



**G.VENKATASWAMY NAIDU COLLEGE (AUTONOMOUS),**  
**Re-Accredited with 'A' Grade by NAAC | DBT Star College Scheme**  
**(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)**  
**Kovilpatti – 628 502.**

**DEPARTMENT OF MATHEMATICS**

**BEST PRACTICE**

**PRACTICE NO: 1**

**Title of the practice:** TNPSC Aptitude training for students

**Objectives of the practice:**

- 1 To enhance the career-related skills
- 2 To develop problem-solving and numerical skills

**The context:**

An aptitude test is a way for employers to assess the candidates' ability through a variety of different testing formats. Aptitude training is the most needed practice in the higher education scenario. We address this challenging issue for our department students every year by giving them aptitude training.

**The practice:**

For the past 15 years, we have been training our students' inaptitude, which develops their ability to process information quickly. We regularly conduct interactive seminars and workshops to train our students to get through TNPSC exams. Many of our students have kick-started their preparation for this competitive exam with great enthusiasm. We regularly invite resource persons from reputed institutions to train our students.

**Evidence of success:**

Most of our students had their education in their mother tongue, Tamil which inhibits them to participate in the competitive race. TNPSC training has motivated many of our students to come out of their comfort zone. Almost 20 to 25 students regularly attend TNPSC exams. Though the successful outcome is very low, we teachers, put our sincere effort into the improvement of our students and encourage them to write TNPSC exams.

## Practice No:2

**Title of the Practice:** Latex training for the students

### Objectives of the practice:

To develop knowledge on latex document preparation.

To help students in their higher education and research.

### The Context:

Latex is a document preparation system, which is widely used for publishing many open sources systems for automatic typesetting of the document. Rural students have very less awareness of this current topic. Keeping that in mind, students are given training in handling different types of documents, formatting text, writing complex mathematical formulae, etc. through this training.

### The Practice:

Every year, our department strives hard to give proper training and make our students stand high in this digital competitive world. We have conducted \_ days training which we are really proud of. Our students are trained in handling different types of documents, formatting text, writing complex mathematical formulae, etc.

### Evidence of success:

After this training, we have found a tremendous change in our student's attitudes. Many of the students have adopted latex for their projects. They voluntarily search sources related to latex. Students refer to many scholarly articles for further knowledge. They have exhibited their knowledge in latex by standing high in their research under carrier in this digital competitive world.

**G. VENKATASWAMY NAIDU COLLEGE (AUTONOMOUS)**  
KOVILPATTI  
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**PG & Research Department of Mathematics**  
Cordially Invites You to Join DBT Sponsored  
**Students Enrichment Programme -**  
**TWO DAYS TRAINING PROGRAM ON LATEX**

**Resource Person :**  
**Dr. D. UMADEVI,**  
Meritorious Alumnus,  
Department of Mathematics,  
G.V.N College, Kovilpatti.

**Patron :** Dr. P. Mahendran, Secretary  
**Co-Patron :** Dr. N. R. Santhi Maheswari,  
Principal (I/c) & H.O.D.  
**Convener :** Dr. M. Subbulakshmi,  
Associate Professor  
**DBT Co-Ordinator :** Dr. B. Magesh Kumar,  
Head, Department of Botany

**Co-Ordinators :**  
Dr. A. Pandiarani  
Dr. E. Suciia  
Dr. R. Krishnaveni  
Dr. N. Shunmugapriya  
Mrs. S. Mariyammal  
Ms. S. Sivabala  
Mrs. G. Jethruth Thresa  
Ms. M. Alagu Ramalakshmi

**DATE & TIME:**  
10.12.2020 \_ 10 a.m.  
11.12.2020 \_ 10 a.m.  
**Google Meet Link:**  
<https://meet.google.com/joik-zkxk-ann?hsa=12&authuser=1>

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Uma Dinesh  
Krishna Veni joined

You Subha Uma 08 others



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**DEPARTMENT OF PHYSICS**

**BEST PRACTICE**

**Title of the practice**

**BRIDGE COURSE FOR FRESHERS**

**Objective:**

The objective of this course is

- To impart knowledge and provide an adequate foundation in a core subject.
- To identify Slow learners, usual learners, and advanced learners
- To overcome the barrier between subjects learned at +2 level and college level.
- To bridge the gap between Slow learners and advanced learners

**The context**

Each student has a different learning capacity. In order to enhance the learning ability of slow learners, bridge courses are planned and conducted every year in the Department of Physics. This course will definitely reduce the drop-outs and motivate the students to continue their studies. As Learning is a life-long endeavor, Learning can start at any phase of life. So the department of Physics enables and provokes the student's thirst for learning. Slow learners are identified and a separate session is provided. The session is planned to be in interactive, lecturing, and tutorial modes. The progress of the students is periodically monitored.

**The Practice**

- Students are identified based on a written test
- The written exam comprises of MCQ, Fill ups from basic level physics.
- Based on the marks obtained, slow learners, usual learners, and advanced learners are identified.
- Out of class hour discussions, lectures, special tests are regularly conducted
- The student's progression is monitored

**Evidence of success**

Students' performance is studied based on the assessment and university marks. It is evident that the bridge course helps them to excel in their studies. Studies who have attended the bridge course showed constant improvement in their curricular and co-curricular activities. It is the success of the program.

