



# BHARATA MATA SCHOOL OF LEGAL STUDIES

(Owned and managed by Archdiocese of Ernakulam-Angamaly)  
(Affiliated to M.G University and Approved by Bar Council of India)  
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Email: bsolskerala@gmail.com, Website: www.bsols.edu.in  
ISO 9001-2015 Certified

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## Best Practice: I

### H-CAT “Holistic Change Agent Team Movement”

*A vision, a reality, a Movement–*

*A neighbour can change a neighbour*

*A friend can change a friend*

*A teacher can change a teacher*

*A student can change another student*

*A peer- led movement to bring about holistic change in the students by the students. Student team agents are trained to be agents of positive change amongst their peers, in order to foster an environment conducive to holistic legal education.*

#### OBJECTIVES:

- Holistic formation of students
- Creation of a harmonious learning environment.
- Equipping students with problem-solving skills
- Improving life skills.
- Identifying the problems faced by students in the classroom.
- Empowering students to have better-coping mechanisms and encouraging.
- Instil leadership quality.
- Ensuring the student participation in social service activities.
- Peer-to-peer mentoring.

## **CONTEXT**

In order to effectively address the evolving needs and challenges faced by college students, it is essential to adopt a comprehensive and holistic approach for facilitating positive changes. This approach should take into account various aspects of the students' lives, including their academic, social, emotional, and personal well-being, mental health, study habits, time management skills, and overall well-being in order to support their success and growth during their time in higher education. By taking a holistic approach to change, colleges can better equip students with the tools and resources they need to thrive academically and personally.

## **PRACTICE**

### **Identification of Change Agents**

The first stage involves identifying four change agents within each class who have the potential to drive positive transformation and instigate meaningful shifts in our community. These individuals will serve as catalysts for progress, taking initiative and inspiring their peers to embrace new ideas and approaches.

### **Training for Change Agents**

Training sessions are conducted for change agents covering a wide range of topics, including life skills, leadership qualities, and the development of emotional intelligence.

### **Training on peer-to-peer counselling :**

The students are provided with appropriate and suitable orientation to prepare them for peer-to-peer counselling, ensuring they have the necessary skills and knowledge to effectively support their peers with any challenges they may be facing.

### **Encouraging the participation in social activities.**

It is important to instil a sense of community and social responsibility in students by encouraging their participation in various social activities. By engaging in these activities, students have the opportunity to develop important social skills, such as communication, teamwork, and leadership.

### **Involvement in college Activities**

Involvement in clubs and cells allows students to connect with their peers who share similar interests and passions, creating a sense of community and belonging.

### **EVIDENCE OF SUCCESS**

- Through the HCAT team, we have effectively carried out numerous extension programs
- Through the conduct of training programmes at the college, students were provided with valuable opportunities to enhance their skills.
- The students participation has been improved and they were actively involved in a multitude of clubs and committees.
- Through HCAT , the college has the capability to offer peer-to-peer mentoring, enabling students to support each other in their academic pursuits and personal development.

### **PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED**

There are a multitude of challenges that students often face when participating in social service initiatives and other activities. From logistical difficulties to time constraints due to academic workload.

## BSOLS - Heat



Email - heat@bsols.edu.in  
password - bsols123

Sr. Jancy providence Home - 7902250348  
vilanga kizhkkambalam

Sr. Ann Grace, Girls Home, Edappally - 9567236041

Sr. Terly - Karunabayam, Thirikkakkara - psycho -  
Geriatric Asylum - 9495220547  
(catering centre nearby - Devassy chellan - 9846119833)

Sr. Lizzet - providence Home - vilanga - kizh-  
kkambalam - 9544863524

Heat - 210281

# BSOLS - Hcat

1

BSOLS Hcat charitable Trust was established on 14.12.2020. Since then this Trust has started functioning. The term "Bharata Mata Hcat (BSOLS-Hcat) envisages Bharata Mata Holistic change Agent Team.

## Objectives of the Trust

1. To bring about holistic change in the students by Students.
2. To arrange needs based training sessions and conduct "Training the Trainers" programme to sufficiently equip the students to become 'change Agents'.
3. To empower Students and to encourage introspection and cognitive behavioural changes, counselling services by a team of professional counselors.
4. To give training to 'change Agents' on various topical issues like how to deal with stress and anxiety, how to be better performers, cyber safety, body safety, handling success and failure, how to sustain healthy human relationships, how to develop emotional intelligence, how to deal with negative peer pressure, body shaming and bullying.
5. To develop leadership qualities and handle students related problems.
6. Empowering the students in sustainable measure to help them empower other students and younger children.
7. To facilitate change by being relatable, realistic



- and empowering
8. To train the students of the selected schools in development and life skills with the help of the teachers and counselors
  9. To help the students who are struggling with personal and academic problems by the change Agent Team.
  10. To establish Bharat Mata Heat centers in and around the world for the Holistic formation of students with a harmonious learning environment
  11. To establish advanced and holistic working environment for teachers.
  12. To equip students problem solving skills as being change Agents especially among the peer groups
  13. To equip the students to change the society at large with advanced training.
  14. To conduct awareness and training programs to the community and the community will be encouraged to participate in the programs in the form of feedback, suggestion and evaluation
  15. To help the children who are struggling with issues in their respective classes by the changing Agents.
  16. To render training sessions to the students equipping them for taking awareness sessions in schools.
  17. To adopt a monitoring and evaluation



