



# KESHAV MEMORIAL INSTITUTE OF COMMERCE & SCIENCES

( Affiliated to Osmania University )

A Unit of Keshav Memorial Educational Society

3-5-1026, Narayanaguda, Hyderabad - 500029 Ph : 040 2322 4651, 8331029974

ESTD. 1945

E-mail : [principal.kmics@gmail.com](mailto:principal.kmics@gmail.com)

Website : [www.kmics.ac.in](http://www.kmics.ac.in)

## Title of the Practice

**PARAMPARA: "Preserving Heritage, Empowering Minds: Fostering Rich Indian Heritage and Cultural Legacy in Education".**

## Objectives

The objectives of "Preserving Heritage, Empowering Minds: Fostering Rich Indian Heritage and Cultural Legacy in Education" includes:

- Promoting awareness and appreciation of cultural heritage among students.
- Encouraging interdisciplinary learning through history, art, literature, and other cultural expressions.
- Empowering students with knowledge of their cultural roots and integrates traditional Indian heritage into the curriculum.
- Providing platforms for students to engage with traditional art forms and inspires pride in Indian cultural heritage among the community.

## The Context

Keshav Memorial Institute of Commerce and Sciences (KMICS) serves as a beacon of education and cultural preservation in our community. KMICS believes in education as the key to unlocking every individual's potential. The academic programs are meticulously designed to empower minds, cultivate critical thinking skills, and foster a lifelong love of learning. Through various initiatives, KMICS actively preserves heritage and empowers the minds of students. Celebrations of cultural festivals, integration of cultural education into the curriculum, provision of quality education, and fostering a supportive learning environment are integral aspects of KMICS's ethos.

## The Practice

PARAMPARA is implemented at KMICS to cultivate a rich learning environment. The goal is to equip students for success in a globalized world by fostering open-mindedness and critical thinking through cultural preservation. PARAMPARA instills pride in students' roots, enriches society by promoting harmony and preserving traditions, enhances collaboration, generates new ideas, fosters environmental stewardship, and empowers students academically, professionally, and personally. Community engagement and national pride are fostered through events like the National Youth Festival and honoring NCC and NSS contributions.

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## Activities

Activities at KMICS aimed at preserving heritage and fostering cultural appreciation include:

- Regular cultural events showcasing diverse traditions through dances, music, art exhibitions, and culinary festivals.
- Workshops and seminars led by guest speakers, scholars, and experts, focusing on various aspects of cultural heritage.
- Field trips to heritage sites, museums, and cultural institutions for immersive learning experiences.
- Innovative teaching methods such as project-based learning and interactive lectures to engage students and promote critical thinking.

## Evidence of Success

Evidence of success at KMICS includes

- Increased student participation at cultural events demonstrates growing appreciation for heritage.
- Recognition from local authorities and cultural organizations validates KMICS's commitment to preservation.
- Graduates securing employment locally and internationally highlight the institute's holistic education approach.

## Few problems that were encountered in organizing the activities •

- Challenges due to the COVID-19 pandemic included disruptions to planned activities and educational events, leading to a loss of instructional time.
- Extended closures of the institution delayed physical classes and coordination of activities, reducing the number of working days.
- Students' hesitancy to participate post-pandemic made it challenging for faculty to reengage them in activities.

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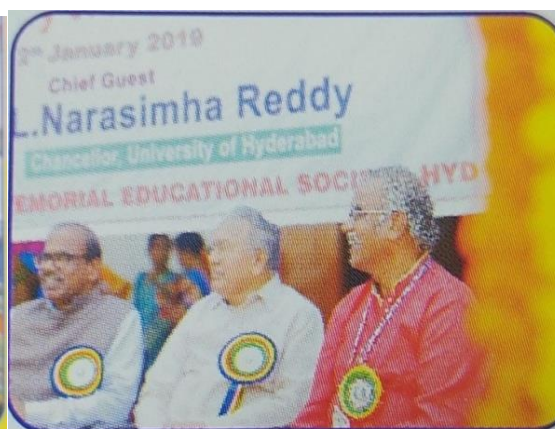
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## Supporting Document for the Best Practice

