

BEST PRACTICE :1

1. Title of the Practice

“Vayichu Valaram”

2. Objectives of the Practice

The objective of this activity is 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. Another objective of the practice is to initiate the idea exchange among the students thereby promoting their presentation skills and cohesion. The practice will surely ensure quality enhancement processes of the institution.

3. The Context

Several literary activities are conducted in the college throughout the year to enhance the reading skills of students. Various literary competitions are organised at the college to inculcate reading culture among students. Every year 19th June is celebrated as National Reading Day in India to honour the Keralite teacher, Puthuvayil Narayana Panicker. P.N. Panicker, who is known as the father of the library movement in Kerala. National Reading Day was celebrated as a tribute to the great legend. Literary and Debate Club of Sree Narayana College Chengannur in association with the college library observes the National Reading Day and Reading Week to promote the fact that knowledge is power, and reading is one of the most effective and enjoyable ways to increase our education.

4. The Practice

Various activities are organised by Library Advisory Committee, Department of Languages and, the literary and debate club utilizing the resources of the college to inculcate reading habits in students.

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. Even during the Covid pandemic season, several programmes like online literary contest on story

writing and verse writing are conducted through online platform. 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, students from nearby schools, and General 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

As an outcome of the programme, the students participating in the library activities has been increased. By celebrating the Reading Day, students realised the importance of reading in their carrier development as well as improvement in reading skills, creative skills, analytical skills, vocabulary and concentration power strong. The number of students interested in the reading has been increased considerably which in turn reflected in their academic profile.

6. Problems encountered and resources required

Organising various programmes during regular academic hours was challenging. Students find it difficult to find time for such additional reading. 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. Yoga is a practice which plays an important role in relaxing the mind and body and in boosting people's immune system. 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

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. 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 in enhancing the mental and emotional intelligence. Yoga finds its birth in India when saint Patanjali introduced yoga 6000 years ago. The word yoga means union of body, breath and mind. Yoga is the combination of physical, mental and spiritual strength while other sorts of physical exercises are capable of giving physical fitness, Yoga is the only way to attain physical and mental fitness through its breathing and stretches called 'asanas' or 'kriyas'

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.