**Problems encountered and Resources required:**

Some of the challenges faced are

- Lack of attendance due to the varied personal commitment of the students like a part-time job, bus facility, health issues
- Lack of seriousness among the students
- Lack of Concentration



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**DEPARTMENT OF CHEMISTRY**

**BEST PRACTICE**

**Title of the practice**

Entrepreneurial development training for outgoing students

**Objective:**

The objective of this course is

- To impart entrepreneurial knowledge and provide adequate training
- To identify the entrepreneurial skills among students
- To explore the market trends of household products prepared
- To provide employment opportunities as an entrepreneur

**The context**

Each student has a different idea/ plan after graduation to proceed in their career path choosing higher education or employment. Awareness is provided to students who have a compulsion or interest in choosing employment as a career after graduation to support their families or themselves. Department of chemistry is organizing a workshop/ training programme on the preparation of household articles like soap powder, cleaning powder, phenyle, floor cleaner, tooth powder, sanitizer, etc., which find uses in day-to-day life. Applied chemistry course was taught to students as a part of the curriculum as a skill-based subject to major students as well as nonmajor subject to other department students who have not studied chemistry in Higher secondary schools.

**The Practice**

- One day Workshop was organized for students of chemistry
- Experienced trainer was invited to train the students
- Household articles are prepared by mixing / Heating/boiling the raw materials in presence of students.
- Students were given formulas/ proportion of mixing the materials and their role as a constituent and utensils used for preparation

- Startup training was provided by discussing the market demand and marketability, loan options for small scale entrepreneurs

### **Evidence of success**

Some students from our previous batches are doing this business as small-scale manufacturers. Some of them give training to Self Help Groups and entrepreneurs in villages

### **Problems encountered and Resources required:**

Some of the challenges faced are

- Scheduling/Organizing the programmes with financial support from the college for purchasing the starting materials within budget
- Fixing the trainer and resource persons in time is a challenge.
- Follow-up action to help the entrepreneurs is a big challenge.





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**DEPARTMENT OF BOTANY**

**BEST PRACTICE 1**

**1. Title of the Best Practice**

Remedial class for slow learners.

**2. Objective of the Best Practice**

- Working on the requirements of the students after identifying the problems.
- Bridging the gap between slow learners and fast learners.
- Monitor and enhance performance towards excellence.

**3. The Context**

Slow Learners have difficulty in keeping up with the classroom as their IQ is low. In all likelihood, these children do not have a learning disability and hence are most overlooked. Many of these students drop out of college because they struggle in the classroom.

Learning, on the other hand, is a lifelong endeavour, and each student should be given the opportunity to progress in a consistent manner throughout his or her life. G. Venkataswamy Naidu College (Autonomous) embodies this ethos by offering a separate platform for all such students who were unable to join the main force owing to unforeseen circumstances. The Department of Botany offers a separate session to these students, which is led by topic experts, and the outcome has been a resounding success till now.

**4. The Practice**

Students who attain less than 50% mark are the target audiences of such Remedial classes have to mandatorily register for the programme. The Remedial class is a three weeks program and at times exceeds four weeks depending on the requirement of the students, conducted before the commencement of regular undergraduate classes and after the regular classes are over. The pre-assessment criteria are based on marks obtained by the students in their pre-university examination.

**5. Evidence of Success**

As seen by their assessment scores and subsequent exam results, students are capable of excelling in exams. Their increased self confidence permits them to participate

in a variety of curricular and co-curricular activities and flourish in them. The students' achievements have served as a constant reminder of their potential as well as the program's success. The slow learners' written comment has been good, indicating that similar sessions should be held on a regular basis.

#### **6. Problems encountered and resources required**

- Monitoring department with professionals to keep a keen eye on students' needs.
- Qualified teachers to train slow learners in their problem zone.
- Proper planning of syllabus and problem-based approach to guide these students.

#### **7. Notes**

The techniques are beneficial to students who are slow learners and help them improve their academic performance.

### **BEST PRACTICE 2**

#### **1. Title of the practice:**

Installs QR code on trees to aid learning.

#### **2. Objectives of the practice:**

This practice has been effectively implemented inside the college campus with the following objectives:

- To implement innovative methods to identify the students who belong to non-science.
- To help impart knowledge about various plants and trees on its campus to the students
- To spread awareness about plants and the environment among the students' community.
- To improve creative skills in the students.

#### **3. The Context:**

Plants hold the key to solving the majority of our problems, such as the environment and energy, which are two of the most pressing global crises. To bring attention to this element of plants, students are encouraged to use QR codes to display their knowledge about plants and the environment on trees. This not only gives them a place to put their unique ideas but also puts their creative abilities to the test. With the aforementioned goals in mind, the Department of Botany established a programme on campus to fully leverage digital innovation.



#### 4. The Practice:

Students nowadays do not have the time to read books to learn about the world around them. To stay up with the digital trend, we compiled a database of all of the college's trees and gave QR codes to them, making it easy for anyone to learn about a plant or tree at the touch of a finger. If a student or someone scans the QR code, they will receive all of the plant's information, including its scientific name, common name, and therapeutic uses.