### PARAMPARA

#### NATIONAL YOUTH FESTIVAL

KMICS annually celebrates the National Youth Festival on January 12<sup>th</sup>, deviating from traditional fresher's and farewell events. This unique celebration embodies the institution's dedication to fostering youth empowerment and social responsibility. The Keshav Youth Festival stands as a beacon of cultural celebration within our college community. As a vibrant culture festival, it serves as a platform for showcasing the diverse talents, traditions, and creativity of our students. Through captivating performances, insightful exhibitions, and engaging activities, the festival cultivates a sense of unity and appreciation for our cultural heritage. Each year, it reaffirms our commitment to fostering a rich tapestry of expression and connection, making the Keshav Youth Festival a cherished cornerstone of our college's cultural legacy.



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## NCC DAY AND NSS DAY

Keshav Memorial Institute of Commerce and Sciences annually celebrates NCC and NSS Day, underscoring its unwavering dedication to upholding and propagating the rich tapestry of Indian heritage. This observance serves as a platform to instill values of patriotism, community service, and national unity among our students. Through meticulously curated events, workshops, and initiatives, we empower our students to actively engage with these esteemed programs, fostering a culture of responsibility, collaboration, and societal impact. As cornerstones of our college community, NCC and NSS epitomize our holistic approach to nurturing service-oriented leadership. By commemorating NCC and NSS Day, we not only pay homage to our Indian

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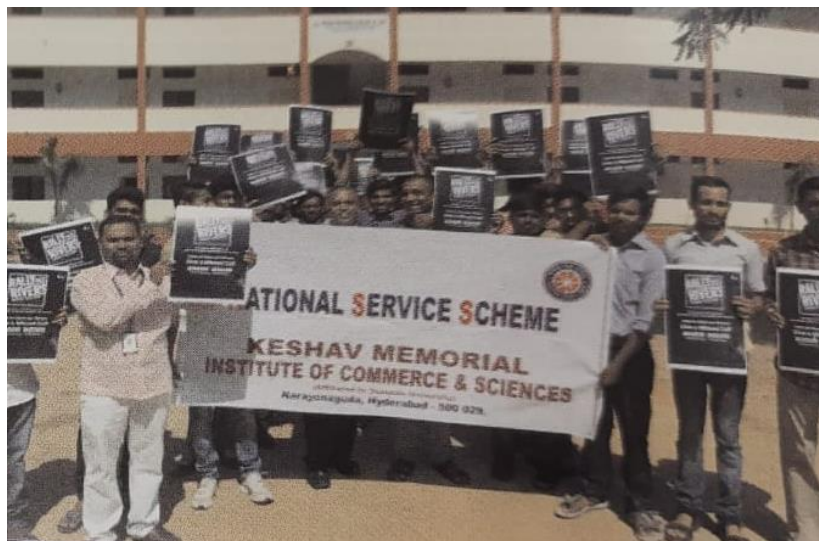
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heritage but also imbue our students with the values essential for preserving and perpetuating our cultural ethos.



## NAVRAAS – CULTURAL FESTIVAL CELEBRATION OF DUSSEHRA

KMICS proudly upholds its cultural legacy by commemorating Dusshera with deep reverence and enthusiasm each year. Our celebration encompasses a variety of traditional activities, including puja ceremonies, storytelling sessions, and festive performances, all designed to immerse our community in the rich tapestry of our cultural heritage. By honoring Dusshera in this manner, KMICS not only preserves our cultural traditions but also fosters a strong sense of unity, identity, and pride among our students, faculty, and staff.

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## GANSEH POOJA

At KMICS, we preserve our cultural heritage by organizing Ganesh Pooja.. By continuing this practice, we ensure our culture stays alive and show students the importance of respecting their heritage. It's a meaningful way to blend education with tradition at KMICS.

At KMICS, we believe in empowering minds while fostering a deep appreciation for our rich Indian heritage and cultural legacy. Through practices like Ganesh Pooja, we instill values of reverence, gratitude, and tradition in our educational environment.. By incorporating Ganesh Pooja into our academic calendar, we not only preserve our cultural heritage but also nurture a holistic approach to education that respects and embraces our roots. It's through such practices that KMICS cultivates a learning environment where students not only excel academically but also develop a profound respect for their cultural and spiritual heritage, paving the way for well-rounded individuals who are deeply connected to their cultural identity.

