

7.2.1: Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.

BEST PRACTICE - I

1. Title of the Practice:

The prayer as the best practice.

2. Objectives of the Practice:

- To create the cultural habit among the students.
- To maintain discipline.
- To keep the mind and the soul peaceful.
- Prayer is conducted every Friday morning to mould the students to give the spiritual value.
- The main objective is to inculcate moral and ethical values among the students and to develop their behavior.
- Prayer enhances the team spirit, self- confidence, leadership quality and strengthens personality.

3. The Context:

A committee has been formed to monitor the prayer so that individual attention of the students is encouraged. Both students and teachers are the important participant on the occasion of prayer .It is conducted to provide opportunities to the student to plan prayer gathering and execute the prayer. The college focuses on unity and team building quality through prayer by the students. The prize winners of various competitions in sports and cultural activities are appreciated in the prayer assembly for enhancing their positive attitudes. News of the week read on the day to enrich student's general knowledge.

4. The Practice :

Every Friday, the prayer sessions are organized to improve the quality of education. The prayer committee guides and encourages students to plan and conduct prayer on a regular basis. It is better to conduct the prayer, department wise every Friday. A minute silence is observed to create the prayer program, department wise every Friday. A minute silence is observed to create calmness and a sense of integrity is developed. The habit of reading is developed among the students. The principles of self-discipline and confidence are inculcated the students are informed of the day-to day activities and they are regularized in their academic work. The practice of prayer improves attitudes towards sustainable life style.

5. Evidence of success:

The prayer assembly offers opportunities to the students to improve communication skills and remove the stage fear. The prayer supports the students to have calm and reflective mood. Prayer creates a sense of pride in the students. It instills self-confidence. It moulds students to have friendly approach with neighbors, family member and the society also prayer a sense of togetherness is developed. Through the prayer, moral, social, and spiritual values are inculcated successfully. By way of conducting the prayer department wise, the daily and routine activities are completed successfully. Member of a prayer committee will make the students realize their social responsibilities, make them self-reliant and help them to improve their skills. We have respect for all the regions. The prayer practice in our college on all Friday consists of offer in prayers selected from the several books of Hinduism, Islam and Christianity. Thus we inculcate the spirit of harmony among all religions in the young minds of the students.

6. Programs encountered and resources required:

Conducting the prayer on the college ground by keeping the students and staff members stand will create health-problem like leg pain and giddiness. Adverse climate conditions also may affect the participants. Hence make the students to stand in shadow conduct the prayer for maximum ten to fifteen minutes. If the prayer is prolonged make the students to sit in the ground.

BEST PRACTICE –II

1. Title of the practice

- Diploma in Gandhian Thought.
- Diploma in Yoga.
- Diploma in Communicative English.

2. Objectives of the Practice

Objectives in respect of Gandhian Thought

- ❖ To know about the ahimsa life lead by Mahatma Gandhi.
- ❖ To know about the non-violence.
- ❖ To know about the spirituality.
- ❖ To follow the ahimsa and non-violence.

Objectives in respect of Yoga

- ❖ Yoga education helps in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.
- ❖ To have good health, yoga improves posture, increases intake of oxygen enhancing the functions of the entire body system.
- ❖ To improve respiration, energy and vitality.
- ❖ To prevent and relieve stress.
- ❖ To increase the strength of our body.
- ❖ To increase flexibility in all aspects.

Objectives in respect of Communicative English

1. Receptivity

i) Listening

- ❖ Adopt the course for the purpose of listening.
- ❖ Listen to a speech and understand the topic and main points.
- ❖ Listen for information required for a specific purpose.
- ❖ Understand and respond appropriately to instruction advice, request and warning.
- ❖ Understand and interpret spontaneous spoken discourse in familiar situation.

ii) Reading

- ❖ To read silently at varying speed depending on the purpose of reading.
- ❖ To adopt different strategies for different types of text, both literary & non-literary.
- ❖ Recognize the organization of a text.
- ❖ Identify the main point of a text.
- ❖ Anticipate and predict what will come next in the text.

2. Expression

i) Speaking

- ❖ Speak intelligibly using appropriate word stress, sentence stress and intonation patterns.
- ❖ Narrate events and incidents real or imaginary in a logical sequence.
- ❖ Express and argue a point of view clearly and effectively.
- ❖ Convey messages effectively in person or by phone.
- ❖ Take active part in group discussion, showing ability to express agreement.
- ❖ Present oral reports or summaries, make announcements, clearly and confidently

- ❖ Participate in spontaneous spoken discourse in familiar social situations.

ii) Writing

- ❖ Express ideas in clear and grammatically correct English using appropriate punctuation.
- ❖ Write in a style appropriate to communicative purposes.
- ❖ Write a clear description with respect to place, person etc.
- ❖ Compare and contrast ideas and arrive at conclusion.
- ❖ Summarise or make notes from a given text.
- ❖ Record information from one text type to another.

