

**7.2.1: Two best practices successfully implemented by the Institution as per NAAC format provided in the Manual**

**Best Practice Report**

**Title of the Practice**

Acro Care - Department of Mental Wellness

**Objectives of the Practice**

Acro Care is constituted to provide culturally competent, holistic and wellness focused services that promote individual empowerment, enhance mental health awareness, prevent development of mental health challenges and address socio-emotional problems.

We envision to embark on a path with the community to promote universal and equitable access to the highest quality care for all people.

***Objectives***

- Provide a safe space for discussing emotional and behavioral concerns.
- Assess and improve students' adjustment, participation, and performance.
- Administer, score, and interpret psychological assessments.
- Conduct mental health awareness activities and workshops.
- Counsel students to explore their personality and excel in their careers.
- Encourage self-initiated counseling by students and parents.
- Maintain a confidential database of psychometric tests and counseling.
- Connect with faculty and parents with student consent.

**The Context**

The senior management of the institution with a great vision to build resilience and strengthen mental health of the students, faculty and staff members, laid the foundation stone of Acro Care in the year 2022.

Acro Care is a noble initiative to ensure the best and holistic mental health facility for the Acropolis family.

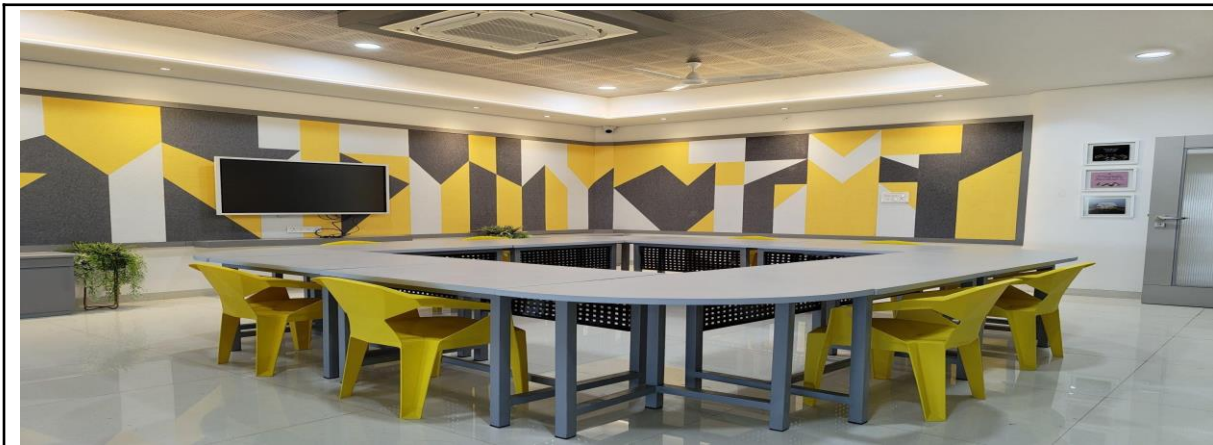
**The Practice**

Acropolis is Central India's first institute to provide easily accessible, in-campus mental health services to all the students, faculty and staff members.

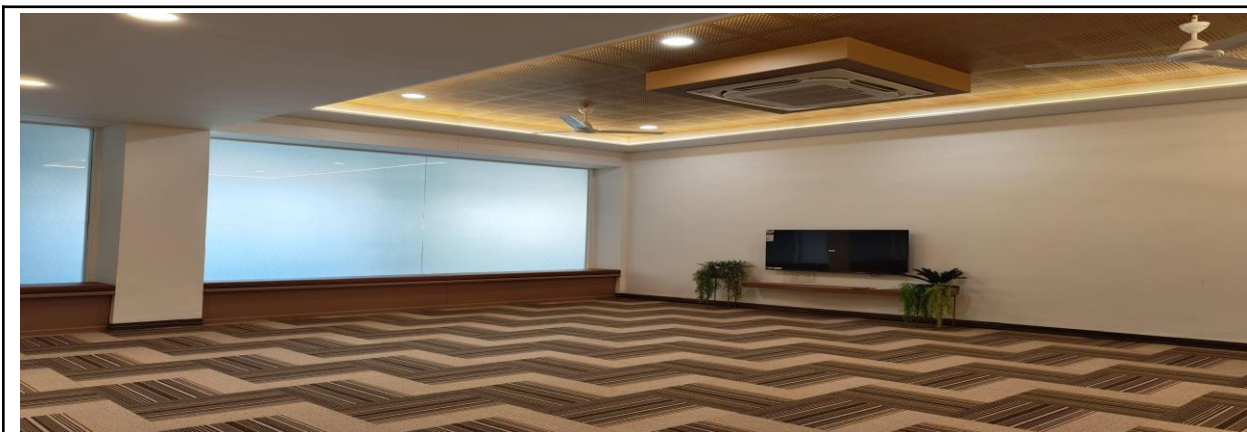
Acro Care, the department of mental wellness, comprises a team of experienced psychologists with different areas of specialization, committed towards holistic mental well-being.