- process with the parents and teachers to acknowledge and appreciate the change brought about by the change Agents.
18. To carry out evaluations to ensure that the desired changes are helping the students.
  19. To help the students to understand alternative solutions for different issues.
  20. To equip the students to become the leaders and role models of tomorrow.
  21. To participate the parents of the students as a part of the Holistic formation of the students.
  22. To work towards community welfare.
  23. To promote green practices, a green planet and care for the environment.
  24. To instill in the community, the spirit of caring for the environment.
  25. To instill in students the spirit of caring for the environment and to encourage good environmental practices and sustainability.
  26. To work towards the sustainable development of the community.
  27. Holistic formation of students and the creation of a harmonious learning environment in schools and colleges.
  28. Equipping students with leadership qualities, problem solving skills and other life skills.
  29. Identifying the problems faced by the students in the classroom and empowering students to have better coping mechanisms, to identify best practices and create a policy and implement the working model in schools.



and colleges identified and approved by the Trust

30. To provide legal and socio-legal classes and counselling for the community.
31. To work as a catalyst among the students.
32. To create H-cat club with the membership of students, parents and well wishers across the country and abroad to carry out the mission objectives of the trust.
33. To work selflessly and solely with a charitable motive for the total development of the society, especially for the students of the country to help promote holistic nation building.
34. To promote research on environment and sustainability student welfare and community welfare.
35. To promote student led positive changes on personal and societal levels.
36. To establish meditation and yoga centers and any other centers that promote physical, social and emotional wellbeing of students and the community.
37. To give proper training to the volunteers (social workers) to guide students in their emotional wellbeing and in helping and their peers.
38. To awaken the public conscience about the evils of drug abuse, child sexual abuse, cyber-crime, bullying-online in schools and colleges.
39. To promote spirituality in the schools, colleges and in the community as a whole.

40. To give proper training to the volunteers to educate and bring the change to fellow students.



10<sup>th</sup> & 11<sup>th</sup> December 2021

## Inter-religious parliament

An Inter-religious parliament termed *Sarva Dharma Shanti Sangamam* was organized by *Dharma Rajya Vedi* from 9.00 am on 10<sup>th</sup> December to 4 pm 11 December 2021 at YMCA Thottumusham, Aluva. This Inter-religious parliament was attended by BSOLS-Hcat members.

1. BSOLS Director - Fr. Sebastian Vadakkumpadan
2. DY - Anna. V. Puliyar -

BSOLS - Hcat

one-day student development programme

BSOLS-Hcat in association with BSOLS - IOAC conducted a one-day student development programme on "The necessity for peer counselling in an academic setting" on ~~27.10.22~~ 22.10.22 by Dr. Semichan Joseph, Asst. professor (DIST, Ansamaly) Mentor, counsellor, Trainer) personality development and life skills in student classroom at 9.30 - 1 pm.


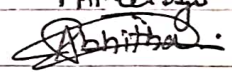

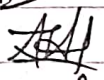

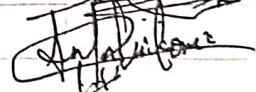


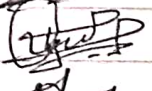

B. Shyamg  
Shyamg  
 22/10/22.

Director - Fr. Sebastian Vadakkumpadam

Asst. Director - Fr. Thomas Mathuramchery

Principal - Dr. V.S. Sebastian

Vice Principal - Dr. Selime Abraham.

- |                         |                                 |      |   |
|-------------------------|---------------------------------|------|---|
| 1) Bhramadutt Shamsmy   | 6 <sup>th</sup> Sem B.com LHB   | 2019 |  |
| 2) Ansel Biju           | 4 <sup>th</sup> Sem Ba LLB      | 2020 | PAncel Biju   |
| 3) Abhitha Binu         | 2 <sup>nd</sup> Sem BBA LLB [B] | 2021 |  |
| 4) Clinton Pinheiro     | 8 <sup>th</sup> sem BA LLB      | 2018 |  |
| 5) Annarose P. Joshy    | 4 <sup>th</sup> sem BALLB       | 2020 | Annarose  |
| 6) Ann Mary Joy         | 8 <sup>th</sup> Sem BBA (A)     | 2018 |  |
| 7) Nichithra P          | 2 <sup>nd</sup> Sem BALLB       | 2021 | Nichithra   |
| 8) Nayya Shibu          | 6 <sup>th</sup> Sem B.com LLB   | 2019 |  |
| 9) Ayla Victoria        | 6 <sup>th</sup> Sem B.com LLB   | 2019 |  |
| 10) Adv Kalyani S Vinod | 4 <sup>th</sup> Sem LLM         | 2020 |  |
| 11) Shannas.v           | 8 <sup>th</sup> sem BBA LLB (B) | 2018 |  |
| 12) Abdul Razak         | 4 <sup>th</sup> Sem BBA LLB (A) | 2020 |  |
| 13) FAZNA RAFI A.R      | 4 <sup>th</sup> Sem BBA LLB (A) | 2020 |  |



