



Estd: 1981
Sree Narayana College Chengannur
Alapuzha, Kerala
Aided College Affiliated to University of Kerala
(NAAC accredited with Grade B)



CRITERIA : 7

**INSTITUTIONAL VALUES AND BEST
PRACTICES**

Best Practices

2021-2022



BEST PRACTICE -1

1. Title of the Practice

Reading day celebration

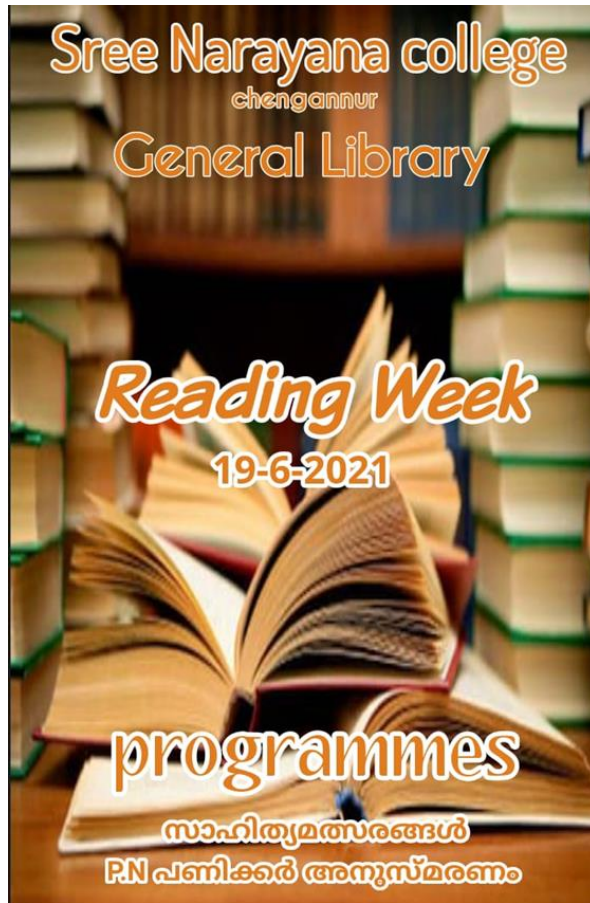
2. Objectives of the Practice

The objective of this activity is to improve the reading habits of students and inculcate the reading culture at the institute. The practice demands reading books in various areas which helps to broaden the persona and perspectives of the readers. Another objective of this practice is to initiate the exchange of knowledge among the students thereby promoting their presentation skills and cohesion. The practice will ensure quality enhancement processes of the institution.

4. The Practice

The College has organized several productive programmes so far extensively utilizing the resources of library. During the Covid pandemic season, library conducted an online literary contest on story writing and verse writing. Almost 22 students participated in the contest. For story writing competition, Tini Chandran of I BSc Physics bagged the first prize and Arjun of II BSc Chemistry got first prize for verse writing. The prizes were distributed by the Principal to the concerned students after the pandemic situation.

Online literary contest on story writing and verse writing



Prize Distribution





In connection with the reading day celebration, Sree Narayana College Library also organised an exhibition of Guru's literature on 7/1/22. The exhibition was inaugurated by RDC Chairman, of the college Dr. Anantharaj. The Exhibition included Guru's work, interpretation of Guru's work, and free writings on Gurudarsan. Students and teachers of the college, students from nearby schools, and General public from surrounding areas participated in the exhibition

**ശ്രീതീർത്ഥപാദ കോളേജ്
ചെങ്ങന്നൂർ**

ശ്രീതീർത്ഥപാദ പ്രസ്ഥാനങ്ങളുടെ അമരകൊരൻ ശ്രീ.വെള്ളാപ്പള്ളി തടേശന്റെ മന്യ സാരഥ്യത്തിന്റെ രജത ജൂബിലി ആഘോഷത്തിന്റെ ഭാഗമായി ജനറൽ ചെയർമാൻ നടത്തുന്ന

**ഗുരുഭവ
സാഹിത്യകൃതികളുടെ പ്രദർശനം**

ഉദ്ഘാടനം : **ഡോ.എ.വി.ആനന്ദരാജ്**
(SN TRUST എക്സിക്യൂട്ടീവ് മെമ്പർ, RDC ചെയർമാൻ ചെങ്ങന്നൂർ)

