

BEST PRACTICE :1

1. Title of the Practice

“Vayichu Valaram: Read and Grow”

2. Objectives of the Practice

The activity aims to improve the reading habits of students and to inculcate a reading culture at the institute, thereby upholding Sree Narayana Guru’s principle of education and enlightenment. The practice demands reading books in various areas which helps to broaden the persona and perspectives of the readers. It also aims to initiate the exchange of ideas & thoughts among the students thereby promoting their presentation skills and cohesion. It allows students to learn from one another and promotes a dynamic learning environment.

3. The Context

Literary activities are an integral part of our college's annual calendar, fostering a robust reading culture among our students. To honor the legacy of the illustrious Keralite teacher, Puthuvayil Narayana Panicker, often regarded as the father of the library movement in Kerala, we celebrate June 19th as National Reading Day in India. In collaboration with the college library, our Literary and Debate Club at Sree Narayana College Chengannur actively participates in observing National Reading Day and extends it to a week-long celebration known as Reading Week. Our goal is to emphasize the profound idea that knowledge is indeed power, and reading stands as one of the most effective and enjoyable means to enrich our education.

4. The Practice

Best Practice on “Vayichu Valaram” was implemented at the college through the practices such as,

- Literary Competitions
- Exhibition
- Book Donation Drive

Literary Competitions

For the improvement of reading abilities, competitions like quiz programmes, story writing, verse writing and reading challenges are conducted during the reading day celebrations. All these activities are targeted to enhance the reading skills of our students that allows them to learn, understand, and communicate with the world around.

Exhibition

In association with the reading week celebrations, Sree Narayana College Library also organised exhibitions of Guru’s literature. The Exhibition includes Guru's work, interpretation of Guru's work, and free writings on Gurudarsan. Students and teachers of the college and nearby schools and public from surrounding areas participated in the exhibition.

Book Donation Drive

As part of the Reading week, A Book Donation drive was also organized by the Literary Club to help the nearby community of the college to discover the joy of reading. Large number of books were received in the book depository box arranged in the Department of Languages and the collected books were donated to the neighborhood People's General library.

5. Evidence of Success

The program has successfully attracted more students to actively participate in library-related activities. By celebrating Reading Day, students have come to recognize the significance of reading in their overall career development. The program's focus on reading challenges and literary competitions has led to improvements in students' reading skills and improved vocabulary. Through story-writing, verse-writing, and interpretation of literary works, students have had the opportunity to nurture their creative and analytical skills. The program has helped students strengthen their concentration skills, which can positively impact their academic performance.

6. Problems encountered and resources required

Organising various programmes during regular academic hours was challenging. The unavailability of reading rooms and seminar halls for having discussions and presentations also was a problem.

BEST PRACTICE :2

1. Title of the Practice

“Yoga for Health”

2. Objectives of the Practice

Yogasanas together with meditation and breathing can help to improve a person's mental well-being. According to various studies, regular yoga practice is helpful to overcome anxiety especially in the Covid scenarios. This will help to create better focus and improvement in memory, self-confidence and peace of mind. In addition, yoga practice will increase flexibility in all aspects and reduces the addictions towards drugs & alcohols.

3. The Context

The International Day of Yoga on 21st June aims to raise awareness worldwide about the benefits of practicing yoga. Yoga, meditation and breathing techniques are some of the most effective tools to fight against the physical and mental distress. These techniques can boost immunity and helps enhancing the mental and emotional intelligence.

4. The Practice

Yoga for Health was implemented at the college through,

- Observance of International Yoga Day

- Awareness classes and workshops
- Regular Training Sessions

Every year the International yoga day is celebrated in our college by organizing various programs. The programs involve a combination of four components: postures, breathing practices, deep relaxation, and meditation that can transform our health on many different levels. During Covid period an immunity enhancement Workshop with Breath, meditation and yoga was conducted in collaboration with the Art of Living Foundation to spread the awareness and importance of Yoga to the students.

A one-week yoga training sessions are also conducted by the Department of Physical education to the staff of the college. The training session includes Yoga postures, Pranayama and meditations. These were practised by the faculties and staffs of the college under the direction of Dr Shereen K, Assistant Professor of Physical education and are very effective techniques to release stress. The Meditation is included in the training session as it is an important relaxation technique which calms the mind, gives good concentration and causes the rejuvenation of the body and mind. Particularly for working teachers, Yoga is a great remedy to remove tensions which affects the health, because she has to nurture the home, and fulfil a demanding career.

5. Evidence of Success

- Improved the mental focus and concentration of students.
- Helped to instil positive thoughts in students mind.
- Helped the staff to attain emotional stability to handle the stress in daily life.
- Improved the intellectual abilities and academic performance of both students and staff.

6. Problems encountered and resources required

During the covid period, as the workshop was conducted in online platform, some students find it uncomfortable to communicate with the trainer. Lack of proper network facility was also a problem for some students. Find difficulty in arranging training sessions for teachers due to their busy working hours, otherwise no significant issues are encountered.