#### 5. Evidence of Success

To obtain tree information, any programme that generates a QR code, which is available for free on online stores, can be utilized. We intended for this to be an experiment, but the response has been tremendous. We observe a lot of students, professors, and even visitors using

QR codes to get information about the trees. They will take a more proactive approach to extend this effort to the rest of Kovilpatti.

#### 6. Problems Encountered and Resources Required:

- Most rural people do not have the knowledge to access the QR scan.

#### 7. Notes

The Practices are very useful to students to identify the plants with their scientific name, common name, and their medicinal values.



## BEST PRACTICE 3

### 1. Title of the practice:

Earn while you learn.

### 2. Objectives of the practice:

- To assist financially disadvantaged students in continuing their education and to encourage them to achieve academic excellence.
- To teach kids self-respect, self-reliance, and the value of hard work.
- To provide society with skilled and confident human resources.

### 3. The Context:

Earn while you learn to encourage students to continue their education and avoid dropping out by motivating them to become self-sufficient.

### 4. The Practice:

Part-time jobs are the right choice for economic independence for students from low-



income families who are unable to meet their academic expenses, providing opportunities after college hours. Part-time jobs are continuous and temporary jobs based on the student's interests, such as salesman, cashier, and Tutor. These part-time jobs are helpful in managing economic needs of the family as well as personal needs, after their college education.

The Department gives training and encouragement in various marketable skills like the making of Earrings, Glass paintings, Bottle Painting, and Seed Jewellery making. The guidance of the unit promotes the students to pave the way for marketing their products by conducting Exhibition cum Sales which motivates "Earn While Learn". The Department also conducts UGC-sponsored vocational programmes like Medical Lab technology to ensure better opportunities and placement for students. These practices facilitate meeting the prospect of entrepreneurship and employability of rural students.

## **5. Evidence of Success**

The methods mentioned above assist individuals in acquiring information skills and activating them in order to explore and achieve in alternate chances. These programmes encourage students to start their own businesses. This chance helps students gain confidence in their ability to become entrepreneurs in the future.

## **6. Problems Encountered and Resources Required:**

Due to societal restraints, female students are typically discouraged from pursuing the field of entrepreneurship. The department of Botany places a strong emphasis on developmental techniques, career-oriented programmes, and student guidance.

## **7. Notes**

The practices are very useful in placing the rural under-privileged students in better positions, which in turn uplifts their economic strata in the society.



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**PG & RESEARCH DEPARTMENT OF COMMERCE**

**BEST PRACTICE**

**Title of the Practice**

Financial aid to deserving students through sponsorships.

**Obtaining the practice**

- To provide financial aid to poor students who discontinue their studies owing to poverty.
- To support financially and economically weaker students without any discrimination of caste, creed, or gender.
- To improve access to basic and advanced education for rural and poor students and promote equality among students.
- The expected outcome is that every student will be able to complete his / her degree with high marks.

**The context**

Students from economically backward classes can avail this opportunity for the payment of educational fees. It provides an opportunity for the students to go for higher education. It boosts the morale and confidence of the students. This scheme was implemented with the sole objective, that education cannot be stopped due to a lack of financial support.

**The practice**

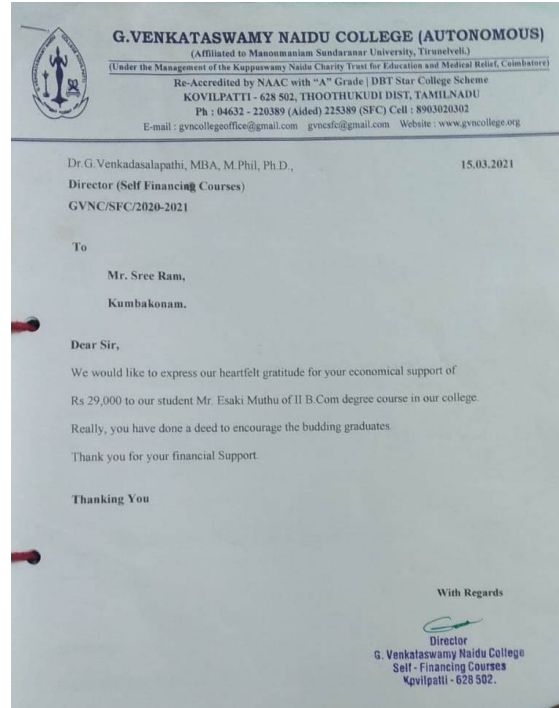
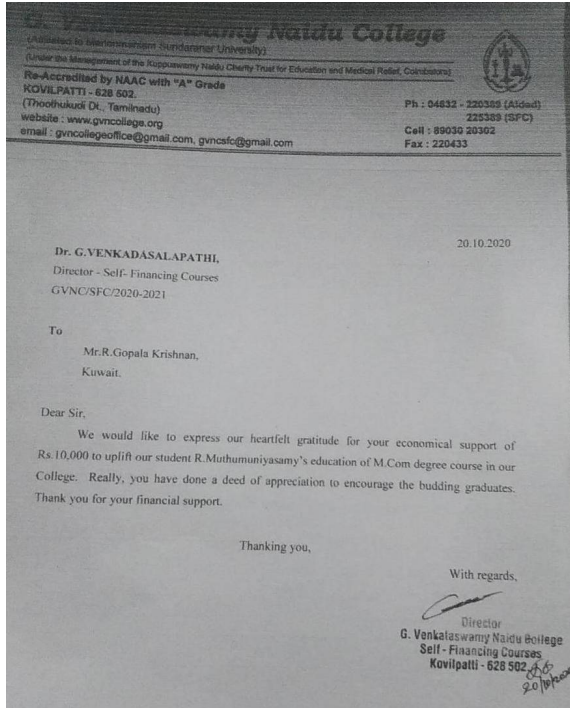
The important reason for the dropout of higher education is the economic problem in students' families. It leads to a drop in the gross enrolment ratio in higher education. The department identifies the needy students in the following way.