07.01.2022 വെള്ളിയാഴ്ച രാവിലെ 10.30 ന്

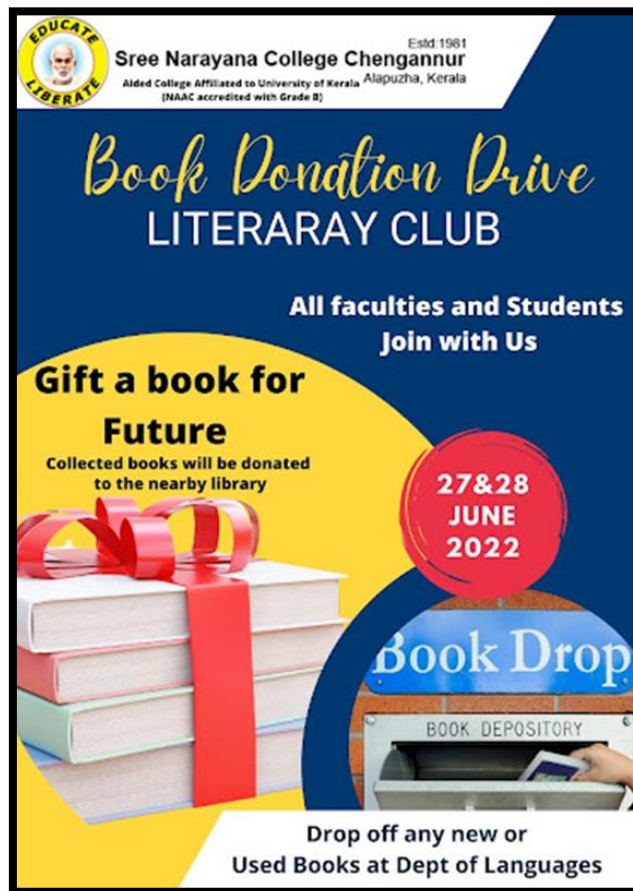
Exhibition of Guru's literature





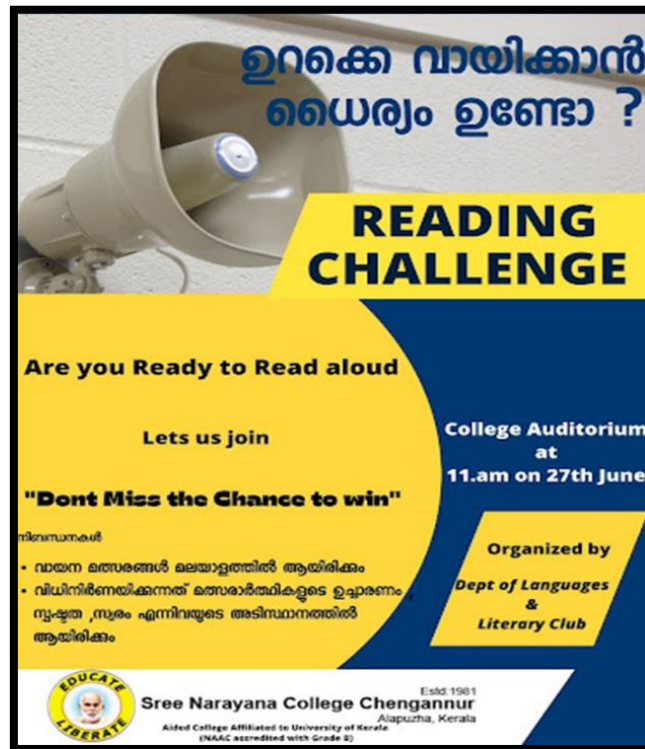
As part of the Reading week, A Book Donation drive organized by the Literary Club. The motive of the book donation drive was to help the nearby community of the college to discover the joy of reading. A book depository box was arranged in the Department of Languages. Large number of Books were received from teachers, students and non-teaching staffs. The collected books were donated to the neighborhood People's General library.

Book Donation drive



A reading competition in Malayalam was also organized by Department of Language and Literary Club. The aim was to motivate the students to improve their Malayalam reading skills like their pronunciation, intonation, stress etc. The student participation was very high and the program was a great success.

Reading Challenge



A talk with Ms Parvathy Ramachandran, Assistant Professor Department of English was also organized on 27th June 2022 at 1.30 pm. She is an eminent academician, poet and author. The talk was organized on the topic “You Become What You Think about”. Students from various Departments actively interacted with Ms Parvathy Ramachandran. She showed the paths of writing to students.

