

Best practice-1

1. Title of the Practice

Building responsible human beings through Personal Growth Oriented Programme (PGOP).

2. Objectives of the practice

All round development of students at SXC; 'wholeness' and 'wellness.

Designed so that students acquire the capacity to integrate the learning.

Help students to discover self, others, and God so that students broaden their view of life, helps to integrate their daily activities and develop healthy relationships so that each one becomes a gift: a gift to oneself, a gift to others, and a gift to God.

3. The Context that required the initiation of the practice

A meaningful survival in society depends on the depth of relationships: relationship with oneself, with others, and with God.

During adolescence one discovers, explores and experiments with new relationships that can be lasting and rewarding.

Help students to initiate, handle, and foster a meaningful relationship which helps in a better performance in academics.

Inculcate a value system based on good, healthy relationships.

4. The Practice

PGOP is a three year programme spent in 60 hours. It exclusively focuses on process rather than product. The programme focuses on transforming people by touching the core of an individual. It helps one grow in self-awareness, build self-esteem, grow in understanding and in respect for self and others. It helps one to grow as a person who is encouraged, enhanced and empowered to improve the quality of one's personal, family and social life.

In the first year, students are taken through an experience of discovering oneself: 'I am a gift. I want to know myself, my shadows and strengths'.

The theme of the second year is: 'You are a Gift'. Growing together promotes wholeness and wellness. We accept the 'giftedness' of others through 5 A's. These are Acceptance, Approval, Appreciation, Affirmation and Acknowledgement. At the end of the third day, a student is made aware of the unique role s/he plays in society, being called to, along with others, make the world a better place.

The third year programme focuses on "Relationships". These relationships promote harmony, discipline, respect and self-esteem. Through various activities and group work students are invited to look into the values that foster relationship: Trust, Openness, Acceptance, Forgiveness, etc.

5. Obstacles faced if any and strategies adopted to overcome them

The process oriented approach of PGOP is difficult to convey to participants at the beginning of the programme. It is done through interactive exercises. Once the programme takes off the ground, other students are motivated by the feedback from those students who have attended it.

Another obstacle is the find motivated resource persons who owns up the programmes. This has been achieved first by offering the course the potential resource persons.

6. Impact of the practice

It is character formation and nation building by developing good citizen. Students come back to the counsellors at a later stage to say that PGOP has sown the seed of transformation in them.

The PGOP has also impacted the faculty. All those who have seriously opted for this programme are touched by this experience. This has brought about an attitudinal change in many faculty. They have become more tolerant, understanding, self giving and others oriented.

Since this programme focuses on process rather than product the result of PGOP is not immediate. It is yet to come.

7. Resources required

Stationary articles and infrastructure facilities