14)	Anu Raphy	8 <sup>th</sup> sem BBALLB.B	2018	<del>Anu</del>
15)	A. Derika	4 <sup>th</sup> sem. B.A.LL.B	2020	<del>Derika</del>
16)	Sreya. S	4 <sup>th</sup> sem B.com LLB	2020	<del>Sreya</del>
17)	Michelle Paul	4 <sup>th</sup> B.com LLB	2020	<del>Michelle</del>
18	Sruuthi Balachandran	4 <sup>th</sup> sem B.com LLB	2020	<del>Sruuthi</del>
19.	Joseph Francis	8 <sup>th</sup> sem B.com LLB	2019	<del>Joseph</del>
20	Jonce Janil	6 <sup>th</sup> sem BBA(A)LLB	2019	<del>Jonce</del>
21	Vineeth Kumar. E.V	4 <sup>th</sup> Sem LL.M	2020	<del>Vineeth</del>
22	Jayathi. Vijayan	4 <sup>th</sup> Sem LL.M	2020	<del>Jayathi</del>
23	ANKUSH ANI THOMAS	2 <sup>nd</sup> Sem B.com LLB	2021	<del>ANKUSH</del>
24	Abhijith Boban	4 <sup>th</sup> sem BBALLB	2020	<del>Abhijith</del>
25	Ajay Thomas Mohan	4 <sup>th</sup> SEM BBA(B)LLB	2020	<del>Ajay</del>
26	Fathima KT	4 <sup>th</sup> sem BBA(A)LLB	2020	<del>Fathima</del>
27.	Adv. Ashwin Duni) Kumar	2 <sup>nd</sup> Sem LL.M (Crim Law)	2022	<del>Ashwin</del>
28	Jerald Miyalo Jose	4 <sup>th</sup> sem B.com LLB	2020	<del>Jerald</del>
29.	Malavika J Maliyakkal	6 <sup>th</sup> Sem BBA(B)LLB	2019	<del>Malavika</del>
30.	B. Narayanaswamy	4 <sup>th</sup> Sem B.com LLB	2020	<del>B. Narayanaswamy</del>
31	John Jose	6 <sup>th</sup> sem B.com LLB	2019	<del>John</del>
32.	Ann Mariya Paul	8 <sup>th</sup> sem BBA LLB		<del>Ann</del>
33	B. shyama (Asst professor)			<del>B. shyama</del>

# BSOLS - Hcat Meeting CORE - committee -

21.11.22

In the BSOLS - Hcat meeting BSOLS Director, Teachers in charge of Hcat, and core committee members sit together at 3:30 pm in the studio classroom to discuss how to improve our college's Academic and Non-Academic activities. He invited ideas from core committee member. He asked the core committee to discuss on various topics related to our college. He divided the core committee into 5 groups and allotted topics to them for better suggestions. He asked each group to put forward their ideas and suggestions within a week.

B. Shyamam

21.11.22

## 1. BSOLS - Executive Director -

2. Shamasu ~~Shamasu~~
3. Clinton Pinheiro ~~Clinton Pinheiro~~
4. Joseph Francis ~~Joseph Francis~~
5. Malavika J. Maliyakkal ~~Malavika J. Maliyakkal~~
6. Tualal Meido Dose ~~Tualal Meido Dose~~
7. Bhemadutt Shamsary ~~Bhemadutt Shamsary~~
8. Ansel Biju ~~Ansel Biju~~
9. ANKOSH ANI THOMAS (3rd Sem Brom) ~~ANKOSH ANI THOMAS~~
10. Pishnu. b. neire (3rd Sem BBA) ~~Pishnu. b. neire~~
11. B. shyamam (Asst professor) ~~B. shyamam~~



# BSOLS Heat

## Core Committee Meeting

21.11.22-Studio Class Room-3.30 pm

### Meeting Summary

Date: 21.11.22

Time. 3.30 pm

Venue: Studio Classroom

Attendees –BSOLS Director –Fr. Sebastian Vadakkumpadan

BSOLS-Heat Coordinators, BSOLS Heat Core Committee Members

### Agenda

To divide the responsibilities to discuss the main suggestions put forward by the BSOLS Heat members in the **Student Development Program** held on 22.10.22

The Core Committee was divided into batch-wise

Sl No	Name	Class	Batch	Team
1	Kalyani .S.Vinod	LLM	2020	5
2	Ashwin Sunil Kumar	LLM	2021	
3	Nichita.P/John Johnson	BA.LLB	2021	4
4	Ankush Ani Thomas	Bcom LLB	2021	
5	Jishnu.B.Nair	BBA (A) LLB	2021	
6	Abhitha Binu	BBA(B)LLB	2021	
7	Ancel Biju	BA.LLB	2020	3
8	Jerald Mejalo Jose	Bcom.LLB	2020	
9	Fazna Rafi A.R	BBA(A)LLB	2020	
10	Ajay Thomas Mohan	BBA(B)LLB	2020	