Talk with writer



BEST PRACTICE: 2

Yoga for Health: Covid care online programme

1. Title of the Practice

Yoga for Health: Covid care online programme

2. Objectives of the Practice

Yoga's incorporation of 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 in Covid scenarios. This helps to create better focus, improved memory, improve self confidence, mental clarity and calmness. In addition, yoga practice will increase flexibility in all aspects and also reduce the addictions towards drugs & alcohol

3. The Context


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

4. The Practice

The International yoga day is celebrated by organizing an immunity enhancement Workshop with Breath, meditation and yoga. The workshop was conducted in collaboration with the Art of Living Foundation from 21st to 23rd June 2021 to spread the awareness and importance of Yoga to the students. Almost 28 staff of the College, 116 students of Under Graduate programs and 32 Post Graduate students attended the three-day workshop. All the participants were actively involved in the event with enthusiasm and reverence. All the participants were provided with E-certificates on the concluding day of the program.

Topic: "Yoga for well-being"

- Improves Concentration
- Immunity booster
- Stress Management




Registration link for students
<http://bit.ly/studentaol>

E-certificates will be provided to all participants

Date: 21, 22, and 23 June at 11am to 12 pm

Registration link for Staff and Parents
<http://bit.ly/staffaol>



SREE NARAYANA COLLEGE CHENGANNUR

Affiliated to University of Kerala
(NAAC accredited with Grade B)

Department of Physical Education and IQAC
in collaboration with the Art of Living Foundation, Bangalore, India
organize

THREE DAY WORKSHOP ON YOGA FOR STUDENTS, STAFF AND PARENTS

THREE DAY WORKSHOP ON "YOGA FOR WELL-BEING"

Resource Persons: Art of Living Teachers, Bengaluru

Organising Committee Patron.
Sri. Velappally Natesan (Manager)

Principal in Charge - Smt. Shereen K

IQAC Coordinator - Dr. Venu S, HOD, Dept. of Chemistry

Coordinator - Smt. Shereen K, HOD, Dept. of Phy. Edn.

Members - Dr. K. Sreelatha, HOD, Dept. of Physics

Smt. Sreedevi Gopalakrishnan, HOD, Dept. of Economics

Smt. Thushara U.S., HOD, Department of Commerce

Dr. Shreeranjini V., HOD, Department of Hindi

Smt. Bindhu, K.K., HOD, Department of Malayalam

Smt. Aswathy Ra, HOD, Department of English

Smt. Lekshmi S., Department of Mathematics





Zoom Meeting link will be sent through your registered e-mail ID

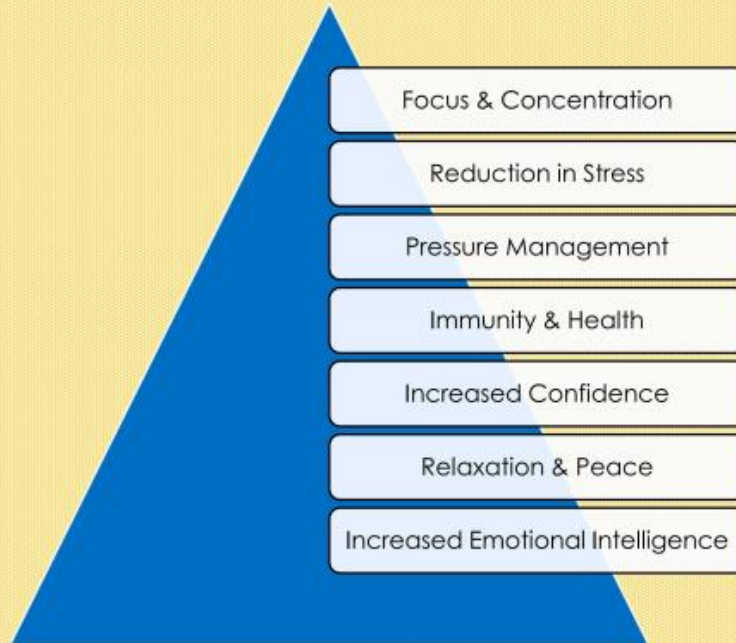
For more details:
Mobile: 9447075311
Email: snccchengannur@gmail.com

