidence among economically deprived female students that they will always get financial support from the College.
- To collaborate and associate with charitable trusts, philanthropic organizations & individuals to mobilize financial help for female students from economically deprived backgrounds.
- Faculties deeply care and actively support students from economically impoverished backgrounds.

### **The Context**

Many of the students who belong to rural milieu with poor financial background are gaining education, such who need financial support. The Teaching Staff came forward to help such students. Under Mor Noni Yojna, faculties adopt students from economically impoverished background and take responsibilities of admission fees, examination fees and relevant financial need. Late Garima Saxena was a student of the College who passed away untimely due to mental illness, her parents in remembrance, decided to provide Garima Saxena memorial fellowship to the needy students. Late Shree J.C. Gupta and Late Smt. Kanti Gupta memorial fellowship is also provided in their memory.



## **The Practice**

Our Institution is the only government girls college in Durg District, which is renowned due to best results and highly qualified faculties, with all core subject at graduate and post graduate level Arts, Commerce, Home Science and Science.

We have subjects of performing arts like Dance, Music and Drawing. Same time we have PGDCA and Research centres also. The Sports department is also very active. All year round we have different extra-curricular activities, as well as academic activities safe secured, neat and clean campus with hygienic washrooms, pure drinking water, refreshing canteen, common room attracts students from not only urban area but also surrounding rural areas.

The number of admission seeking students is increasing year by year. Although being a government college the education is almost free, only a nominal admission and examination fees is charged, the maximum girls seeking admission are from very low economic background but have very good academic results, which appears to be a very positive sign of girl education and empowerment. This made faculties to come forward and help students in all the ways they could.

Chhattisgarh was carved out of erstwhile Madhya Pradesh and so far desired results have not been achieved in higher education, which is lower than the national average, especially among native girls. Financial constraint is a major reason behind this. The flagship schemes of financial aids have been launched by the College with the aim to give opportunity to every deserving girl student a shot at higher education regardless of her economic condition. The Professors of the College voluntarily came forward to become Teacher Guardian to financially adopt students and also mentor them regularly to resolve their relevant issues. The College considers this as a best practice where adopted students are protected from financial constraints and the Teacher Guardian could offer more than usual.

It is necessary that people must come forward and adopt students not only for financial help but also look after for other necessities, guidance and counseling. As this girls prevail from families of not only poor parents, but as well as very low or no educational background, so maybe they won't be able to understand. Some students belonging to poor financial background shy away in coming to forward and seek help probably due to their socio-psychological conditioning.



### **Evidence of success**

During the year i.e. 2020-21, 51 females' students have been provided freships by the College. A total sum of Rs. 61,768 was distributed as fellowship under various flagship schemes, namely: Mor Noni Yojna (MNY), Late Shree J.C. Gupta and Late Smt. Kanti Gupta memorial fellowship, Dev Jeevan Smriti- Late Shree J.C. Gupta and Late Smt. Kanti Gupta memorial fellowship – 20,000/-, total beneficiaries – 17, Mor Noni Yojna – 29,768/-, total beneficiaries – 25, 16,000. The break-up of the total disbursed amount for Dev Jivan Smriti is 16,000/-: total beneficiaries – 14. This initiative has created an environment of trust and belief among the economically deprived students that they can always bank on the College and Teachers for financial requirements of their higher education. In the upcoming academic sessions, the number of such fellowships / freships will be increased so that more number of needy students receives tuition fees and exam fees from the College, Teacher guardians and other philanthropic organizations.

### **Problems Encountered & Resources Required**

Most of the students belonging to Schedule Tribe, Schedule caste, OBC and Minority are already provided government scholarships, but some underprivileged students are unable to receive such, for them it is essential to provide a helping hand, so that they can achieve higher education. Many faculties come forward but some have their limitations.

The core aim of these fellowship schemes would be fully achieved only when more charitable trusts, philanthropic organizations & individuals and College Professors come forward and extend help from the core of their hearts without any reluctance. Actual purpose will not be fulfilled just by providing fees amount but also motivational counseling and providing other resources such as text books, reference books, notes, other study materials etc to needy students.



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