31	Catherine Viju	BA.LLB	2019	2
12	Bhrmadutt Shammy	Bcom.LLB	2019	
13	Jones Janil	BBA.LLB(A)	2019	
14	Malavika Maliyakkal	BBA.LLB(B)	2019	
15	Clinton Pinheiro	BA.LLB	2018	1
16	Joseph Francis	B.Com.LLB	2018	
17	Anna Mary joy	BBA LLB(A)	2018	
18	Shamnas.V	BBA.LLB(B)	2018	

Each team have discuss on matters /topics allotted to you and suggest ideas on your Topic

### Team -1

- A permanent faculty for students counseling
- Encourage student's involvement in Social Activities
- Promote students' participation and engagement in college traditions and community programs to build a strong and committed student community.
- There should be an **Open Forum** for students to deliver their perspectives on various issues with teachers and College Management
- A committee for **Open Forum** consisted of teachers and students.
- Conduct Icebreaker activities for students every Friday's last hour or at least once a month
- Talent Hunt Programme for Students
- Research Committee

### Team-2

- Communicate orientation expectations and benefits with students.

24. 11. 22.

BSOLS - Hcat core committee  
First Level Discussion

BSOLS - Hcat core committee members and Teachers in charge of Hcat gathered in 10<sup>th</sup> BBA (A) class room at 3:30 pm for the first level discussion and discussed in detail about the topics allotted to each group.

- |    |               |                   |
|----|---------------|-------------------|
| 1. | B. shyama     | <del>Shyama</del> |
| 2. | Nirya Valsan  | TK                |
| 3. | Akshara sadan | AK                |
| 4. |               |                   |



1. Ann Mary Joy Adl
2. clinton Pinheiro Colum
- 3- Shammas Sham
- 4- Jishnu b. nair Jishnu
5. ANKUSH ANI THOMAS Ankush

6.12.22

Core committee Meeting

Core-committee meeting of BSOLS - Heat core committee members was held at 3.30 pm in 7<sup>th</sup> BA LLB classroom on 6.12.22. which was attended by Director, principal, and vice principal.

In this meeting the suggestions and ideas of each team were discussed in detail. On this occasion Director further finalized the extension programme to be conducted before Christmas vacation.

Shyams  
B. Shyams

1. Director -
2. Principal -
3. vice principal -
4. B. Shyama
5. Nivya Valsan
6. Akshara sadan
7. Mary viny.
- 8.

Shyams

AK

AB

Mary viny

19.12.23

Extension Activity - I

BSOLS - Heat Team visited provide-  
 ne Home vilangu, Kizhakkambalam, which  
 consists of 120 inmates, Home is entirely  
 for females, who were differently abled  
 and also with other health issues. Our  
 students lend a helping hand by interacting  
 and entertaining them. Inmates were  
 very happy by the presence and affection  
 of our students. Indeed students had a  
 worthy day in their life. For them this was  
 a <sup>new</sup> happy experience and they were very  
 happy for visiting the place.

B. shyama, Teacher

1. Nivya valsan

H

2. Akshara sadan

A

3. Mary viny

Mary Vini - H

4.



## Extension Activity - II 21.12.22

On 21.12.22 BSOLS-Heat team visited Karunalayam - psycho-geriatric asylum Thaikakkatt. They accommodate around 120 inmates irrespective of caste and creed. Majority of inmates suffering from psychiatric problems and other health problems associated with ageing. Our students were very active compassionate and lushly interactive with the inmates. It was a great meaningful and enriching experience for the students.

B. Shyam Shyam

1. Nirya Valsan ✓
2. Akshara Sadan ✓
3. Mary Vinny MaryVinny. A

Extension Activity - III

22.12.22.

ON 22.12.22 H-cat volunteers visited Aluva sub-jail along with the faculty co-ordinators. Our students have conducted an Awareness class, including various topics like prisoners rights, NDPS Act, Domestic violence Act, POCSO Act and Juvenile Justice Act. The Awareness session was handled very interestingly by our students. Moreover prisoners took a keen interest in attending as well as they clarified their doubts during the session. Our students got an opportunity to interact with the prisoners and enlighten them. It was a great experience for our students.

B. Shyama, ~~Signature~~

1. Dr. Lisha Azeed

2. Nivya Valsan

M

3. Akshara sadan

A.D.