The department collect details from poor students or students who approach departments with their problem about fees.

The department staff members arrange funds from sponsors for the students with the permission of the principal and the director of the college.

## Problems encountered and resources required:

Large no. of students demanding help / financial support from sponsors but no. of sponsors are limited fund resource mobilization has been one of the challenging tasks and the sponsors help students to pay only some portion of fees amount.





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## **DEPARTMENT OF COMPUTER SCIENCE**

### **BEST PRACTICE**

#### **1. Title of the practice**

Training the students who perform very poor in academics

#### **2. Objectives of the practice**

- To improve the learning level of the students
- To promote learning skills amongst the slow learners
- To help slow learners write assignments on their own
- To make them understand the problems.

#### **3. The context**

Some of the students are not able to learn quickly. The programming of computers needs skill and involvement in logical programming. The programming skills of the slow learners can be improved through training subsequently.

#### **4. The practice**

The students are trained by giving exercises. As the number of exercises was increased the writing skill and logic of programming also increases. The knowledge of programming language is essential for a career in computer science. To become a web developer or computer software engineer, the students should have a sound knowledge of programming languages. The training is given often to enhance their level of learning.

#### **5. Evidence of success**

The students' marks as well as their debugging skills improved. The details of programme organized and statements of marks are attached.

#### **6. Problem encountered and resources required**

Necessary training programmes have to be arranged by inviting reputed keynote speakers.

#### **7. Notes(optional)**



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## **DEPARTMENT OF COSTUME DESIGN & FASHION**

### **BEST PRACTICE**

#### **Title of the Best Practice**

Skill-oriented Workshops for Students (Earn While You Learn)

#### **2. Objective of the Best Practice**

- To provide an opportunity to exploit students’ creativity and talents.
- To exhibit students’ inventiveness by making value-added products.
- To build a platform for Self-employment.

#### **3. The Context**

Our college is a rural institution established to give quality and affordable job-oriented higher education to pupils who may otherwise be deprived of higher education. Mostly they are first-generation students whose parents are illiterate. As women students are more, to inculcate the art of creativity makes them innovative, self-employable earn while you learn to practice is adopted.

#### **4. The Practice**

Apart from the regular course of study, periodical workshops on various Handicrafts are organized for the students. Following workshops are conducted for the students by our staff members.

- Workshop on Advanced Blouse Cutting
- Workshop on Emboss Painting

We also pave the platform for the students to market their products by conducting Exhibition cum Sales which motivates the “Earn while you learn” practice.

#### **5. Evidence of Success:**

As this program motivates the students to become an entrepreneur, most of our out gone students are successively running the designer shops in Kovilpatti. After conducting the workshop about advanced blouse cutting, many students have learned and started to design blouses. Wall hangings were designed by our students after attending the workshop on emboss painting.

## 6. Problems encountered and resources required:

- Because of the rural area, we are facing problems related to sourcing of raw materials.
- Lack of qualified trainers with good skills for conducting workshops.

## 7. Notes:

This method of conducting skill-oriented workshops for the students will enhance their creativity and make them aware of the application of ideas in product development.







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## **DEPARTMENT OF INFORMATION TECHNOLOGY**

### **BEST PRACTICE**

#### **1. Title of the Best Practice**

Remedial class for slow learners.

#### **2. Objective of the Best Practice**

- Dealing with the prerequisites of the understudies subsequent to recognizing the issues.
- Overcoming any issues between slow learners and fast learners.
- Screen and upgrade execution towards greatness

#### **3. The Context**

- Slow Learners experience issues in staying aware of the study hall as their IQ is low.
- In all probability, these kids don't have a learning inability and consequently are generally ignored.
- A considerable lot of these understudies exit school since they battle in the homeroom.
- Learning, then again, is a deep-rooted try, and every understudy ought to be offered the chance to progress in a steady way all through their life.

#### **4. The Practice**

Understudies who are accomplishing under half imprint are the main interest group of such Remedial classes that need to compulsorily enroll in the program. The Remedial class is a four-week program and now and again surpasses about a month relying upon the prerequisite of the understudies, directed before the initiation of standard college courses and after the ordinary classes are over. The pre-evaluation models depend on marks acquired by the understudies in their pre-college assessment

## **5. Evidence of Success**

As seen by their appraisal scores and ensuing test results, understudies are skilled of dominating in tests. Their expanded fearlessness grants them to take an interest in an assortment of curricular and co-curricular exercises and thrive in them. The understudies' accomplishments have filled in as a consistent token of their true capacity as well as the program's prosperity. The slow students recorded piece of feedback has been great, showing that comparable meetings ought to be hung on an ordinary premise.

