**Best Practise 1:**

**Life Skills Programme for First Year Students (Degree and Self-Financed)**

The goal of the practice is to enable students to develop the life skills necessary for personal happiness as well as professional success

We began the year’s events with a session on ‘Emotional Intelligence’ which was conducted by Ms. Rohini D’souza in July 2017 for F.Y.B.A/F.Y.B.Com students and for first year students of the Self-financed courses in December 2017.

Deacon Ivan Fernandes conducted the next two sessions, one on ‘Making Choices’ and the second on a topic that was believed to be crucial for students to be aware of, namely, ‘Resisting Pornography’. The first session was held for first year students of the Self-financed courses in August 2017, and for F.Y.B.A/F.Y.B.Com students in September 2017. The second session was held in January 2018 for first year students of the Self-financed courses, and for FYBA/FYB.COM students in February 2018. The last two sessions were particularly well received by our students, who suggested that sessions on these topical issues must be held for subsequent batches so that they too can avail of the opportunity to learn more about them, especially about a topic such as pornography, which is often a taboo subject in society.

**Best Practice 2:**

**Social Outreach Programme – 2017-2018**

The aim of the practice is to make students sensitive towards the suffering of the underprivileged group of the society.

The Social Outreach Programme (SOP) this year completed its 12th year. An Orientation programme for SYBA/BCom students was conducted in the month of June 2017 in the Conference Room. The SOP was organized through Ms. Deepika Singh who co-ordinated with the various centres. Prof. Kevin M. Miranda and Prof. Janine Coelho co-ordinated with the students and Ms. Deepika Singh.

Students were divided into batches of 15-20 and deputed to various centres chosen by them. Some of the centres from where the students did their outreach programme were Fatima Ashray, Marian Congregation of the Houses of Charity, Shelter Don Bosco, Udisha, Cheshire Home, Sneha Sadan Home for the Aged, Paryavaran Saurakshan Kendra,. Inigo Icaza Arruti Children’s Medical Centre, Karuna Hospital, Asha Kiran Community Centre, Navejeet Community Centre and various programmes of social concern organized by Ms. Deepika Singh. The students were asked do atleast 20 hours of service.

The objective of the Social Outreach Programme is to awaken students to have concern for the poor and marginalized, to respect what they have and share their surplus resources with the poor.

Through these centres, the students were asked to make themselves aware and empathize with the sufferings of the poor, marginalized and underprivileged sections of the society. This is in keeping with the scripture teachings “Whatsoever you do to the least of my people, you do it unto me” (Mathew 25:40).

Through this SOP students have experience a sense of gratitude for the various blessings they have in their life and have thanked the College for having conducted such a programme for them. Their gratitude is evident from their reports in which some of them said:

* “SOP has developed within me a sense of understanding and not to complain about small things in life”
* “SOP has made me realize my responsibility towards my parents”
* “SOP has helped me to bring a strong person and not to get upset with small failures in life”
* “SOP has helped me reflect my actions and develop myself as a person”
“After completing SOP, I have started helping my mother in the kitchen”
“I realized the importance of friends in ups and downs of life”

Yes, the teachings of the scriptures have come alive in the students through the outreach programme. We thank Ms. Deepika Singh, the Community Centres and Other Institutions and NGO’s who have helped us in conducting the outreach programme for our students. A special thanks to Principal Dr. Marie Fernandes for her whole hearted support, involvement and guidance during the entire year which has helped us to co-ordinate the outreach programme successfully.

The Outreach Programme concluded with a final workshop where in Ms. Deepika Singh interacted with students on various social issues and listened to their experiences they during the Outreach Programme.

At the Annual day function held in January 2018, 4 students were awarded the Social Outreach Scholarships. These scholarships were:

1. Rev. Fr. Nereus Rodrigues Scholarship for two students in the Social Outreach Programme who are deserving Rs 10,000
2. Mrs. Marie Rodrigues Scholarship for one student in the Social Outreach Programme who is good in either Mathematics, Accounts or Science Rs 5,000
3. Mr. Ivan Rodrigues Scholarship for one student in the Social Outreach Programme who is good in hockey or any other sport Rs 5,000