4. Mary Vinny

Mary Vinny - A

~~Signature~~  
Director  
22/12/2022

20

BSOLS - HCAT Meeting

Q.A

Answer



## BSOLS-Heat-REPORT

BSOLS-Heat was established on 14.12 2020 .since then this committee has started functioning.The term BSOLS-Heat envisages the Bharata Mata School of Legal Studies Holistic Change Agent Team

- H-CAT “Holistic Change Agent Team
- A peer-led movement to bring about a holistic change in the students by the students and Teachers by Teachers
- 

### GOALS

- Community Welfare
- Forming a sustainable, nurturing learning environment in educational institutions
- Improving the quality of holistic education
- Developing a state-wide working model

### OBJECTIVES

- Holistic formation of students
- Creation of a harmonious learning environment.
- Better working environment for teachers
- Equipping students with problem-solving skills
- Improving their life skills
- Identifying the problems faced by students in the classroom
- Empowering students to have better-coping mechanisms and encouraging leadership quality
- The students in turn will change society at large

### ISSUES & PURPOSE

- Sexual and emotional abuse, lack of support from families, cyber bullying and blackmail and drug abuse
- Decline in the happiness factor and in performance
- Resultant behavioural changes

## BSOLS-Heat-REPORT

BSOLS-Heat was established on 14.12 2020 .since then this committee has started functioning.The term BSOLS-Heat envisages the Bharata Mata School of Legal Studies Holistic Change Agent Team

- **H-CAT “Holistic Change Agent Team**
- **A peer-led movement to bring about a holistic change in the students by the students and Teachers by Teachers**
- 

### GOALS

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### ISSUES & PURPOSE

- Sexual and emotional abuse, lack of support from families, cyber bullying and blackmail and drug abuse
- Decline in the happiness factor and in performance
- Resultant behavioural changes

- Programme designed to create influencers and change-makers.
- Only students can change students.
- Horizontal passing of knowledge to the students of other schools and colleges

### **ACTIVITIES**

- Phase 1- Identifying 4 holistic change agents from each class.
- 80 students : four intensive training sessions (TOTs) on life skills, leadership quality and in developing emotional intelligence.
- Phase 2- the change agents- newly honed skills
- help the children who are struggling with issues in their respective classes.
- Counselling will be available to all students throughout the running time of the Project
- (Learning environment begins to improve)
- 4 training sessions will be given to all the students- awareness sessions in schools.
- Replication of the H-CAT model and peer-to-peer change in these 12 schools.
- Four more intensive training programs will be conducted
- A final module/ H-CAT policy will be shared with the society
- Self-replicating model
- Identifying Best Practices and implementing these in other schools
- A monitoring & evaluation meeting.

**Only a neighbour can change a neighbour**

**Only a friend can change a friend**

**Only a teacher can change a teacher**

**Only a student can change another student**

### **What we have done**

- An Inter –religious Parliament termed **Sarva Dharma Shanti Sangamam** was organized by dharma rajya vedi on 10<sup>th</sup> & 11<sup>th</sup> of



December 2021 at YMCA Thottumugham. This was attended by BSOLS-Hcat members.

- BSOLS-Hcat in association with BSOLS-IQAC conducted one day student development programme (SDP) on "the necessity for peer counselling in an academic setting" on October 22, 2022, by Dr. Semichan Joseph, Asst. Professor DIST Angamaly, Mentor, Counsellor, trainer personality development and life skills. 50 student representatives-both from LLB & LLM - attended this programme. We formed a core committee from the members and asked them to suggest ideas for improving the functioning of BSOLS HCat
- As suggested by the CORE COMMITTEE, we Hcat members and teachers in charge discussed the ideas and suggestion with our Director.
- Our Director advised to organize 3 extension programmes before Xmas vacation,
- Thus we organized extension programme and visited
  1. Providence home, Vilangu, Kizhakkambalam - 120 differently abled female inmates-
  2. Karunalayam - psycho-Geriatric Asylum Thrikkakkara-120 inmates, irrespective of caste and creed with psychiatric and health problems.
  3. Aluva - Sub-Jail- students conducted awareness class on various topics like prisoners rights, NDPS Act, domestic violence Act, POCSO Act etc..

### FUTURE PROGRAMMES

- The Objectives of the Suggestions are as follow:
  1. To help the students to identify their fellow students and their problems who need emotional support.
  2. Providing appropriate and suitable orientation to the students for peer-to-peer counseling.
  3. Informing the faculties about proper guidelines to assess a student and to make the faculties ready to help the student's needs at the right time in the right way.

The suggestions given by the BSOLS-Hcat Student Representatives include:

- A permanent faculty for students counseling
- Encourage student's involvement in Social Activities

- Promote students' participation and engagement in college traditions and community programs to build a strong and committed student community.
- There should be an Open Forum for students to deliver their perspectives on various issues with teachers and College Management
- Conduct Icebreaker activities for students every Friday's last hour or at least once a month
- Communicate orientation expectations and benefits with students.
- Deliver both Academic and non-academic information to students (Seminars, Academic Achievements, Moot Court Competitions, Sports Events, Work Shops, University Examinations Notifications, Club Activities, etc )through a platform that students will use eg; Campus Radio
- Ensure student participation and include them in organizing activities of various Clubs, Cells, and Councils. Efforts should be made to include more Extracurricular activities as part of the Curriculum
- Academic skill development workshop(s),- To facilitate the following platforms to the students to develop their skills, and interests and improve their personality and career opportunities

- Software and computer programming

- To organize workshops for Creative writing, Legal and Technical Writing, Drafting, and Research Methodology

- Time management

- Preparation for interviews

- To organize various lectures for improving the presentation skill of the students.

- To structure small groups of students and improve the Group Discussions skills of students.

- A wellness team of Teachers should be formed
- A Team of Teachers who are caring, fair, Compassionate, friendly, and committed to the best interests of the students.