**Acro Care's Entrance**



**Group Therapy Room**



**Meditation Room**



**Counseling Room**





**Internship Area**

Acro Care is a safe and confidential space for students and faculty members to freely share their emotional or behavioral concerns. The team conducts one-on-one counseling sessions, group therapy sessions, workshops, mental health awareness sessions and related activities in all the departments of various institutions. Psychological assessments are administered on each student and mental health reports are kept confidential. Acro Care's helpline number and email-id are provided to all students and faculty members.

**Team of Psychologists:**

1. Dr. Shraddha Tiwari - Chief Executive Officer  
Date of Joining: 4th January' 2021  
Work Experience: 10 years

2. Ms. Shami Kundalia - Counselor  
Date of Joining: 1st February' 2023  
Work Experience: 4 years
3. Ms. Shreya Bhargava - Counselor  
Date of Joining: 1st August' 2023  
Work Experience: 3 years
4. Ms. Devina Shandilya - Counselor  
Date of Joining: 1st November' 2023  
Work Experience: 2 years
5. Ms. Neha Kamat - Counselor  
Date of Joining: 12th August' 2024  
Work Experience: 4 years
6. Ms. Shweta Verma - Counselor  
Date of Joining: 12th August' 2024  
Work Experience: 2 years



**Team Meeting**



**Counseling Session**



**Counseling Session**

**Evidence of Success** - In the 2022-2023 year, Acro Care engaged 500 students in mental health awareness, administered 455 psychometric assessments, and managed 52 counseling cases, with 19 students reaching out voluntarily. In the 2023-2024 year, Acro Care reached 560 students, conducted 510 assessments, handled 62 counseling cases, and saw 36 students connect voluntarily, reflecting increased trust.

Student testimonials vividly showcase the real-life impact and positive outcomes of our counseling sessions, reinforcing the department's credibility and effectiveness.



Orientation Session of Acro Care 2022- 23 (AIMSR)





Orientation Session of Acro Care 2023- 24 (AIMSR)

### **Problems Encountered and Resources Required**

Manually calculating data proved challenging, so an in-house software was implemented to streamline and improve accuracy in our assessment data management.

( Problem in List at least three to five)

( Resources – required for this practice is not mentioned)



# **Psychometric Assessment Report**

Prepared for:





(Run by: Teach for India Education and Research Samiti)

A. B. Road Bypass, Near Toll Plaza, Manglia Square, Indore  
(M.P.) - 453771 |

Tel: 0731-4730093, 01 Email: [aimsr@acropolis.in](mailto:aimsr@acropolis.in), Website :  
[aimsr.ac.in](http://aimsr.ac.in)

**Hello Student,**



**We are as excited as you to see your assessment report.**

**The result of this psychometric assessment report is  
based upon your score in the given nine areas:**

**Anxiety (AN)**

**Depression (DP)**

**Suicidal Ideation (SI)**

**Substance Abuse (SA)**

**Self-esteem Problems (SE)**

**Interpersonal Problems (IP)**

**Family Problems (FP)**

**Academic Problems (AP)**

**Career Problems (CP)**



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### FIRST LET'S UNDERSTAND WHAT THESE VARIABLES SAYS:

Admission to a degree program represents a challenge for new students, which those that show greater emotional stability and ability to face college adjustment will best solve. The assessments are to better understand a person's strengths and weaknesses, identify potential problems with cognitions, emotional reactivity, and make recommendations for treatment/remediation. This psychometric assessment is based upon College Adjustment Scale (CAS). It is a rapid method of screening college students for common developmental psychological problems.

### The nine variables are:

Anxiety	<ul style="list-style-type: none"><li>•Anxiety is your body's natural response to stress.</li><li>•Its a feeling of fear or apprehension about whats to come.</li></ul>
Depression	<ul style="list-style-type: none"><li>•Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest and can interfere with your daily functioning.</li></ul>
Suicidal Ideation	<ul style="list-style-type: none"><li>•Suicidal ideation, or suicidal thoughts, means having thoughts, ideas, or ruminations about the possibility of ending ones own life.</li></ul>
Substance Abuse	<ul style="list-style-type: none"><li>•Substance abuse is the medical term used to describe a pattern of using a substance (drug) that causes significant problems or distress.</li></ul>
Self-esteem Problems	<ul style="list-style-type: none"><li>•Self-esteem is your overall opinion of yourself how you feel about your abilities and limitations.</li></ul>
Interpersonal Problems	<ul style="list-style-type: none"><li>•An interpersonal conflict is a disagreement in some manner which can be emotional, physical, personal, or professional between two or more people.</li></ul>
Family Problems	<ul style="list-style-type: none"><li>•Family problems or issues include any sort of dynamic, behaviour, and/or pattern that disrupts the household or family at large.</li></ul>
Academic Problems	<ul style="list-style-type: none"><li>•These problems include confusion about or disinterest in a subject, time management (including procrastination), lack of attention ,bullying, etc.</li></ul>
Career Problems	<ul style="list-style-type: none"><li>•It is the extent of problems related to career choice.</li></ul>