## **6. Problems Encountered and Resources Required**

- Checking office with experts to watch out for understudies' needs.
- Qualified educators to prepare slow students in their concern zone.
- Legitimate preparation of prospectus and issue-based way to deal with guide these understudies.

## **7. Notes**

The techniques are beneficial to students who are slow learners and help them improve their academic performance.



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**DEPARTMENT OF ENGLISH**

**BEST PRACTICE**

**Practice No: 1**

**1. Title of the Practice**

“Rainbow” Bi-annual Magazine is a platform to horn students’ skills.

**2. Objectives of the Practice**

- To enhance the students' Performance
- To improve students reading and writing skills

**3. The Context**

Compared with the past, the majority of young adults don’t read for pleasure. We know English department students love good stories, believe in the power of tales to evoke empathy, and desperately want to share that experience with other students. We kindle their aesthetic talents through our “Rainbow” Magazine which is exclusively done by English department students. After continuous motivation by our staff members and coordinator, we started receiving articles from our students for “Rainbow”.

**4. The Practice**

Indian Higher Education gives importance to innovation and creativity. Our Magazine “Rainbow”, which is published twice annually, is the best source of our students’ creativity. This Magazine has a great educational value among our students. As we belong to the rural area, many students have done their School education in Tamil Medium. They hesitate to write in English. Keeping that in mind, we have given chances to write articles in their native language also. This relaxation helps in encouraging the students to think and write and thus helps them in developing their writing skills and talent.

**5. Evidence of Success**

Reading and creative writing have the potential to open doors in this competitive world and expand students' horizons of knowledge. Initially, we get a very limited number of articles from the students. After seeing the output of the peer group students other

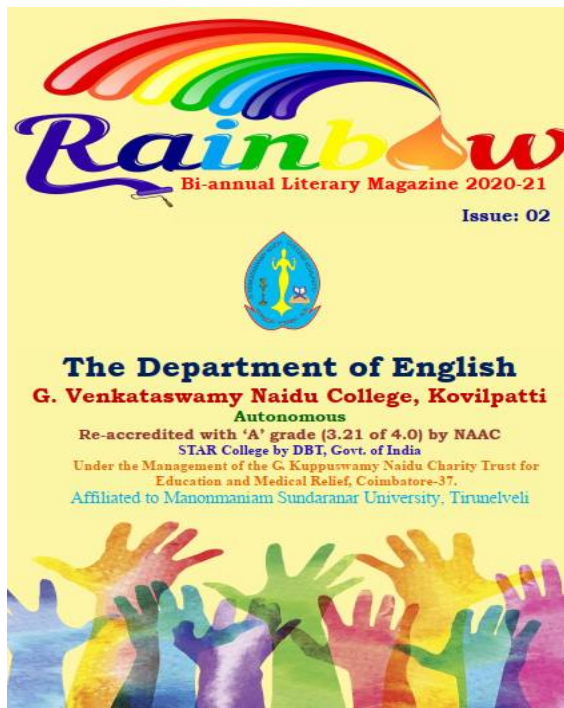
students also get motivated to submit articles. The increase in “Rainbow” pages shows the success of students’ performance during the upcoming semesters.

## 6. Problems Encountered and Resources Required

Some students seem to be late bloomers. They are hesitant to write stories and articles as are afraid of grammatical errors. They are unable to construct correct sentences. These students are encouraged to submit drawings which are also pieces of art that speak the mind of the students

## 7. Notes (Optional)

As an extension of our department “Rainbow” Magazine, we have introduced Phoenix, a Literary Magazine for all the students of our college. Irrespective of the departments many students contribute their writings and drawings. Our department faculty member is the Chief Editor and other members act as Coordinators for the Rainbow and render excellent service to enhance and quench the artistic thirst of our students.



## **Practice No: 2**

### **1. Title of the Practice**

Literary Jamboree – A talent show by students

### **2. Objectives of the Practice**

- To enhance the leadership quality of the students.
- To give opportunities to unleash the hidden talents of the students

### **3. The Context**

All the youngsters would like to develop and demonstrate their skills. The main objective of the Literary Jamboree is to encourage the budding talent of the students. This event is organized by our M.A. students that give room for others to build a strong relationship among the juniors and seniors of our department.

### **4. The Practice**

Literary Jamboree is an event that showcases students' talents through various competitions like Fruit/ vegetable carving, Flameless cooking, Rangoli, Pencil drawing, Mobile Photography, and developing a story which enhances students' creativity and Stage performances like Mime, Literary Dance, Singing, Tableau, Mock skit, East-west encounter also organized for the holistic development of the students. Even though we belong to a rural area, the peer group students encourage their friends to participate in these events

### **5. Evidence of Success**

Exhibiting our students' talents on the stage opens doors to face society with confidence. Initially, we get a very limited number of participants from each class. After seeing the output of the peer group students other students also get motivated to perform. Students' roar of pride, when they receive the Overall Champion Cup shows the evidence of success in a clear manner.