- Who will motivate, inspire, uphold human dignity and promote equality and emotional and cognitive development.



Teachers who demonstrate respect for spiritual and cultural values, diversity, social justice, freedom, democracy and the environment..

Their Integrity should be reflected in Honesty, reliability, fairness, openness and moral action .

The Wellness team will contribute in the holistic well-being of the student community.

The Faculties of the Wellness Team should have real- life experience in understanding the challenges of students which are associated with situations that affect one's intellectual, emotional, physical, spiritual, and social well-being.

Expecting a friendly, non-threatening classroom environment from Teachers who create a warm and welcoming environment for their students every day. Who will make a conscientious effort to promote confidence and self-esteem among every student in the classroom.

**Main Objectives:**

Guidance on issues concerning campus life

Holistic proliferation of happiness among students

Organization of events, talks and success stories of inspiring personalities including on-campus fellow friends to boost their potential enhancing physical, mental and social well-being

- BSOLS-Hcat Team for Career Guidance

Although nowadays students have relatively a lot more career opportunities than before, yet due to lack of proper clarity and counseling they get embroiled in a conundrum to choose a befitting career for themselves. The BSOLS-Hcat Team will help students in finding the career options that will best suit them and define possible career objectives according to individual students' likes, knowledge, and skills. The team will find opportunities of scholarships for tuition fees & foreign internships along with possibilities of different awards and higher education.

**Main objectives:**

- Counseling on possibilities for Higher education & Research on an individual basis

- *Helping the student to find their best career option based on their liking, knowledge and skill*
- *Equipping the students with information on different scholarships and fellowships, nationally and internationally.*
- *Helping students in their preparation for different placement interviews*

*B. S. Shyam*  
22.2.23

H-CAT

POLICY BOOK





**BHARATA MATA SCHOOL OF LEGAL STUDIES**  
Affiliated to Mahatma Gandhi University, Kottayam  
ISO 9001 : 2015 CERTIFIED

## **BSOLS H-CAT**

### **“Holistic Change Agent Team”**

#### **POLICIES**

A vision, a reality, a Movement–

A peer- led movement to bring about holistic change in the students by the students. Student team agents are trained to be agents of positive change amongst their peers, in order to foster an environment conducive to holistic legal education.

#### **MEMBERS:**

- NIVYA VALSAN
- AKSHARA SADAN
- MARY VINI

#### **OBJECTIVES:**

- Holistic formation of students
- Creation of a harmonious learning environment.
- Better working environment for teachers
- Equipping students with problem-solving skills
- Improving their life skills
- Identifying the problems faced by students in the classroom.
- Empowering students to have better-coping mechanisms and encouraging.
- leadership quality
- The students in turn will change society at large.

#### **GOALS:**

- Community Welfare



- Forming a sustainable, nurturing learning environment in educational institutions
- Improving the quality of holistic education
- Developing a state-wide working model

### **ACTIVITIES:**

- Phase 1- Identifying 4 holistic change agents from each class.  
104 students; four intensive training sessions (TOTs) on life skills, leadership quality and in developing emotional intelligence.
- Phase 2- the change agents- newly honed skills  
Help the children who are struggling with issues in their respective classes. Counselling will be available to all students throughout the running time of the Project. Learning environment begins to improve.
- A final phase- H-CAT policy will be shared with the society. It will be in a Self-replicating model.

**Only a neighbour can change a neighbour**  
**Only a friend can change a friend**  
**Only a teacher can change a teacher**  
**Only a student can change another student.**

### **RULES:**

- 4 Students from each class are selected to be the H CAT volunteers.
- Selection of the volunteers will be done by the concerned class teacher by identifying the students who possess that quality of mending other students.
- Meeting of H CAT volunteers should be conducted once in a month.
- It is mandatory that H CAT volunteers should be present at the meetings scheduled.
- It is also mandatory that H CAT volunteers should be present at the session conducted for them.
- Any inconvenience regarding attending the meeting or sessions should be duly informed to the coordinators.

- Involvement of volunteers in the programs organised by the H CAT is highly necessary.
- Behaviour of the volunteers will be monitored as they act as model to other students.
- If any volunteer is violating the rules or behaving badly. They will be very well removed from the HCAT because HCAT volunteers hold a big space both in minds of students as well as society.

~~R. S. Chakraborty~~  
Director

30/5/2023



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Choondy, Aluva - 683 112, Tel: 0484-2838070

Email: bsolskerala@gmail.com, Website: www.bsols.in

## BSOLS HCAT ONE DAY STUDENT DEVELOPMENT PROGRAMME

BSOLS HCAT in association with IQAC conducted a one-day student Development Programme on "The Necessity for Peer Counselling in an Academic setting" on 22/10/2022 by Dr Semichan Joseph, Asst Professor (DIST, Angamaly), Mentor, Counsellor, Trainor in Personality Development and Life Skills in the Jawaharlal Nehru Seminar Hall at 9.30 am to 1 pm.