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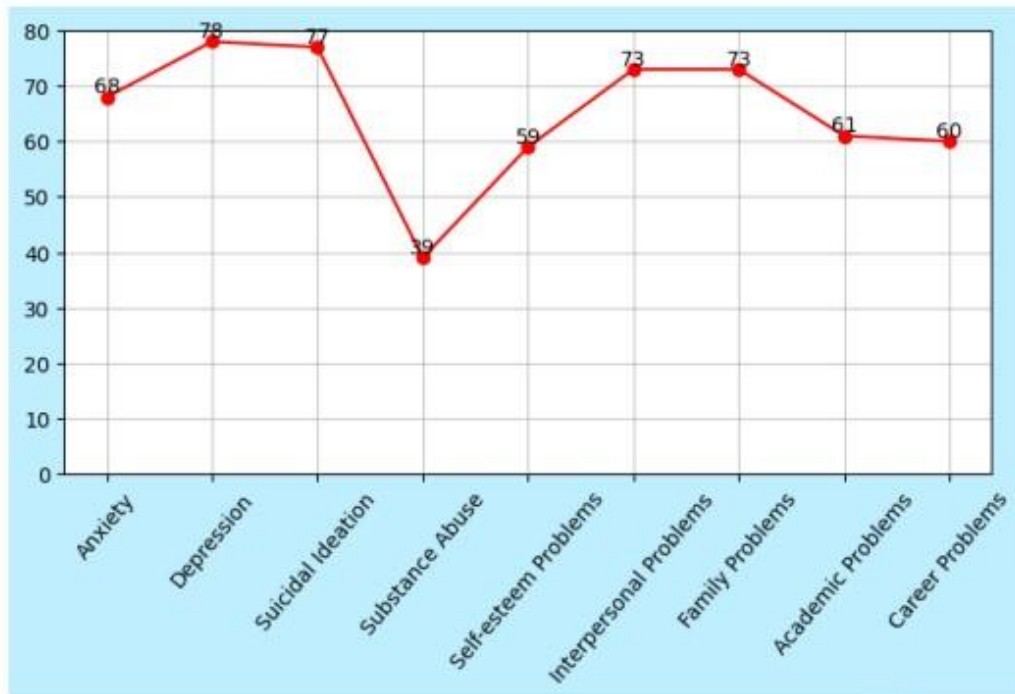
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## Report Analysis

On the basis of your responses the following report has been developed.

Variables	Score
Anxiety (AN)	68
Depression (DP)	78
Suicidal Ideation (SI)	77
Substance Abuse (SA)	39
Self-esteem Problems (SE)	59
Interpersonal Problems (IP)	73
Family Problems (FP)	73
Academic Problems (AP)	61
Career Problems (CP)	60



\*the variables with score more than 65 needs to be addressed.

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## Recommendations

- ~ Get 6-8 hours sleep.
- ~ Take at least 30 minutes brisk walk daily, eat healthy food and drink plenty of water.
- ~ Count blessings in life and talk to your family or other supportive people.
- ~ Realize that suicidal feelings are the result of treatable problems
- ~ Act as if there are other options instead of suicide, even if you may not see them right now.
- ~ Talk it out, face to face.
- ~ Work on your communication skills and apologize when necessary.
- ~ Actively listen to what your family members are saying and what they mean.
- ~ Communicate your side of the story clearly and honestly.

**Do not hesitate to connect with counselor to seek professional help immediately.**

For more information contact us on:



[acrocure@acropolis.in](mailto:acrocure@acropolis.in)



[9630990027](tel:9630990027)



