

BEST PRACTICE 1

Title: INTERNATIONAL YOGA DAY

The college observes International Yoga day on 21st June, annually. The programme is organized by the Health and Sports club of the college. An orientation class for both teachers and students are also organized in connection with the same.

CONTEXT:

The college is situated in a socially and economically backward area. Most of the UG students are first generation learners and they have to face adverse situations due to their poor family background. Hence it is necessary to make them mentally healthy and make them fit for learning process. 'International Yoga day observation' is an appropriate platform for the same.

OBJECTIVES:

- To create awareness among the students, the significance of thought process and mental health.
- To make them acquainted with different 'asanas' (yoga activities), so that they will be able to practice those 'asanas' themselves.
- To render the students with a healthy mind, thereby making them more fit for learning process/activities.

BEST PRACTICE 2

Title: READING DAY OBSERVANCE

In the commemoration of P.N. Panicker, the Father of Library Movement in Kerala State, the college observes 19th of June as Reading Day, annually. In connection with the same the Library committee of the college organizes various competitions like debate, essay writing competition etc. annually. Also, as a part of the Reading Day, the committee organizes a Book Exhibition- which exhibits the complete literary work of SREE NARAYANA GURU.

In addition, the Library committee provides an orientation class regarding the usage of college library and library softwares.

CONTEXT:

The college is situated in a socially and economically backward area. Most of the UG students, being first generation learners, as well as from economically poor background, college library is the only resort for them, for the extra/additional learning materials. In order to effectively utilize the college library, they need to be acquainted with the college library resources. In this context, the library committee of the college organizes various activities in connection with the observance of READING DAY. Moreover, the

through the Book Exhibition, they get more acquainted with the literary works of the great social reformer SREE NARAYANA GURU.

OBJECTIVES:

- To create awareness among students the importance of library and other knowledge repositories.
- To equip the students with more creative writing and reading skills.
- To cultivate the culture of envisaging the pros and cons of a subject/topic/issue.
- To practice and propagate the lofty principles and ideas of the GURU among the students.

BEST PRACTICE 3

Title: BLOOD DONATION CAMP

The Health and Sports club of the college in association with the Red Ribbon Club (RRC) conducts an orientation class on general health and blood donation, annually.

CONTEXT:

Since most of the UG students are first generation learners and also from poor family background, they are to be made more aware of healthy foods and food habits. The orientation class mainly focuses on the general health and health issues due to under nutrition. In the orientation class, they are made more conscious regarding personal hygiene and situations which require blood transfusion. As a part, a blood donation camp is also conducted.

OBJECTIVES:

- To make the students more concerned regarding their health.
- To make them more socially committed and philanthropic.
- They are made aware the situations which require blood transfusion.

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