  
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At KMICS, our students proudly volunteer during Ganesh immersion ceremonies, embodying our commitment to community service. Their dedication is recognized with certificates of appreciation from the Deputy Commissioner of Police, underscoring the significance of their contributions. This recognition not only honors their efforts but also encourages a spirit of civic

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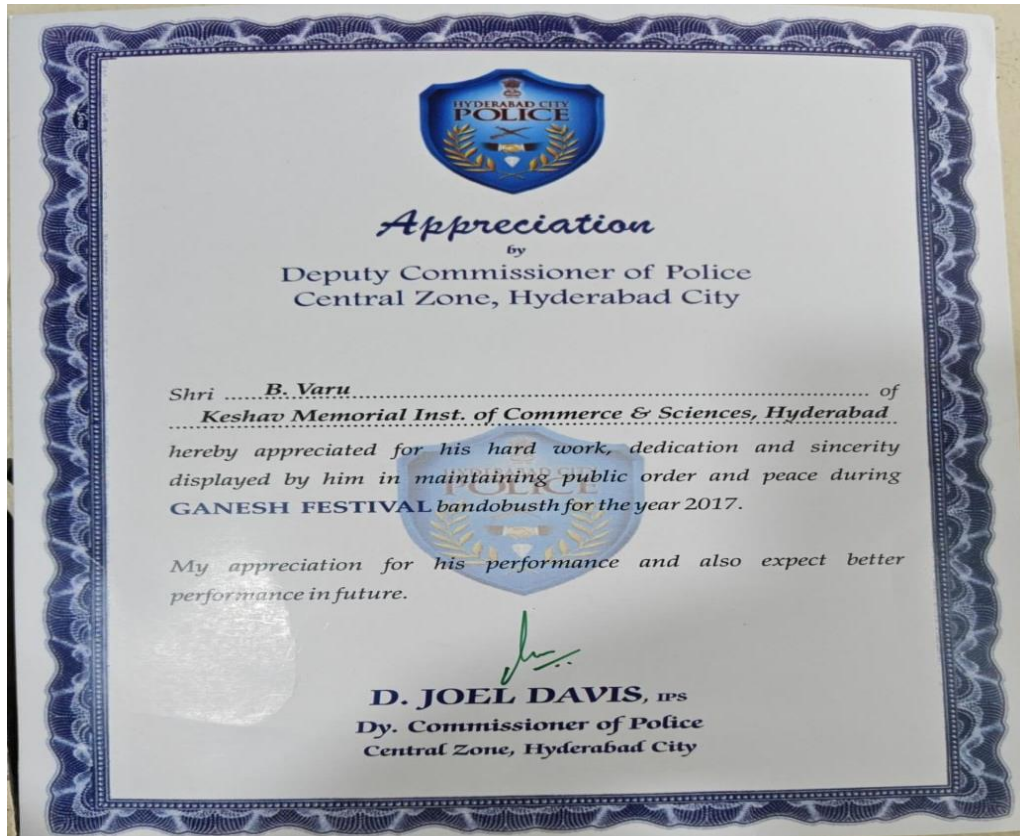
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engagement and responsibility among our students, making them exemplary ambassadors of our institution's values.



## BATHUKAMMA FESTIVAL

At KMICS, we believe in preserving our heritage while empowering minds through cultural celebrations like the Bathukamma festival. This annual event not only fosters a deep appreciation for our rich Indian heritage but also serves as a platform for our students to actively participate and learn about the traditions and customs associated with the festival. By organizing the Bathukamma festival each year, we ensure that our students are not only academically enriched but also culturally enriched, fostering a sense of pride and connection to their roots. It's through such initiatives that KMICS continues to uphold and promote our cultural legacy in education.



