



## Madurai Gandhi N.M.R. Subbaraman College for Women

Affiliated to Madurai Kamaraj University

Approved by UGC Under Section(2f) Status| ISO 9001:2015 Certified Institution

4A, Teppakulam – Anuppanadi Road, Madurai – 625 009. Ph: 0452-2312948

Web site: [www.mgnmrscwcollege.in](http://www.mgnmrscwcollege.in) Email: [mgnmrscw2010@gmail.com](mailto:mgnmrscw2010@gmail.com)

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### 7.2.1– Best Practice-2

#### 1. Title of the Practice:

Student Success Support Hub

#### 2. Objective of the Practice:

In today's rapidly evolving educational landscape, supporting students goes beyond mere academic instruction. At Madurai Gandhi N.M.R. Subbaraman College, we recognize that true student success encompasses financial stability, mental health, and overall well-being. Our Student Success Support Hub embodies this holistic approach by offering comprehensive support tailored to the diverse needs of our students. This write-up delves into the multifaceted services provided by our hub, which include financial aid, mental health support, and extracurricular activities, all offered with a commitment to accessibility and inclusivity.

#### 3. Context:

The Student Success Support Hub at Madurai Gandhi N.M.R. Subbaraman College is committed to fostering student development through financial aid and mental health support. The various services provided by it are listed below.

- **Financial Support Services**

Education can be a significant financial burden, especially for students from economically disadvantaged backgrounds. At the Student Success Support Hub, we aim to alleviate this burden through various financial support initiatives:

- **Scholarships and Financial Aid:** Our hub coordinates with generous donors and the college management to provide



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scholarships to financially backward students. These scholarships are designed to cover tuition fees, purchase textbooks, and support other academic expenses, ensuring that financial constraints do not impede a student's educational journey.

- **Targeted Financial Assistance:** We offer specific financial support to merit-based students, single-parent students, or those who have lost their parents. This targeted assistance is crucial in helping these students focus on their studies without the added stress of financial instability.
- **Fee Payment Support:** Our hub actively supports students who struggle with fee payments by offering timely financial aid. This ensures that students can continue their education without interruption and without the pressure of accumulating debt.

## 2. Mental Health and Wellness Programs

Mental health is a cornerstone of overall student success and well-being. The Student Success Support Hub prioritizes mental health through a variety of programs designed to promote psychological well-being and personal growth:

- **Meditation Classes:** Guided meditation sessions are organized to help students manage stress, enhance concentration, and achieve mental clarity. These sessions are led by experienced practitioners who teach techniques that students can integrate into their daily routines.
- **Yoga Classes:** Yoga is an effective tool for balancing physical health and mental wellness. Our yoga classes are designed to improve flexibility, reduce anxiety, and foster a sense of inner peace.



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These classes are conducted by certified instructors who provide personalized guidance to students.

- **Spiritual Programs:** Recognizing the role of spirituality in mental health, we offer spiritual programs such as discussions on Thevaram, Thiruvagasam, and Bhagavad Gita. These programs are voluntary and cater to students who wish to explore spiritual practices and philosophies to enrich their personal lives.
- **Laughing Therapy:** Laughter is a powerful antidote to stress. Our laughing therapy sessions, conducted by experts in the field, help students release tension and foster a positive outlook. These sessions create a joyful environment where students can connect with one another and enjoy a shared sense of well-being.

### 3. Extracurricular and Co-curricular Activities

Extracurricular activities play a vital role in holistic student development. At the Student Success Support Hub, we provide a range of activities aimed at promoting physical health, skill development, and community engagement:

- **Sports Practices:** Understanding the importance of physical fitness, we offer sports training sessions conducted by qualified coaches. These sessions are free of charge, ensuring that all students have access to high-quality sports education regardless of their financial status.
- **Skill Development Workshops:** To complement academic learning, we organize workshops on various skills such as leadership, teamwork, and communication. These workshops are designed to enhance students' personal and professional growth, preparing them for future challenges.



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- **Commitment to Accessibility and Inclusivity**
- At the Student Success Support Hub, we are dedicated to ensuring that all our services are accessible and inclusive:
- **Free Services:** All the services provided by our hub, including financial support, mental health programs, and extracurricular activities, are offered free of charge. Our commitment is to support students without any financial considerations, ensuring that every student has equal opportunities to benefit from our programs.
- **Voluntary Participation:** Participation in our spiritual and wellness programs is entirely voluntary. We respect each student's personal choices and beliefs, and our programs are designed to be inclusive and accommodating to diverse needs.
- **Holistic Approach:** Our hub takes a holistic approach to student support, addressing both academic and personal needs. By providing a comprehensive range of services, we aim to create a nurturing environment that supports students' overall well-being and success.

### Evidence of Success: Impact on Female Students at the Student Success Support Hub

- The Student Success Support Hub at Madurai Gandhi N.M.R. Subbaraman College has notably benefited many female students, demonstrating significant positive impacts through our comprehensive support services.
- Our financial aid programs have been particularly impactful for female students from economically disadvantaged backgrounds. Scholarships and fee assistance have relieved the financial burden, enabling them to



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focus on their studies without the stress of economic constraints. For instance, several female students who previously faced difficulties in paying tuition fees have successfully continued their education, achieving commendable academic results.

- The mental health initiatives of the hub have also played a crucial role. Meditation and yoga classes have helped female students manage stress and improve their overall well-being. Feedback from participants highlights increased feelings of emotional stability and better academic performance due to the reduction in stress and anxiety. Additionally, spiritual programs, including teachings from Thevaram, Thiruvasagam, and Bhagavad Gita, have provided a sense of purpose and resilience, helping female students navigate personal challenges with greater confidence.
- Our sports training sessions have empowered female students by enhancing their physical fitness and self-esteem. Participation in these sessions has fostered a sense of community and achievement, contributing to improved mental health and academic performance. Moreover, skill development workshops have equipped them with leadership and communication skills, further boosting their self-confidence and readiness for future challenges.
- The success stories of female students benefiting from the Student Success Support Hub are a testament to the program's effectiveness. By addressing both financial and emotional needs, and providing opportunities for personal growth, the hub has created a supportive environment where female students can thrive academically and personally. This holistic approach continues to make a meaningful



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difference in their lives, showcasing the hub's profound impact on our college community.

- The Student Success Support Hub has had a profound impact on our student community. Through our various programs, we have witnessed significant improvements in students' academic performance, mental health, and overall well-being. The financial support has eased the burden on many students, allowing them to focus on their studies without financial worries. Our mental health programs have provided valuable tools for managing stress and enhancing personal growth. Additionally, our extracurricular activities have fostered a sense of community and personal development.

### **Conclusion**

The Student Success Support Hub at Madurai Gandhi N.M.R. Subbaraman College exemplifies our commitment to fostering a supportive and inclusive environment for our students. By providing financial support, prioritizing mental health, and offering a range of extracurricular activities, we aim to empower students to achieve their full potential. Our approach reflects our belief that student success is not just about academic achievement but also about ensuring that every student has the resources and support they need to thrive both personally and professionally.

As we continue to enhance and expand our services, we remain dedicated to our mission of providing holistic support to all our students, ensuring that they have the opportunity to succeed and flourish in all aspects of their lives.