### Presence

Director- Rev Fr. Sebastian Vadakumpadan

Asst. Director- Rev Fr Thomas Mazhuvanchery

Principal- Dr. V.S Sebastian

Vice Principal- Dr. Seline Abraham

B Shyama- Assistant Professor, BSOLS

### Student Participants

- |                         |  |
|-------------------------|--|
| 1. Bhrammattu Shammy    | 6th Sem B.Com LLB (2019)               |
| 2. Ancel Biju           | 4th Sem BA LLB (2020)                  |
| 3. Abhitha Binu         | 2nd Sem BBA LLB(B) (2021)              |
| 4. Clinton Pinheiro     | 8th Sem BA LLB(2018)                   |
| 5. Annarose P. Joshy    | 4th Sem BA LLB (2020)                  |
| 6. Ann Mary Joy         | 8th Sem BBA LLB(A) (2018)              |
| 7. Nichitha P           | 2nd Sem BA LLB (2021)                  |
| 8. Navya Shibu          | 6th Sem B.Com LLB (2019)               |
| 9. Avila Victoria       | 6th Sem B.Com LLB (2019)               |
| 10. Kalyani S Vinod     | 4th Sem LL.M (2020)                    |
| 11. Shamnas V           | 8th Sem BBA LLB (B) (2018)             |
| 12. Abdul Razak         | 4th Sem BBA LLB (A) (2020)             |
| 13. Fazna Rafi A. R     | 4th Sem BBA LLB(A) (2020)              |
| 14. Anu Raphy           | 8 <sup>th</sup> Sem BBA LLB (B) (2018) |
| 15. A. Devika           | 4 <sup>th</sup> Sem BA LLB(2020)       |
| 16. Sreya. S            | 4th Sem B.Com LLB (2020)               |
| 17. Michelle Paul       | 4th Sem B.Com LLB (2020)               |
| 18. Sruthi Balachandran | 4 <sup>th</sup> Sem B.com LLB (2020)   |



*Seline*

PRINCIPAL  
Bharata Mata School of Legal Studies  
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19. Joseph Francis	8 <sup>th</sup> Sem B.Com LLB (2018)
20. Jonce Janil	6 <sup>th</sup> Sem BBA LLB (A) (2019)
21. Vineeth Kumar E.V	4 <sup>th</sup> Sem LL.M (2020)
22. Yayathi Vijayan	4 <sup>th</sup> Sem LL.M (2020)
23. Ankush Ani Thomas	2 <sup>nd</sup> Sem B.Com LLB (2021)
24. Abhijith Boban	4 <sup>th</sup> Sem BBA LLB (A) (2020)
25. Ajay Thomas Mohan	4 <sup>th</sup> Sem BBA LLB(B) (2020)
26. Fathima K.T	4 <sup>th</sup> Sem BBA LLB(A) (2022)
27. Ashwin Sunil Kumar	2 <sup>nd</sup> Sem LL.M (2022)
28. Jerald Mejalo Jose	4 <sup>th</sup> Sem B.Com LLB (2020)
29. Malavika J Maliyekkal	6 <sup>th</sup> Sem BBA LLB (B) (2020)
30. B Narayanaswamy	4 <sup>th</sup> Sem B.Com LLB (2020)
31. John Jose	6 <sup>th</sup> Sem B.Com LLb (2019)
32. Ann Mariya Paul	8 <sup>th</sup> Sem BBA LLB



*J. Sive*  
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 Choondy, Aluva - 683 112



BSOLS - Hcat

one-day student development programme

BSOLS - Hcat in association with BSOLS - IOAC conducted a one-day student development programme on "The necessity for peer counselling in an academic setting" on ~~27.10.22~~ 22.10.22 by Dr. Semichan Joseph, Asst. professor (DIST, Ansamaly) Mentor, counsellor, Trainer) personality development and life skills in student classroom at 9.30 - 1 pm.

B. Shyamg  
Shyamg  
 22/10/22.

Director - Fr. Sebastian Vadakkumpadam

Asst. Director - Fr. Thomas Mathuramchery

Principal - Dr. V.S. Sebastian

Vice Principal - Dr. Selime Abraham.

- |                         |                                 |      |             |
|-------------------------|---------------------------------|------|-------------|
| 1) Bhramadutt Shamsmy   | 6 <sup>th</sup> Sem B.com LLB   | 2019 |             |
| 2) Ansel Biju           | 4 <sup>th</sup> Sem Ba LLB      | 2020 | PAncel Biju |
| 3) Abhitha Binu         | 2 <sup>nd</sup> Sem BBA LLB (B) | 2021 |             |
| 4) Clinton Pinheiro     | 8 <sup>th</sup> sem BA LLB      | 2018 |             |
| 5) Annarose P. Joshy    | 4 <sup>th</sup> sem BALLB       | 2020 |             |
| 6) Ann Mary Joy         | 8 <sup>th</sup> Sem BBA (A)     | 2018 |             |
| 7) Nichithra P          | 2 <sup>nd</sup> Sem BALLB       | 2021 | Nichithra   |
| 8) Nayya Shibu          | 6 <sup>th</sup> Sem B.com LLB   | 2019 |             |
| 9) Ayla Victoria        | 6 <sup>th</sup> Sem B.com LLB   | 2019 |             |
| 10) Adv Kalyani S Vinod | 4 <sup>th</sup> Sem LLM         | 2020 |             |
| 11) Shammas.v           | 8 <sup>th</sup> sem BBA LLB (B) | 2018 |             |
| 12) Abdul Razak         | 4 <sup>th</sup> Sem BBA LLB (A) | 2020 |             |
| 13) FAZNA RAFI A.R      | 4 <sup>th</sup> Sem BBA LLB (A) | 2020 |             |