**ACROPOLIS**  
Enlightening wisdom

**ACROPOLIS INSTITUTE OF MANAGEMENT STUDIES AND RESEARCH**

(Run by: Teach for India Education and Research Samiti

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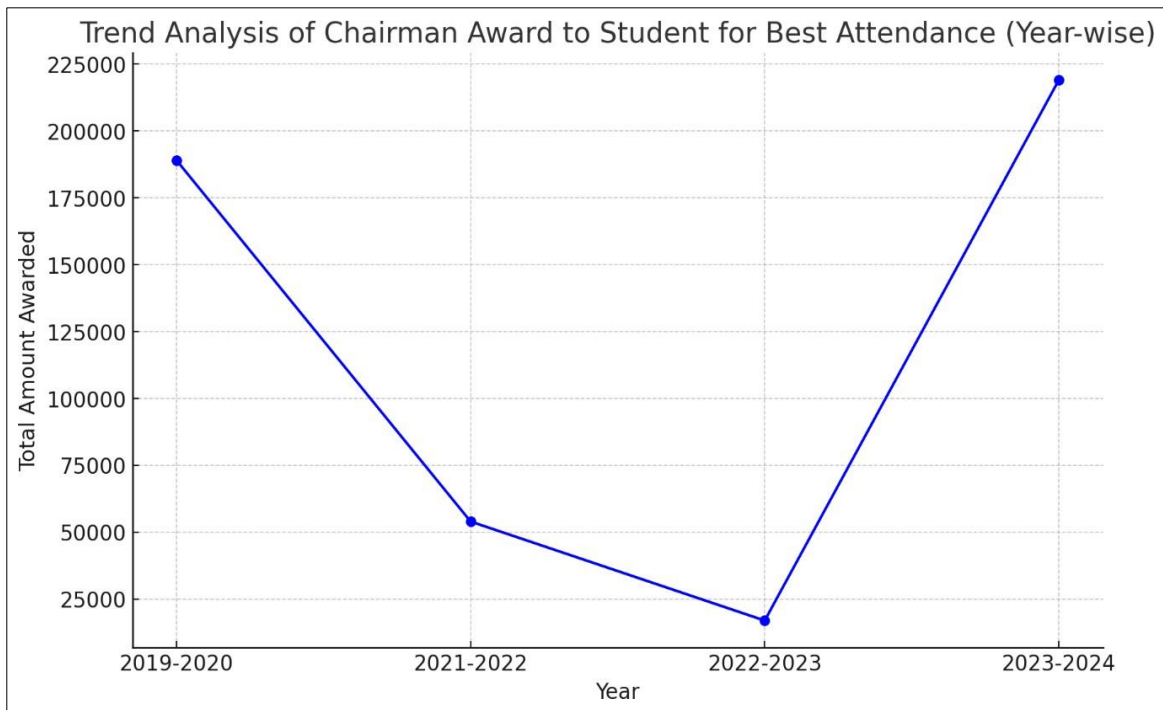
# **Institutional Scholarship Analysis**

## **(2018-2023)**

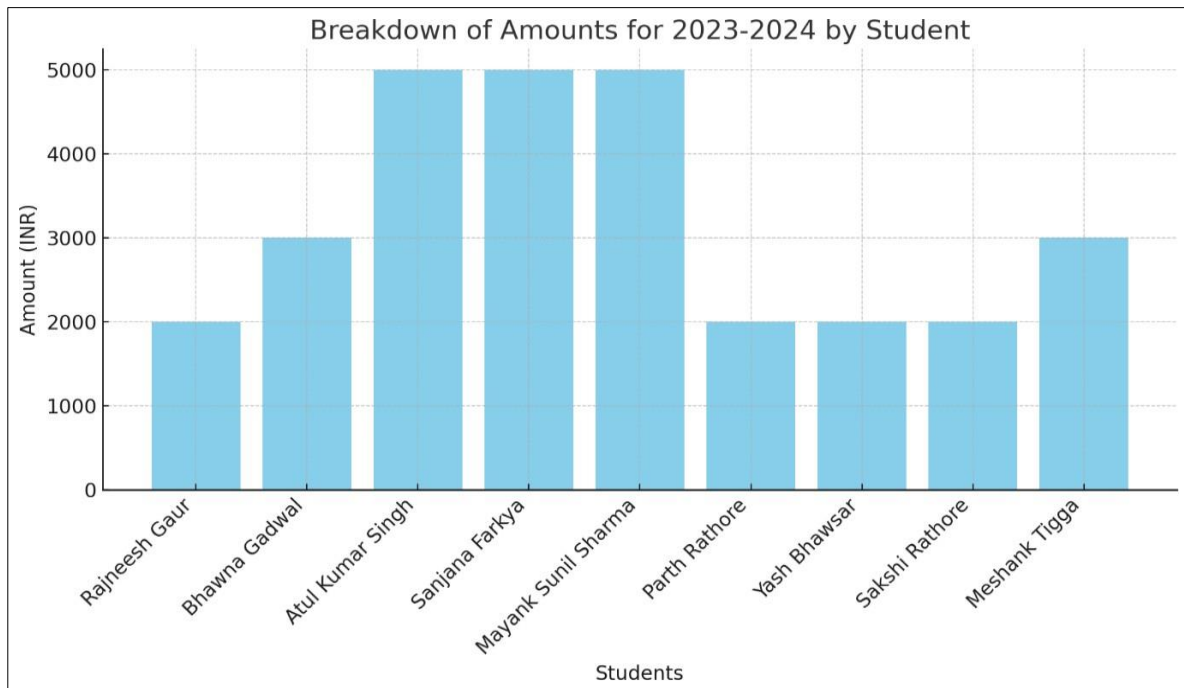
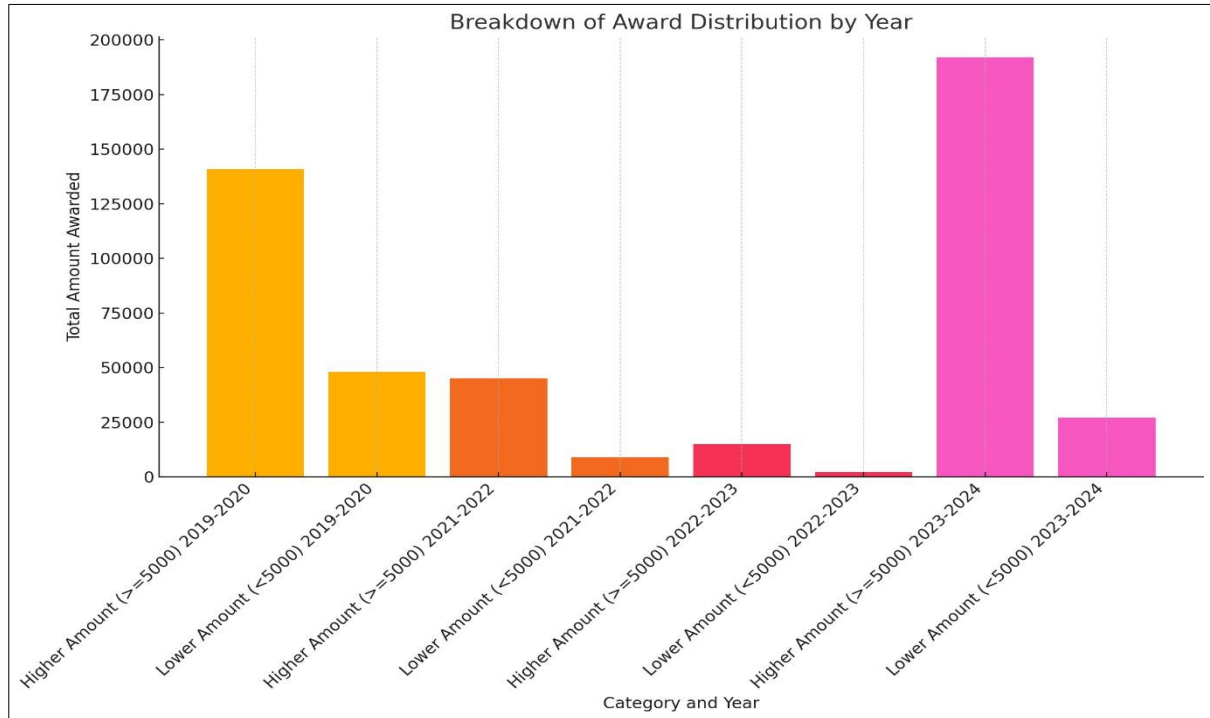