### **6. Problems Encountered and Resources Required**

Some students hesitate to participate and they are motivated by the class representatives to do indoor/off the stage activities. Those students also try to put all their efforts to win the Champion Cup. The competitive spirit makes the students emerge out of their comfort zone.

### **7. Notes (Optional)**

Literary Jamboree paves way for our students to participate in State level and University level and other Inter-collegiate competitions and encourages them to win prizes.

The senior students take pride to organize this event grandly and render excellent service to enhance and quench the artistic thirst of our students.

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Under the Management of the G. Kuppaswamy Naidu Charity Trust for  
Education and Medical Relief, Coimbatore.  
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**Department of English**  
**LITERARY JAMBOREE - 2021**  
*We cordially welcome you all  
to be a part of our family....*  
organized by  
**II M.A. Students**

- ✓ Pencil Art
- ✓ Photography
- ✓ Face Painting
- ✓ Spell Bee
- ✓ Mock Skit
- ✓ Quiz Prelims
- ✓ Quiz Mains
- ✓ Strange Meeting
- ✓ Creative Writing
- ✓ Flameless Cooking
- ✓ Literary Parade
- ✓ Elocution
- ✓ Dance
- ✓ Mime

**Date: 9<sup>th</sup> & 10<sup>th</sup> .03.2021**

*You are your best thing... Anyone who ever gives you confidence, you owe them a lot.*



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**COMMON BEST PRACTICE**

**Title Of the practice:**

**“Motivating students to write their way to National Honour”**

**Objectives of the Practice:**

- Science departments of our college create scientific awareness, recognize Technological issues, and disseminate knowledge on emerging trends.
- Language departments dedicate themselves to imparting Language skills and competitive literary knowledge to students interested in essay writing, elocution, debate, etc.
- Quiz club encourages interested students to prepare for competitive exams like TNPSC, RRB, SSC, and Civil services
- Nature Club is committed to educating conservation of bio-diversity and Natural resources

**Context:**

Scientific and technological knowledge, ICT skills, environmental and social awareness, and current affairs understanding are essentially needed in the 21<sup>st</sup> century for students of higher education to enable them to proceed for further education or job market depending on their skills and interest.

The rural students are unaware of the welfare programmes and job opportunities provided by the central and state Governments while entering the college. Their Scientific and technical knowledge, language, and communication skills are also limited. To bridge this gap, our college science, and language departments and also the Quiz & Nature clubs are engaged in creating awareness and disseminate knowledge to them. Nature Club conducts various programmes to impart consciousness regarding environmental awareness and biodiversity issues in developing countries.

## **The Practice and its uniqueness:**

Our college conducts bridge courses for students admitted in undergraduate courses, most of whom hail from Tamil medium background, while the college offers courses in English medium. The students are provided with scientific and technical words in English and also their equivalent Tamil words and their usage in different areas. English department is engaged in giving grammar classes to freshers to build self-confidence among students. This helps to transit students from vernacular medium to English instructions delivered in the College.

Our faculty members are engaged in every activity planned for the welfare of students. Apart from curricular activities, the students are encouraged and motivated to take part in co-curricular and extracurricular activities. Our college has several clubs like Quiz Club, Nature Club viz. Three NSS units, Youth Red Cross, etc. Students can enroll themselves in clubs of their interest and involve themselves in the activities organized for them.

Association meetings by Departments, seminars and workshops are organized by inviting eminent resource persons from the public, other colleges, and Alumni for the benefit of students. Students are encouraged to participate in these meetings and to take part in such activities organized by other colleges also. Students are motivated to participate in competitions like quizzes, poster presentations, essay contests, elocution, debate, etc. for their development.

Our college Quiz club conducts a selection of students through Quiz tests annually to form quiz teams and Faculties from different departments training them weekly by conducting quizzes. Coaching Classes are conducted for various competitive examinations like TNPSC and SET/NET exams. Exhibitions are organized for school students and the public by departments utilizing the services of student volunteers.

Our students are taken to youth, cultural, and science/techno festivals for greater exposure, which helps them to shape their skills and talents in their chosen fields. The prize winners are complemented by the management and faculty by providing Travelling allowances and their Certificates, medals, and trophies are showcased in front of the Principal's room.

In the BARC Essay contest and Vivekananda Kendra competitions, students get an opportunity to visit the organizations and are provided with Transport allowance, accommodation, and food free of cost. They are exposed to Scientific and technological infrastructure facilities like supercomputers, Research and power reactors, and advanced



labs with demonstrations by eminent scientists. Students get an opportunity to present their Essays to the present national level team of experts and prizes are distributed to the meritorious students. In the Vivekananda Kendra centre, Kanyakumari Daily Yoga training and spiritual classes are conducted for the physical and spiritual development of adolescents.