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## SAMUHIKA VARALAXMI VRATHAM

At KMICS, we passionately preserve our heritage while nurturing minds through vibrant cultural celebrations like the Varalaxmi vratham. This annual event serves as a beacon of our commitment to fostering a deep appreciation for our rich Indian heritage. Not only the KMICS family, but we also open our doors to the wider community, welcoming everyone to partake in the Varalaxmi Vratham. By organizing this inclusive celebration, we not only educate our students but also share our cultural legacy with others, fostering unity and understanding. It's through such initiatives that KMICS continues to enrich minds and uphold our cherished cultural heritage in education. Incorporating outsiders into celebrations like Varalakshmi Vratham not only enriches the experience but also promotes cultural understanding and inclusivity. It opens up opportunities for cross-cultural exchange, fostering a sense of community and mutual respect. Encouraging participation from diverse backgrounds strengthens bonds and promotes harmony, ultimately preserving and perpetuating the cultural legacy in a more inclusive manner.



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## RAKSHA BANDHAN

KMICS celebrates Raksha Bandhan by collecting Rakhis from students and sending them to soldiers stationed away from their families. This initiative preserves the cultural tradition of Raksha Bandhan while also instilling values of empathy and gratitude among students and faculty. By honoring the bond between siblings and extending it to those serving the nation, KMICS exemplifies how traditions can be adapted to promote unity and support for others.

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## KRISHNA JANMASHTAMI

Krishna Janmashtami at KMICS is more than a festival; it's a celebration of cultural heritage and spiritual enrichment. Through vibrant festivities including rituals, bhajans, and educational activities, KMICS embraces the essence of this auspicious day. By engaging students in the traditions and teachings associated with Lord Krishna, KMICS fosters a deep connection to cultural roots while empowering minds with timeless wisdom.



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## KARTHIKA VANABHOJANAM

Karthika Vanabhojanam, a cherished tradition, takes on new significance at KMICS as it becomes a platform for preserving heritage and empowering minds. Students and faculty come together to partake in this communal feast, symbolizing unity and gratitude. The event not only celebrates the richness of tradition but also serves as a catalyst for cultural exchange and understanding. As students share stories and experiences associated with the festival, they gain a deeper appreciation for their cultural roots while fostering a sense of belonging within the KMICS community.



## SAHASRA CHANDRA DARSHAN

82nd Foundation Day of Keshav Memorial Educational Society was held on 20-07-2022. The Chef Guest of the day was Justice L.Narasimha Reddy; Guest of Honor was Dean of Fine Arts UOH Smt. Jonnalagadda Anuradha. This Foundation day was celebrated in a unique way keeping in mind the aim to teach our students about the importance of our culture and tradition. The programme began with Mohiniattam-a dance form of Kerala performed by Dr. Mythili Anoop followed by Kathak, Kuchioudi and Natyasangamam by disciples of Smt. Jonnalagadda Anuradha.

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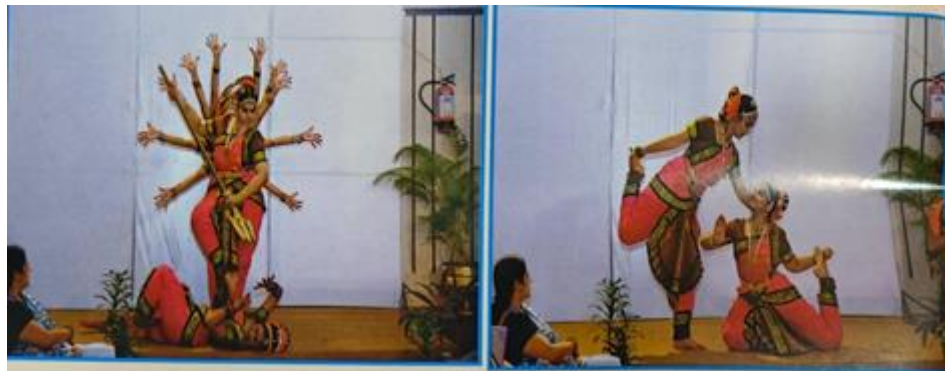
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Each college event will feature a traditional welcome dance, aligning with our commitment to preserving heritage, empowering minds, and fostering a rich Indian cultural legacy within education.



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## THYAGARAJA SWAMY JAYANTHI UTSAVAM- A CARNATIC MUSICAL CONCERT

Annually, the college hosts the Thyagaraja Swar Jayanti Utsavam, a Carnatic musical concert, where students, trained by experts in Carnatic music, show case their talents. This event exemplifies our dedication to preserving heritage, empowering minds, and fostering the rich heritage and cultural legacy of India within our educational environment.