**Details of the scholarships provided from year 2019 to 2024**

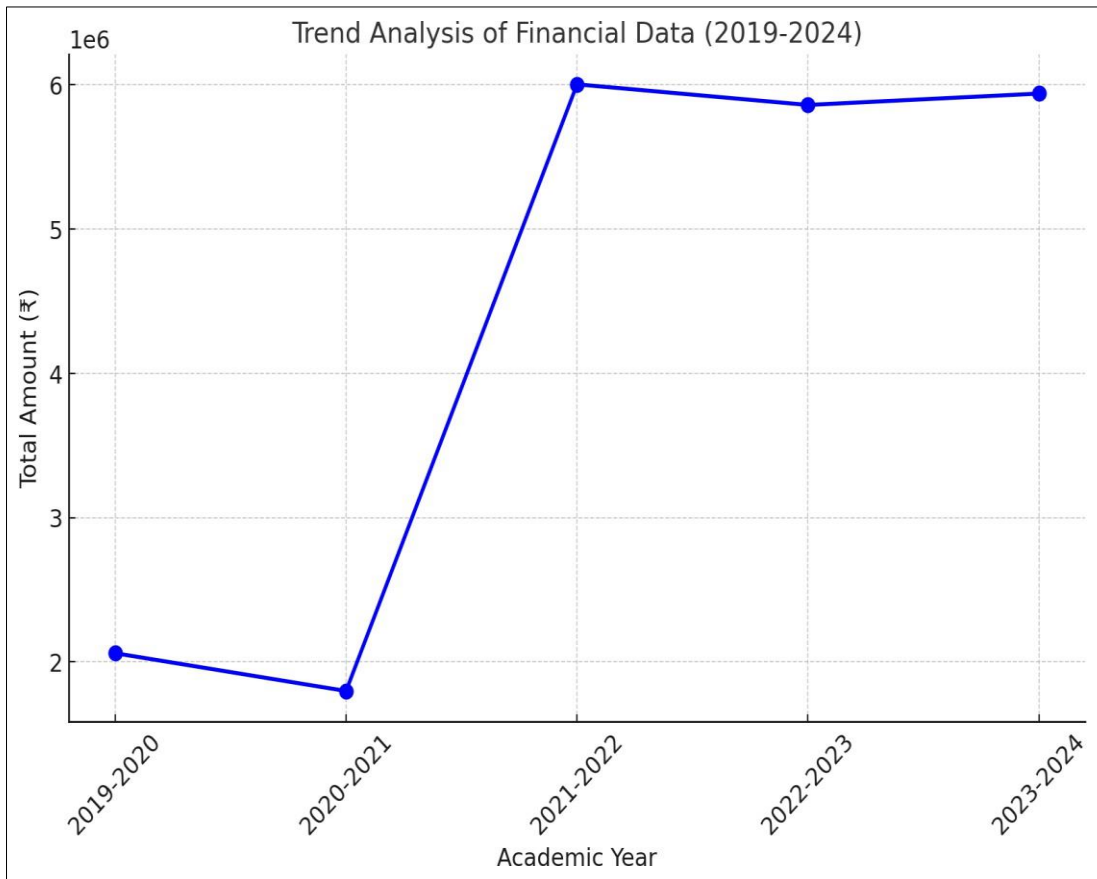
**Chairman Award to Student for Best Attendance**