3. The context in respect of Gandhian Thought:

Gandhian thought started with a purpose, aim and objective. The path chosen by Gandhi came to be known as Gandhian thought or Gandhism. The genius learned the art of living with reality. The art of living with reality is an experiment; the fruits of these experiments are the philosophy. Gandhism is a way of life, easy to think but requires tremendous commitment. Mahatma Gandhi had practiced and preached the gospel of truth, love and non-violence. He applied these principles to leverage the human welfare and values with gospels and bring peace and co-existence. Non-violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction.

The context in respect of YOGA:

In the present context of conflicts arising among nations, races communities, political parties and various other segments, every human being is loaded with excessive stress in the process of his/her efforts to overcome the physical and psychological challenges. As a result, there is absence of harmony between mind and body in most of the individuals. Yoga is serving as a panacea for all the ills afflicting us. When yoga is practiced well, it is sure to bring about peace, calmness, tranquility and also serenity in us. It gives us the strength to see the world and the people in the right perspective with a sense of equanimity.

The context in respect of Communicative English

English as an international language is widely spoken in the business community around the world. The aim of this course is to enhance our ability to communicate with others in English, both as a manager in our organization and as a student in our college. The

course will help us develop the ability to read and understand documents in English and to create documents of our own which are appropriate for global business environment. It will also help us develop the ability to participate in business situations where English is spoken. Then we may be able to undertake number activities involving listening, speaking, reading and writing. Communicative English enables students of humanities, science and technology to express concepts and ideas in fluent English.

The practice of Gandhian thought

A clear understanding of Gandhian thought will help students to face challenges in life in a balanced way. Ahimsa and Sathyagraha will be the guiding light for all students who follow the principles of Gandhian thought. Truth will guide the students in their various walks of life, when they become doctors, lawyers, engineers, teachers and other types of employees.

Evidence of Success in respect of Gandhian Thought:

The evidence of success of the completion of certificate course can be seen in the following areas:

- ❖ Qualitative improvement as reviewed in the answers to the questions which pertain to the essence of Gandhian Thought.
- ❖ Perceptible changes in the attitude of the students towards the act of solving the various issues in the college campus as well as outside campus.
- ❖ A wholesome and noble approach will gradually emerge from the students who have experienced the basic aspect of Gandhian Thought.
- ❖ It is certain that the course brings about positive changes in the minds of students.

Evidence of success in respect of YOGA

- ❖ There is explicit evidence of success of this course on Yoga in the making of the personality of each student who is successfully trained to do the physical exercises and followed by deep meditation.
- ❖ The harmonious blending of mind and body enables the students to be free from physical sufferings and psychological disturbances.

Evidence of success in respect of YOGA

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- ❖ The harmonious blending of mind and body enables the students to be free from physical sufferings and psychological disturbances.
- ❖ Yoga connects the ancient noble traditions with the present enabling the students to be conscious of the continuity of the enlightening aspect of the glorious past.
- ❖ The health benefits of Yoga are on with aerobic exercise as one of the best things you can do for mind, body and spirit.
- ❖ Through the course, the students should be able to imbibe ethical, moral, national and cultural values.

Evidence of success in respect of Communicative English

- ❖ In the present age of technological advancement and modernization of corporate sector, communication skills occupy a prominent place. Our course communicative English once successfully completed enables the student to get selected for important positions in national and multinational companies.
- ❖ Skills in listening, speaking, reading and writing to get exhibited at the time of interviews.
- ❖ In normal conversation, the students feel quite at ease in using English.
- ❖ The students are able to be proficient in writing.

Problem encountered and resources required in respect of Gandian Thought

- ❖ Some of the students, who are slow learners, are individually attended.
- ❖ Some students may have a back ground at home with a different ideology. Special Efforts are taken to convince them about the value of Gandian thought.
- ❖ The Problem of translating the theory into practice is solved by providing the students with concrete from the life of Gandhi.

Problems encountered and resources required in respect of YOGA:

- ❖ Some of the students may be physically weak. They may find difficulties in doing all the prescribed Asana. The solution lies in exempting them from certain difficult exercises.
- ❖ Some students may not have inclination to get into field of yoga. Such students may be persuaded to understand the advantages of yoga.
- ❖ Some of the students may have habits which are not conducive to the effective practice of yoga. Counseling may be given in such cases.

Problems encountered and resources required in respect of Communicative English:

- ❖ The main problem in this course lies in training the Tamil medium students. The solution lies is not merely encouraging them with adequate counseling but also giving them special coaching classes for a period till they join the main stream.
- ❖ There are problems in teaching the students,' LSRW' skills meaning-Listening, Speaking, Reading and writing .The solution is in training the students to speak in English while they are in campus from morning to evening.
- ❖ The students may be given the opportunity to use the system where special software is available for improving communicative English. Using spoken English Software solves all the problems of the students in learning communicative English.