Celebration of 7th International DAY OF YOGA

June 21st, 22nd & 23rd 2021 @ 11am to 12 pm

❖ IMPACT ANALYSIS OF THREE-DAY BREATH & MEDITATION WORKSHOP

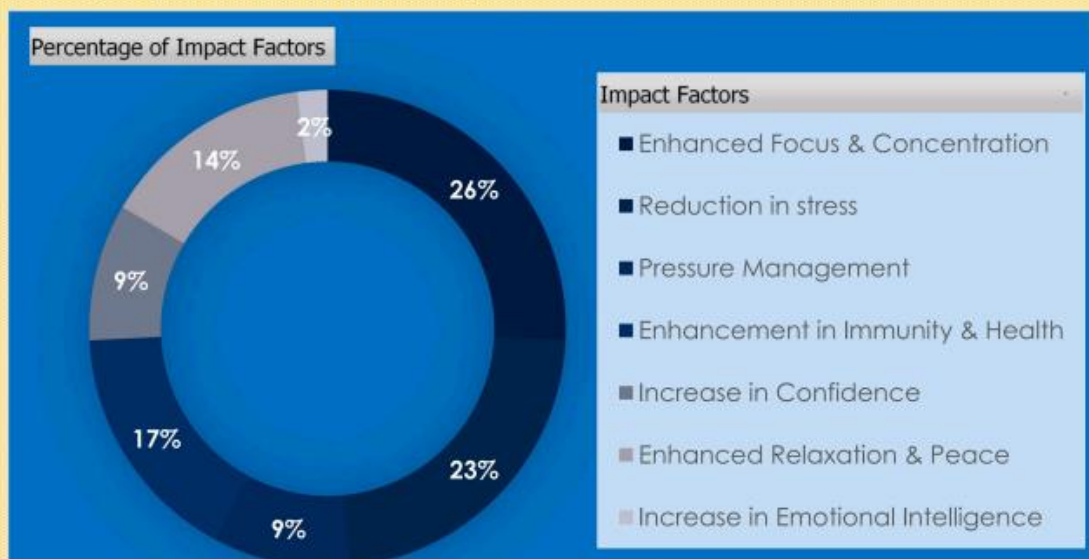
The Participants reported significant enhancement in the following Growth factors through the Covid Care online Feedback forms.



❖ IMPACT ANALYSIS OF THREE-DAY BREATH & MEDITATION WORKSHOP (CONTD.)

The Percentage of Impact factors experienced by the participants inferred via the feedback/response sheet is presented below.

It was observed that Enhancement in Concentration & Reduction in Stress were significantly experienced by the participants as a result of the Workshop.



❖ **IMPACT ANALYSIS OF THREE-DAY BREATH & MEDITATION WORKSHOP (CONTD.)**

The Percentage of likeliness by the participants towards the various modules of the workshop is presented below.

It can be observed that the Yoga, Breathing Techniques & Meditation practices conducted has a predominant likeliness towards the participants.



❖ **IMPACT ANALYSIS OF THREE-DAY BREATH & MEDITATION WORKSHOP (CONTD.)**

The Percentage of Experience Factor from the participants of the Online Breath & Meditation Workshop is shown below.

It was observed that 71% of the participants benefitted immensely from the workshop and are likely to enhance their skill set with new Art of Living practices.



❖ RECIPROCATIONS FROM PARTICIPANTS

It was a Wonderful experience during the three-day workshop. Awaiting details of upcoming programs - Mrs. Meera, Asst. Professor.

The Yoga Classes restored the mind, body and spirit. Highly Relieved! - Mr. Pramod, UG.

The sessions were amazing and relieved my exam pressure. I am much confident now - Mr. Sarath, UG.

❖ RECIPROCATIONS FROM PARTICIPANTS (CONTD.)

It was a wonderful session of yoga. My mind was really really and became tension free. It helps with my concentration levels immensely. Thank You for the Yoga class - Ms. Sachitra, UG.

Thank you so much organizers for this wonderful three day program. Feeling so happy & relaxed - Mrs. Ashvathy Pushparajan.

It was a wonderful session of yoga. My mind was really really and became tension free. It helps with my concentration levels immensely. Thank You for the Yoga class - Ms. Sachitra, UG.

Great Experience, these three days just made so many improvements in me. I feel calm and relaxed like never before - Ms. Akshara, UG.

It was a very useful session to reduce tension and stress. My Concentration levels have increased - Ms. Anjana Gopan, UG.



College women team participating in Kerala University Intercollegiate Yoga championship