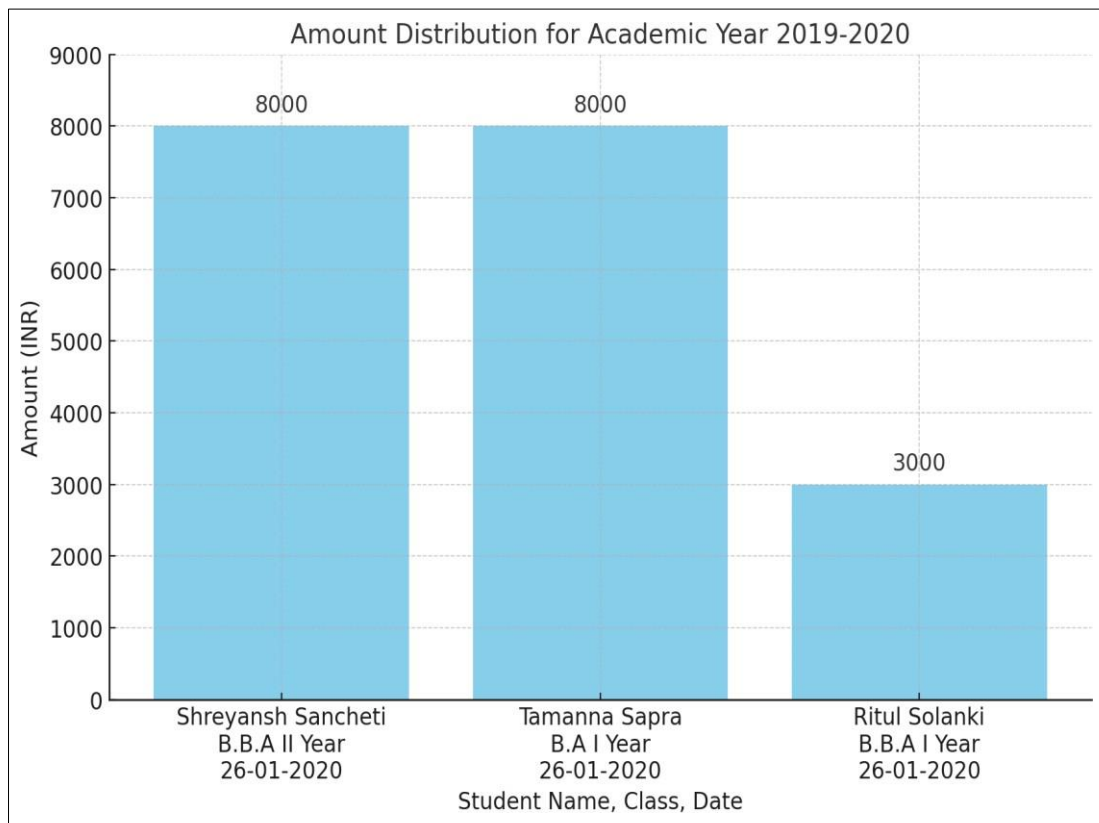
## Breakdown of Chairman Award Scholarship