## MANUSCRIPT EXHIBITION

The manuscript exhibition organized by KMICS helps preserve India's heritage and culture while educating and inspiring people. By displaying ancient texts, it teaches students about India's rich traditions. The exhibition also brings communities together, fostering pride in India's history. Plus, it encourages traditional arts and sparks new ideas from old wisdom.



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## Title of the Practice

**PARIRAKSHA: "Nurturing Student Well-being: Mentorship and Counseling with Parental Participation"**

## Objectives

The objectives of the "Nurturing Student Well-being: Mentorship and Counseling with Parental Participation" program at Keshav Memorial Institute of Commerce and Sciences (KMICS) are

- Provide personalized mentorship and counseling to address academic, personal, and social challenges.
- Raise awareness about mental health issues and offer support resources.
- Equip students with skills and confidence for overcoming obstacles and making informed decisions.
- Engage parents in their child's educational and personal development through participation and collaboration.

## The Context:

In the dynamic and fast-paced academic environment of KMICS, the well-being and success of students are paramount. Recognizing the importance of comprehensive support beyond academics, KMICS has introduced the practice of "Nurturing Student Well-being: Mentorship and Counseling with Parental Participation" on campus. This initiative reflects KMICS's commitment to prioritizing the holistic well-being of students and recognizing that their success extends beyond academic accomplishments

## The Practice

KMICS initiated this practice in college because it cares about its students' well-being and success. It aims to ensure that the students have the support they need to overcome challenges, feel confident, and do well in their studies. By involving parents and offering counseling and mentorship, KMICS creates a supportive environment where students feel valued and encouraged to reach their goals. The institution believes this approach helps students thrive both academically and personally, making their college experience positive and fulfilling.

## Activities

Activities for the program include orientation programs introducing new students to support services, workshops covering various topics like stress management and mental health awareness, peer mentoring programs for ongoing guidance, counseling services for addressing mental health concerns, parental engagement events to inform and involve parents in their

  
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child's education, awareness campaigns promoting mental health awareness and stress reduction techniques, and regular communication keeping students updated on events and support services.

## Evidence of Success

- The college has observed significant improvements in academic performance, increased student engagement, and higher utilization of support services like counseling and mentorship.
- Students report feeling less stressed and better equipped to handle challenges, indicating effective mental health support.
- Additionally, there's been a noticeable increase in parental participation, leading to positive long-term outcomes such as higher graduation rates and improved overall well-being among students

## Few problems that were encountered in organizing the activities

While organizing activities for the "Nurturing Student Well-being: Mentorship and Counseling with Parent Participation" program, the college faced a few challenges

- It's hard to find times that work for everyone with different class schedules and work commitments.
- Some students and parents might not want to participate, so we have to work hard to get everyone to join in.
- Sometimes it's hard to get information to everyone, especially if they speak different languages or don't have good access to technology.
- Not everyone might be excited about the program at first, so we have to help them understand why it's important and how it can help

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## Supporting Document for the Best Practice

At KMICS, the well-being of our students is a top priority. As part of our commitment to nurturing student well-being, we regularly organize mental health workshops that are integrated into our best practices. These workshops are designed to provide comprehensive support through mentorship and counseling, with active parental participation.

### HEALTH AND WELLNESS PROGRAMS

At KMICS, we understand that mental health and stress management are crucial for the success and well-being of our students. To address these important issues, we organize an annual Mental Health and Stress Management Program, designed to equip our students with the knowledge and tools they need to thrive both academically and personally. This program features a variety of activities, including sessions with motivational speakers, educational workshops, and interactive experiences. Every year, we invite renowned motivational speakers who share their personal stories and insights on overcoming mental health challenges and managing stress effectively. These speakers, who come from diverse backgrounds, provide inspiration and practical advice, encouraging students to prioritize their mental well-being and resilience.