14)	Anu Raphy	8 <sup>th</sup> sem BBALLB.B	2018	<del>Anu</del>
15)	A. Derika	4 <sup>th</sup> sem. B.A.LL.B	2020	<del>Derika</del>
16)	Sreya. S	4 <sup>th</sup> Sem B.com LLB	2020	<del>Sreya</del>
17)	Michelle Paul	4 <sup>th</sup> B.com LLB	2020	<del>Michelle</del>
18	Sruithi Balachandran	4 <sup>th</sup> sem B.com LLB	2020	Sruithi
19.	Joseph Francis	8 <sup>th</sup> Sem B.com LLB	2019	<del>Joseph</del>
20	Jonce Janil	6 <sup>th</sup> Sem BBA(A)LLB	2019	<del>Jonce</del>
21	Vineeth Kumar. E.V	4 <sup>th</sup> Sem LL.M	2020	<del>Vineeth</del>
22	Jayathi. Vijayan	4 <sup>th</sup> Sem LL.M	2020	<del>Jayathi</del>
23	ANKUSH ANI THOMAS	2 <sup>nd</sup> Sem B.com LLB	2021	<del>ANKUSH</del>
24	Abhijith Boban	4 <sup>th</sup> Sem BBALLB	2020	<del>Abhijith</del>
25	Ajay Thomas Mohan	4 <sup>th</sup> SEM BBA(B)LLB	2020	<del>Ajay</del>
26	Fathima KT	4 <sup>th</sup> Sem BBA(A)LLB	2020	<del>Fathima</del>
27.	Adv. Ashwin Sunit Kumar	2 <sup>nd</sup> Sem LL.M (Crim Law)	2022	<del>Ashwin</del>
28	Jerald Mijalo Jose	4 <sup>th</sup> Sem B.com LLB	2020	<del>Jerald</del>
29.	Malavika J Maliyakkal	6 <sup>th</sup> Sem BBA(B)LLB	2019	<del>Malavika</del>
30.	B. Narayanaswamy	4 <sup>th</sup> Sem B.com LLB	2020	<del>B. Narayanaswamy</del>
31	John Jose	6 <sup>th</sup> Sem B.com LLB	2019	<del>John</del>
32.	Ann Mariya Paul	8 <sup>th</sup> sem BBA LLB		<del>Ann</del>
33	B. shyama (Asst professor)			<del>B. shyama</del>





# **BSOLS -H-CAT**



in association with

## **BSOLS IQAC**

Organizing

### **ONE-DAY STUDENT DEVELOPMENT PROGRAMME**

On

“The necessity for Peer counseling in an academic setting.”

by

### **DR. SEMICHAN JOSEPH**

Asst.Professor (DIST,Angamaly)

**Mentor, Counsellor, Trainer Personality  
Development and Life skills,**

Venue- Studio classroom, BSOLS

Date -22.10.2022, Saturday

Time-9.30 am





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## REPORT ON KARUNALAYAM VISIT

On 21/12/2022 Bsols H-cat team visited Karunalayam - psycho geriatric asylum Thrikkakara. They accommodate around 120 inmates irrespective of caste and creed. Majority of inmates suffering from psychiatric problems and other health problems associated with ageing. Our students were very active, compassionate and highly interactive with the inmates. 15 students were participated as volunteers in this programme. It was a great meaningful and enriching experience for the students.





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## REPORT ON PROVIDENCE HOME VISIT

Bsols H-cat team visited Providence home on 20/12/22 which consists of 120 inmates. Home is entirely for females, who are differently abled and also with other health issues. Our students lend a helping hand by interacting and entertaining them. Inmates were very happy by the presence and affection of our students. Indeed students have a worthy day in their life. 20 Students were participated as volunteers, for them this was a very new experience and they were very happy for visiting the place.



Murivilangu, Kerala, India  
3C8C+88M, Murivilangu, Kerala 682021, India  
Lat 10.065528°  
Long 76.419969°  
19/12/22 12:27 PM GMT +05:30



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## REPORT ON ALUVA SUB JAIL VISIT

On 22-12-2022 H-cat volunteers visited Aluva sub jail along with faculty co-ordinators. Our students have conducted an awareness class, including various topics like prisoners' rights, NDPS Act, domestic violence Act, POSCO and Juvenile Justice Act. The awareness session was handled very interestingly by our students. Moreover prisoners took a keen interest in attending as well as they clarified their doubts during the session. Our students got an opportunity to interact with the prisoners and enlighten them. Indeed they feel that this was one of their great opportunities to conduct such a session.

No of Students Participated : 30



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