## Merit Scholarship Percentagewise wise



## Late Shri Prabhatji & Omji Sojatia Sports Scholarship

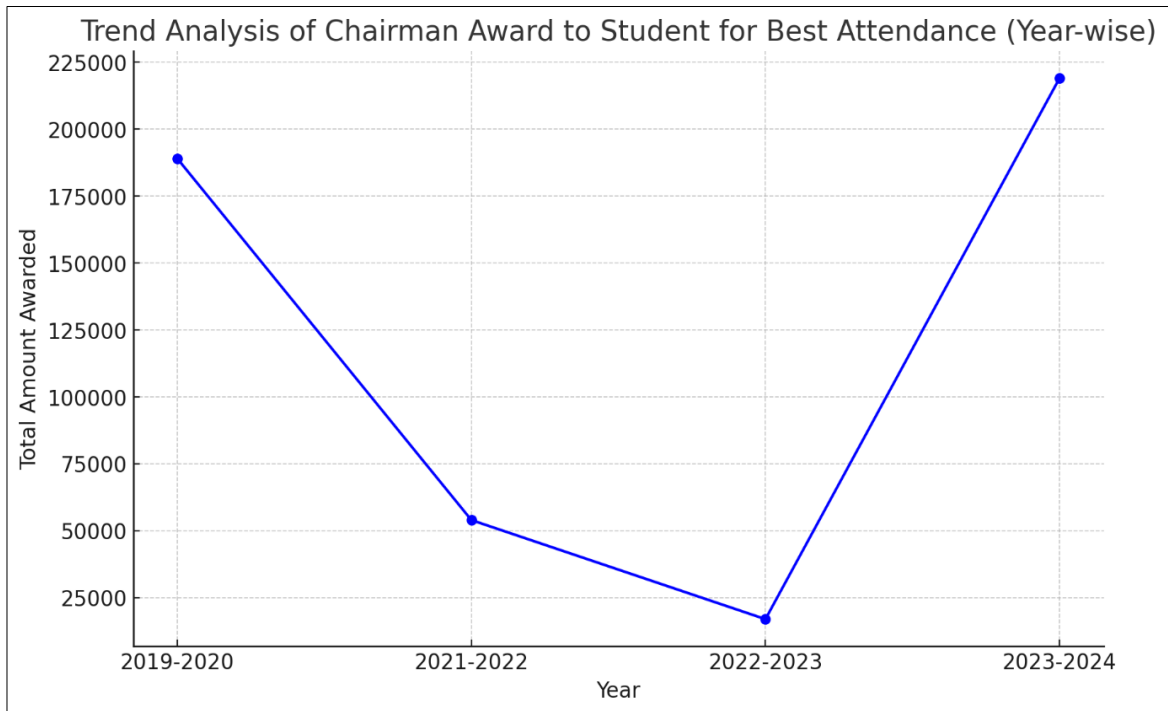




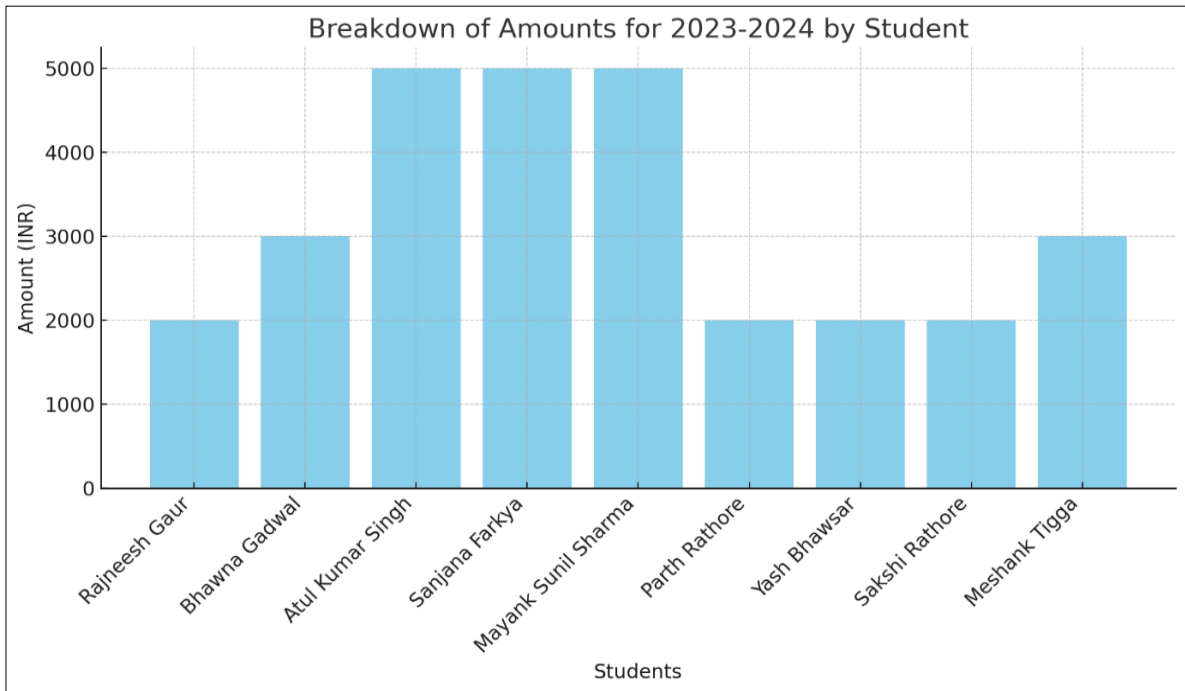
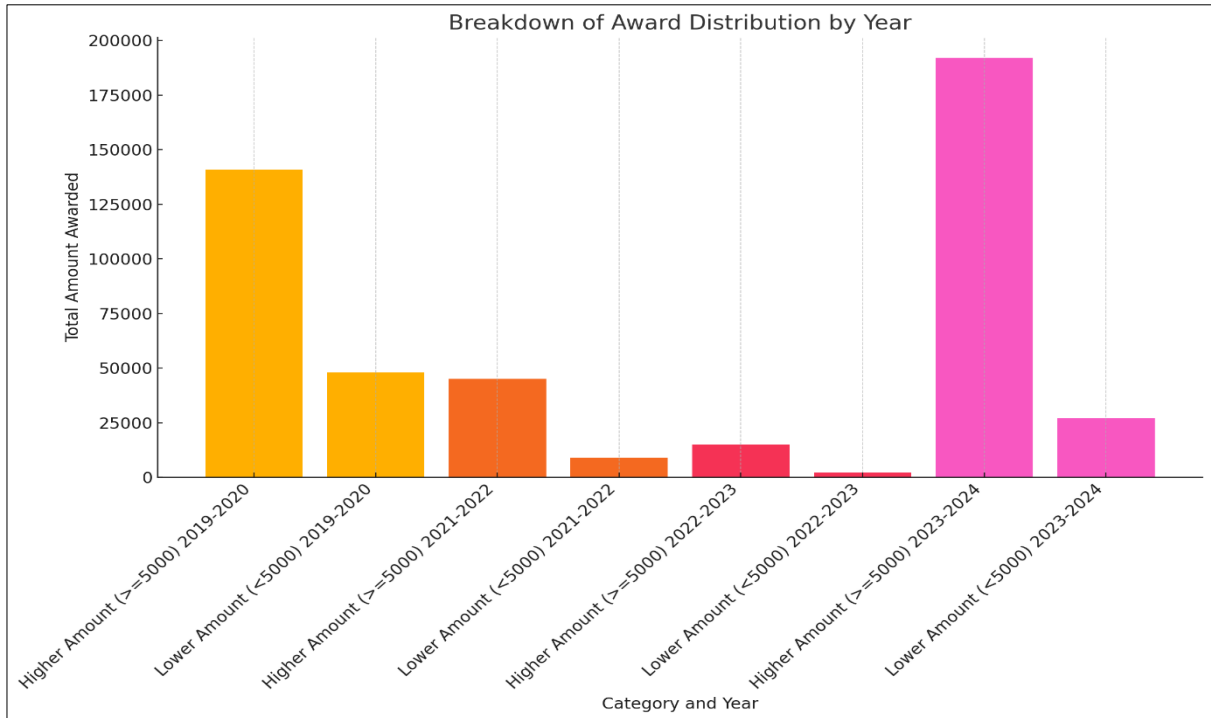