Resourse Person Mrs.Laxmi Nippani,Psychologist and Soft Skill Trainer,Telangana State  
Pshchologists Association with students on awareness program on mental health

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Mr.D.Muralidhar, Rtd. Air Force Officer & Motivational Speaker interacted with Students and parents



Gampa Nageshwer Rao is an Eminent Motivational Speaker in India, Psychologist

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Dr. JAWAHARLAL NEHRU, Psychologist



Motivational Speech to students by Bhagavath gita Speakers Keshavi and Venkatapati

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## MINDFULNESS AND MEDITATION PRACTICES ORGANIZED IN COLLEGE

Every year, KMICS organizes a Mindfulness and Meditation Program to support student well-being. Expert instructors lead sessions on meditation, breathing exercises, and guided imagery to reduce stress and improve focus. Workshops cover topics like stress reduction, emotional regulation, and concentration. Interactive activities, such as group meditations and mindful journaling, engage students. We also involve parents through workshops and family meditation sessions, fostering better support systems. Ongoing counseling and mentorship ensure continuous practice. This program helps students manage stress, enhance mental clarity, and build resilience, contributing to their overall academic and personal success.



Members of Heartfulness Society run by Ramachandra Mission explaining the importance of Meditation



Students participating in Yoga and Meditation

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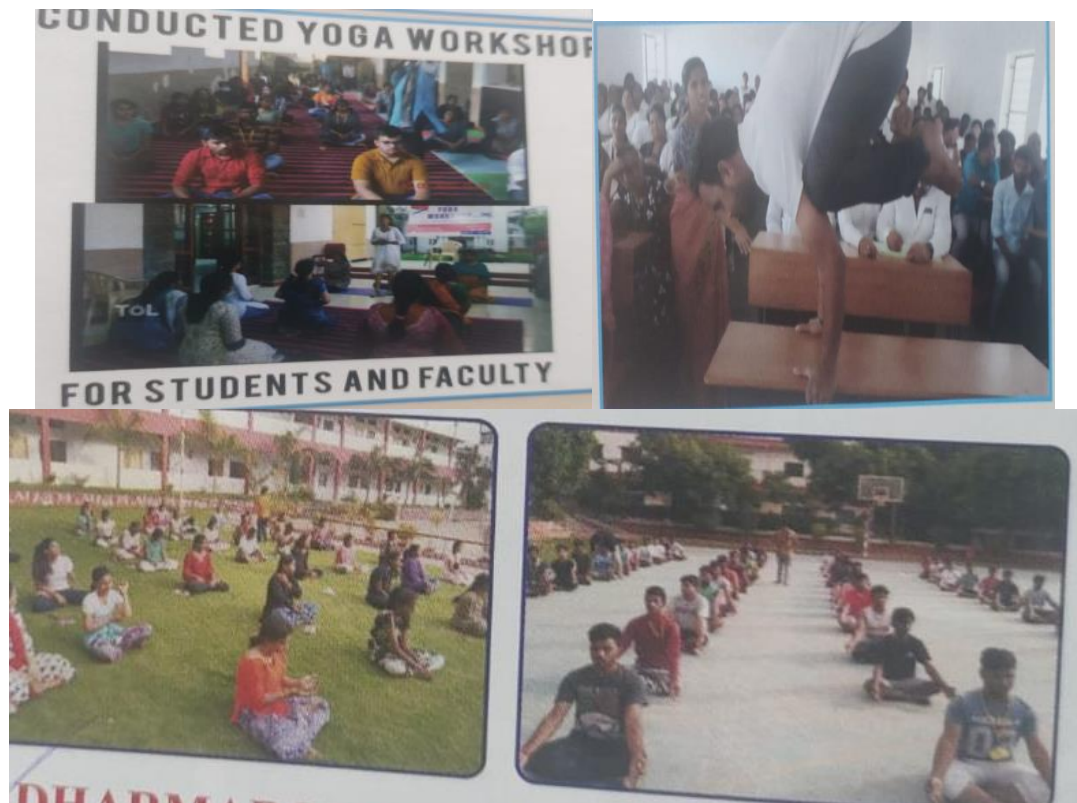
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Yoga Awareness Program



VALUE ADDED CERTIFICATE COURSE IN YOGA AND TAEKWONDO

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# KESHAV MEMORIAL INSTITUTE OF COMMERCE & SCIENCES

( Affiliated to Osmania University )

A Unit of Keshav Memorial Educational Society

3-5-1026, Narayanaguda, Hyderabad - 500029 Ph : 040 2322 4651, 8331029974

ESTD. 1945

E-mail : [principal.kmics@gmail.com](mailto:principal.kmics@gmail.com)