### **Evidence of success:**

We motivate and encourage our students to participate in the All India Level Essay contest on Nuclear science and technology conducted by Bhabha Atomic Research Centre (BARC). Every year a number of our students submit essays in the 'All India Essay Contest on Nuclear Science and Technology conducted by BARC, Mumbai on three different topics provided by them. In the last two decades, 20 students from various departments in our college were got selected to present their essays at BARC Headquarters, Anusakthi Nagar, Mumbai. 11 students from the chemistry department were selected for presenting their essays in the BARC essay competition. Out of these, Three students brought laurels to the department and College by securing All India First Prizes in the years 2005, 2014 & 2020 and eight students secured Consolation prizes in various years, six students from the Physics department and each one from Electronics, Computer science and Botany were selected for presentation and secured consolation prizes.

Our students have won state level, university level, district level, and local level prizes for their solo and team performances in various essay contests, elocutions, and cultural and Quiz programs.

Our chemistry alumnus got selected in civil services and served as an IPS officer in Orissa.

Our Physics alumnus and BARC contest winner served in the Navy and is now in a top position in Amazon. More students passed TNPSC, TRB, RRB, SSC, and BRB and were appointed to various levels.

### **Problems encountered:**

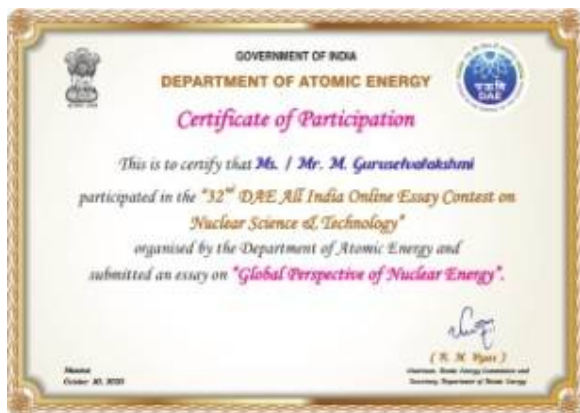
Retaining the rural students after regular class hours is a big challenge because they have to rush up to catch buses to reach home or to attend a part-time job in town.

Motivating and planning training classes on weekends are in jeopardy because

students from economically weaker sections find it difficult to attend classes due to weekend part-time jobs and extra transportation expenses being burdens to them. Arranging and organizing the training programs after class hours and during weekends causes difficulty for faculty engaged in research and other activities. Allotment of Halls is also a difficult situation while other programs are on their way.

<b>S. No.</b>	<b>Name of the student</b>	<b>Name of the department</b>	<b>Name of the event</b>	<b>Date</b>	<b>Prize/Place</b>
1	M. Ashok Kumar	Physics	Indian Atomic Energy programme- A Perspective	30.10.2001	Consolation Prize Rs.1000/-
2	S. Ratha	Chemistry	Indian Atomic Energy programme- 50 Years	30.10.2003	Consolation Prize Rs.1500/-
3	L. Nagaraj	Chemistry	Radioisotopes production & Radiation Technology	30.10.2005	Consolation Prize Rs.1500/-
4	S. Srilakshmi	Chemistry	Radioisotopes production & Radiation Technology	30.10.2005	Consolation Prize Rs.1500/-
5	K. Raja Sulochana	chemistry	Indian Atomic Energy programme	30.10.2005	First prize Rs.7500/-
6	J.Alphonse	Physics	Indian Atomic Energy programme	30.10.2005	Consolation Prize Rs.1500/-
7	K. Uma Devi	Chemistry	Indian Atomic Energy programme	30.10.2006	Consolation Prize Rs.1500/-
8	M. Maharaja	Physics	Indian Atomic Energy programme	30.10.2007	Consolation Prize Rs.2000/-
9	S.Petchiammal	Computer Science	Indian Atomic Energy programme	30.10.2007	Consolation Prize Rs.2000/-
10	S.Devi Gomathi	Electronics	Indian Atomic Energy programme	30.10.2008	Consolation Prize Rs.2000/-
11	J. Maria Thangaraj	Chemistry	Indian Atomic Energy programme	30.10.2009	Consoation Prize Rs.2000/-
12	J. Roobavathi	Botany	Radioisotopes & Radiation Technology	30.10.2009	Consolation Prize Rs.2000/-
13	A.Monica Viji	Physics	Radioisotopes & Radiation Technology	30.10.2011	Consolation Prize Rs.2000/-
14	K. Krishnaveni	Chemistry	Accelerators in nuclear energy programme	30.10.2015	First Prize Rs.21000/-
15	K. Kodieeswari	Chemistry	Radioisotopes & Radiation Technology	30.10.2016	Consolation Prize Rs.3000/-
16	M. Ganesh Babu	Physics	Indian Atomic Energy	30.10.2017	Consolation

			programme		Prize Rs.3000/-
17	S.Sankareswari	Physics	Radioisotopes & Radiation Technology	30.10.2018	Consolation Prize Rs.4000/-
18	K. Mahalakshmi		Radioisotopes& Radiation Technology	30.10.2019	Consolation Prize Rs.7000/-
19	S. Sowmiya		Indian Atomic Energy programme	30.10.2019	Consolation Prize Rs.7000/-
20	G. Nityashree		Radioisotope production and radiation technology	30.10.2020	selected prize Rs.10,000/-