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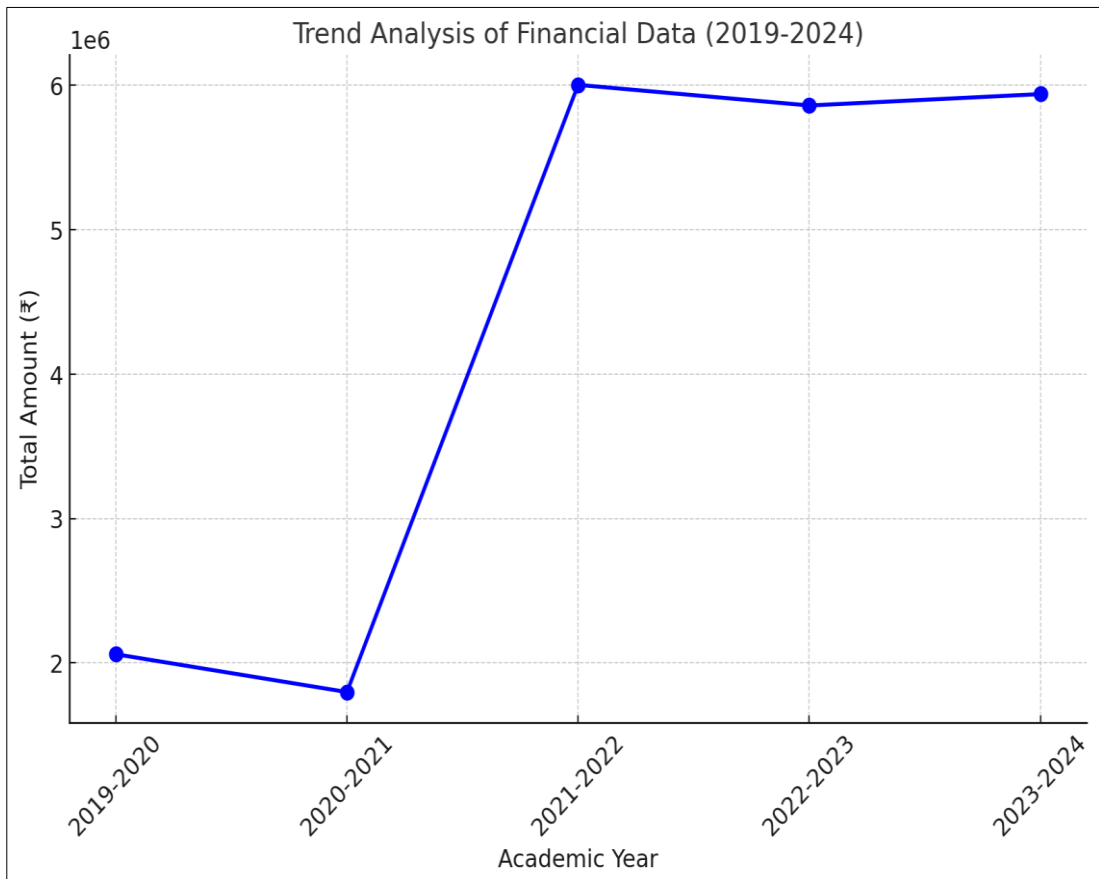
**Chairman Award to Student for Best Attendance**



## Breakdown of Chairman Award Scholarship



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## Late Shri Prabhatji & Omji Sojatia Sports Scholarship