Website : [www.kmics.ac.in](http://www.kmics.ac.in)

## Counseling Services

At our college, our counseling cell is a cornerstone of our commitment to supporting student wellbeing through best practices. Apart from faculty, every class has one faculty member as a Class- In-Charge, who looks after and addresses the students' doubts and disputes pertaining to discipline and behavior, academic improvement, maintenance of attendance percentage, etc. Nevertheless, whenever students approach any lecturer with any sort of issue or lack of career/personal life clarity, our esteemed faculty always guide them. There are no records of it, but our students themselves are the live evidences to us. There were instances of a few students wanting to commit suicide, and our faculty were successful in enlighten those students, who are very happily settled in their lives.

- Faculty members act as guardian, friend and guide to address their needs and counsel the students.
- We have counseling committee, which consists of 8 faculty members. Regular meetings are conducted on every fourth Saturday of every month to discuss about current issues.
- Through individualized counseling sessions, students receive personalized guidance tailored to their unique circumstances, empowering them to navigate academic, personal, and mental health challenges. We foster a culture of empathy, respect, and trust within the counseling cell, ensuring that students feel safe and supported as they explore their concerns and goals. In addition to individual counseling, our cell promotes peer support networks, providing students with opportunities to connect, share experiences, and offer mutual support. Collaboration with other campus resources and external professionals ensures that students have access to a wide range of support services. We actively promote mental health awareness and destigmatization, striving to create an environment where seeking help is viewed as a sign of strength. Through continuous evaluation and improvement, we remain dedicated to providing the highest quality counseling services that meet the evolving needs of our student body.

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## PARENT TEACHER MEETING

Our yearly parent-teacher meetings embody the best practices in nurturing student wellbeing. During these meetings, parents and teachers discuss the student's progress academically, socially, and emotionally. Open communication allows for the identification of any concerns or challenges the student may be facing, with collaborative goal-setting to address them. Parents receive information about available resources, like counseling services, to further support their child's wellbeing. These meetings emphasize the importance of parental involvement in their child's education and wellbeing. Follow-up plans are made to monitor progress, and parents are encouraged to provide feedback for continuous improvement. Through these meetings, we empower parents to actively participate in their child's education and foster a supportive environment for student growth and success.

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## INDUCTION DAY

During the initial enrollment into college, we host an Induction Day that emphasizes our dedication to nurturing student wellbeing with parental involvement. This event includes a warm welcome to students and parents, followed by informative sessions on college resources and academic programs. Students are introduced to our mentorship program, while parents learn about the importance of mental health support and how to effectively support their child's transition to college. A variety of activities are available, including workshops, campus tours, and networking opportunities, allowing both students and parents to connect with the college community. Q&A sessions provide opportunities for addressing concerns, while information packets ensure ongoing support beyond the event. Through the Induction Day program, we aim to create a supportive environment where students feel empowered and parents are engaged partners in their child's educational journey.



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## Celebrating Excellence and Well-Being of Students and Parental Participation on Foundation Day

On Foundation Day, we celebrate the excellence of our students with an emphasis on their holistic well-being, supported through robust mentorship and counseling programs that actively involve parental participation. The event kicks off with opening remarks underscoring the vital role of these initiatives in fostering academic and personal growth. We showcase testimonials from students, parents, and mentors, highlighting the transformative impact of their collaborative efforts. The award ceremony recognizes not just academic achievements but also personal growth and leadership, reflecting the comprehensive support system. Special awards for outstanding mentorship and parental involvement underscore their crucial contributions.

  
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Interactive workshops and seminars on related topics offer practical guidance to parents and students. The event concludes with the distribution of certificates of appreciation, celebrating the community's collective effort in nurturing student well-being.