## **2. Title of the Practice:**

### **‘A sound mind in a sound body**

#### **I. Objectives:**

- Health club, Yoga club, NSS units, and various departments of our college strives for the holistic well-being which includes physical, emotional, and social health of the students, staff, and in adopted adjoining villages
- Red Ribbon Club guides the adolescent students about infectious diseases
- It can favourably influence the good habits, attitudes, and knowledge related to an individual’s health and community health.
- Counselling sessions can enhance the students' behaviour towards the attainment of optimum health
- To focus on the academic excellence of students, teachers, and other employees.
- To build a positive attitude and pure thoughts in human beings.
- To build self-esteem and boost self-confidence.
- To motivate the students and employees to live a stress-free life.
- To sustain the body physiology
- To develop a neuro muscle system in students’ bodies.
- To develop the concentration level of students.
- To improve students’ academic performance by raising their level of energy, focus, and concentration.

#### **II. The Context:**

Health isn’t everything, but without health everything is nothing. The saying itself implies that health is an integral part of human life. Keeping this in mind, the college has decided to implement one of the best practices of creating health consciousness among the faculty as well as students. The blending of physical and mental aspects of health will help in inculcating the spiritual values among the students.

Good health is the key to good performance in class and life. But most of our students are from economically weaker and underprivileged sections of society. Some percentage of rural students are unable to take their breakfast due to early/ limited transportation. Since the students are from economically weaker families, many students take up part-time jobs to meet their educational expenses and to share their family burden. Family’s socioeconomic background of students also poses stress on many students. These Psycho-social pressures have a bearing effect on their attitude towards studies and behavior. Hence the Health and yoga clubs and NSS units conduct various activities focusing on the well-being of the students.

### **III. The Practice:**

Health and yoga clubs keeps eye on the students' health by organizing General medical check-up and medical advice is given by doctors. A sick room and first aid box are maintained for emergency use. College students in their teens are highly vulnerable to social evils like smoking, alcoholism, and drug abuse. The need for a tobacco-free and drug-free environment is stressed by awareness meetings. Psychological counseling is given for handling stress and suicide prevention. Yoga is suggested as a remedial measure to overcome stress.

Awareness meetings by medical experts help to educate the students and faculty members on current health issues and give awareness about clean and hygienic practices to be followed for a healthy life.

For making students aware of their physical problems, the college has developed a well-equipped gymnasium. The physical fitness camps are organized by the college to make students aware of their endurance power, agility, body strength, and other issues related to their physical fitness.

Taking into consideration the inner part of the body the college also uses the practice of YOGA and MEDITATION to keep the students healthy and fresh. The college also has a self-defense program SILAMBAM training to make students aware of the flexibility of their bodies. It helps to boost the confidence level of the students. The NSS units of the college organize various activities for Health Consciousness like blood donation camps, Haemoglobin checkups camps, and Medical checkups as well as participate in various health-related rallies in adopted villages.

Eye camps are conducted in colleges, schools, and villages in collaboration with Arvind Eye hospital to identify vision-related problems among students and myopia in elder people, and selected willing patients are sent for surgeries at Arvind Eye hospital Tirunelveli.

Red Ribbon Club educates the students about infectious diseases like HIV etc.

Dengue, Chikungunya, and covid-19 awareness meetings, and rallies are conducted in kovilpati town. Kabha sura kudineer is distributed on our college campus and in adopted villages. Covid-19 pandemic awareness programmes are initiated in our college through offline meetings during working days and online webinars during lockdown period and distribution of free masks to the public by NSS volunteers under the guidance of NSS programme officers are conducted in Kovilpatti town. Our college chemistry department conducted Child abuse awareness programmes in the neighboring village school and First Aid training for lab technicians and students.

General medical health awareness camps are organized for Teaching and nonteaching staff of our college like Testing of Blood Glucose, Blood Pressure, Blood Haemoglobin, BMI check-up, and cancer awareness programs are conducted including interactive sessions with medical Experts.

### **Evidence of success:**

Health Club has successfully created awareness of health and sanitation in the minds of students. The idea was to involve students as advocates for hygiene and sanitation practices. The health-conscious attitude of the students is witnessed by their willingness to join in group health insurance scheme suggested by the health club. The positive counseling given to the students by the health club on blood donation is evidenced by the donation of hundreds of units of blood by the volunteers, which has earned periodical appreciation from the district collectors.

Ours is the only college to be installed with a sanitary napkin disposal unit in the entire district to promote a hygienic environment. The students are educated on behavioral and stress management techniques and know the evils of alcohol, tobacco, and drugs. As a member of these clubs and NSS units, students develop leadership skills, communicative and first Aid skills, and also set their priorities for health and hygiene activities. Some students become aware of their health status through medical camps and health awareness programmes.

### **Problems encountered:**

Our main problem is to get the medical experts to visit our campus skipping their practice. Though the health club educates and creates awareness about the healthy practices among the students, it is difficult to inculcate the novel practices at their dwelling sites of the economically weaker marginalized stakeholders. In adopted villages daily wagers and farmers do not show interest in health-related camps due to their daily work.

Screening of all students and staff members in a day is also a big task, diverting the students/staff while performing their duties disrupts regular work.