

DEPARTMENT OF PSYCHOLOGY

NAAC Peer Team Visit



CHANDRADHARI MITHILA COLLEGE

Best Practices

Psychology Department Best Practices

Objective:

To ensure the well-being of students and to enhance their academic performance.

Context:

The college runs a Counseling Cell with the aim of addressing students' issues and improving their academic performance.

The faculty of the Psychology Department operates the cell to support students in dealing with academic, personal, social, and family-related issues.

Practices:

At the beginning of each academic year, the Psychology Department disseminates information about the Counseling Cell.

Psychology teachers conduct psychological assessments related to students' problems and family background. These include the Adjustment Test and Anxiety Test, to prepare a detailed report. The respective faculty member keeps the information confidential.

- **Bell Adjustment Inventory**
Mohsin-Shamshad Inventory

The Bell Adjustment Inventory is a psychological test designed to measure an individual's adjustment to their environment.- Developed by Dr. Mohsin-Shamshad, the test is widely used in educational and clinical settings.

- **Description of the anxiety test**
Sinha Anxiety Test

The Sinha Anxiety Test is a psychological test designed to measure anxiety levels in individuals.- Developed by Dr. D.N. Sinha, the test is widely used in India and other countries.

Evidence of Success:

Students facing issues such as home, health, social, emotional, or anxiety-related problems are referred to the concerned mentor for resolution.

Selected Annual students (as per record):

| Sl. No. | Session | Course | Number of selected students |
|---------|-----------|--------|-----------------------------|
| 1. | 2018-2020 | P.G | 13 |
| 2. | 2018-2021 | U.G | 12 |

| | | | |
|-----|-----------|-----|---|
| 3. | 2019-2021 | P.G | 5 |
| 4. | 2019-2022 | U.G | 2 |
| 5. | 2020-2022 | P.G | 6 |
| 6. | 2020-2023 | U.G | 5 |
| 7. | 2021-2023 | P.G | 8 |
| 8. | 2021-2024 | U.G | 4 |
| 9. | 2022-2024 | P.G | 6 |
| 10. | 2022-2025 | U.G | 5 |
| 11. | 2023-2025 | P.G | 2 |
| 12. | 2023-2027 | U.G | 2 |
| 13. | 2024-2026 | P.G | 4 |
| 14. | 2024-2028 | U.G | 4 |

Problem and its solution:

It was found that some students had issues related to home, health, emotions, social interactions, and anxiety. Some students experienced all of these problems, while others had only one. After being referred to the respective mentors, their issues were resolved. Following this, the students began to feel much better. An in-house full-time mentorship can provide better support in this regard.