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## CAREER GUIDANCE

The annual Career Guidance Program at our college is a key component for nurturing student well-being through mentorship and counseling, with active parental participation. Designed to equip students with the knowledge and skills needed for future career success, the program offers a holistic approach to career planning and personal development. Students participate in personalized counseling sessions where they explore their interests, strengths, and career aspirations under the guidance of experienced career counselors. These sessions help students identify potential career paths and the necessary steps to achieve their goals. The program also features a series of workshops and seminars led by industry professionals and alumni, covering essential topics such as resume building, interview skills, career trends, and effective networking strategies. Special workshops for parents provide insights into the current job market, the importance of soft skills, and ways to support their children's career planning without imposing undue pressure. These sessions ensure that parents are well-equipped to guide and encourage their children effectively. Career fairs and networking events are integral to the program, offering students the opportunity to interact directly with employers, alumni, and professional mentors. These events help students build valuable connections and gain practical advice on navigating the job market. By integrating career guidance with mentorship and counseling, and actively involving parents, the program ensures a comprehensive approach to student development.



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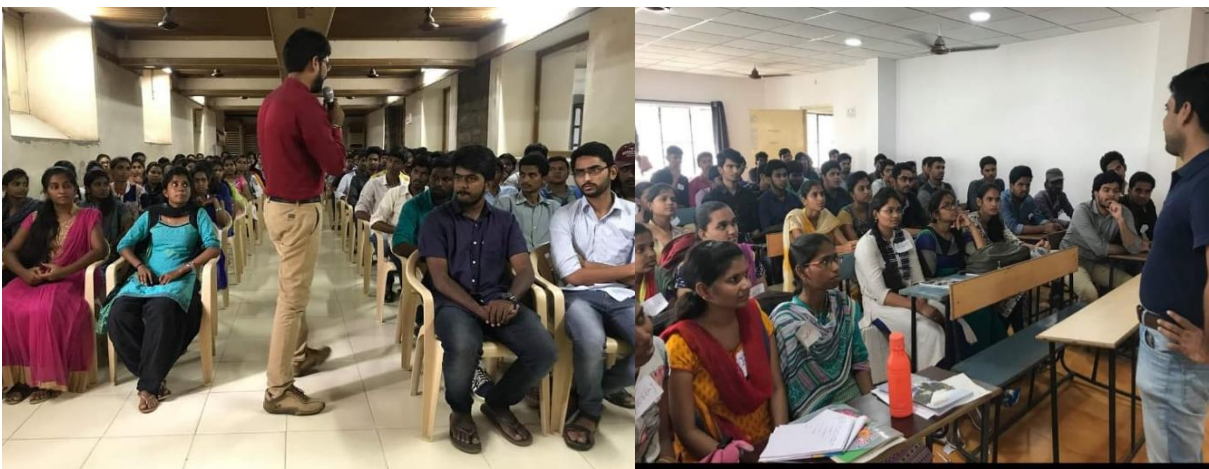
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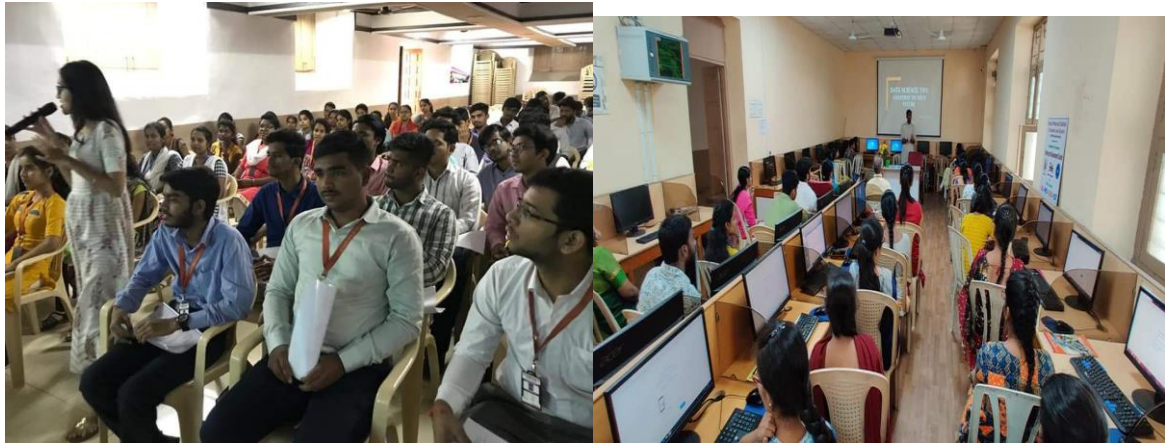
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