

### 7.3 – Institutional Distinctiveness

#### 7.3.1 - Portray the performance of the Institution in one area distinctive to its priority and thrust

The ‘Sophia Cooverji Hormusji Bhabha Programme in Ethics and Values’ is something distinctive to our institution. Under this programme a theme is chosen for the year, counseling facilities are provided, and value education sessions are organized.

The theme chosen for the year 2023-2024 was: **“Navigating Challenges with Perseverance for Progress”**. An attractive poster on this theme was placed in the foyer of the College building.

A trained counselor was available for consultation by students on three days of the week. A total of 18 students of BSc in Hospitality Studies benefited from the counseling services in 2023-24. Some of them went for one or two sessions, but others on a more regular basis. The students had their sessions on stipulated days and the necessary details of students’ issues were recorded by the counselor making sure of maintaining confidentiality. The students were given necessary tests to probe and gain more information on the issues on hand. Follow ups were made to maintain the connectivity and communication with the students. The concerned lecturers were consulted to help understand and get updated information on the students. Parents were met to make sure issues were addressed, understood, and communicated better. They were assured that changes were possible with their support, understanding and guidance given to the students. The students were supported, motivated to be positive and made to understand that achieving starts with the beginning of self-belief.

One value education session / workshop was carried out with each class of the BSc in Hospitality Studies by a trained professional from Energia Wellbeing. On 15th September 2023 one interdisciplinary programme for the whole institution was held. The resource person was Mrs. Nutan Lohiya, the topic was ‘Stress Management, Peer Pressure and Social Media Effects’.

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