



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.

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, recognise Technological issues and disseminate knowledge on emerging trends.
- Language departments dedicate themselves to impart 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 educate 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 21st century for students of higher education to enable them to proceed for further education or job market depending upon their skill and interest.

The rural students are unaware of the welfare programmes and job opportunities provided by the central and state Governments while entering into the college. Their Scientific and technical knowledge, language and communication skills are also limited. To bridge this gap, our college science, 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 course to students admitted in under-graduate courses, most of whom hail from Tamil medium back round, 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 fresher’s 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 a number of 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, workshops are organized by inviting

eminent resource persons from 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 quiz, poster presentation, essay contest, elocution and debate etc. for their development.

Our college Quiz club conducts selection of students through Quiz test 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 to school students and public by departments utilizing 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 complimented 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 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 the Scientific and technological infrastructure facilities like super computers, Research and power reactors, advanced labs with demonstration by eminent scientists. Students get an opportunity to present their Essays in presence of national level team of experts and prizes are distributed to the meritorious students. In Vivekananda Kendra centre, Kanyakumari Daily Yoga training and spiritual classes are conducted for the physical and spiritual development of the adolescents.

Evidence of success:

We motivate and encourage our students to participate in 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 in 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 essay at BARC Head quarters, Anusakthi Nagar, Mumbai. 11 students from 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 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, cultural and Quiz programmes.

Our chemistry alumna got selected in civil services and serving as a IPS officer in

Orissa.

Our Physics alumnus and BARC contest winner served in Navy and now in a top position in Amazon. More number of students passed TNPSC, TRB, RRB, SSC and BRB and appointed in 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 in 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 are burden to them. Arranging and organising the training programmes after class hours and during weekend's causes difficulty for faculty engaged in research and other activities. Allotment of Halls is also a difficult situation while other programmes are on their way.

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 on the good habits, attitude 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 academic excellence of students, teachers and other employees.
- To build positive attitude and pure thoughts in human beings.
- To build self esteem and boost the self confidence.
- To motivate the students and employees to live stress free life.
- To sustain the body physiology
- To develop neuro muscle system in students' body.
- 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. 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 the class and in life. But most of our students are from economically weaker and under privileged section of the 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 socio-economic background of students also pose stress on many students. These Psycho-social pressures have a bearing effect on their attitude towards studies and behaviour. 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 organising General medical check up and medical advice is given by doctors. A sick room and first aid box is maintained for emergency use. The college students in their teens are highly vulnerable to social evils like smoking, alcoholism and drug abuse. The need of tobacco free and drug free environment is stressed by awareness meetings. Psychological counselling is given for handling stress and suicide prevention. Yoga is suggested as a remedial measure to overcome the stress.

Awareness meetings by medical experts helps to educate the students and faculty members on current health issues, give awareness about clean and hygienic practices to be followed for 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 keep the students healthy and fresh. The college also has a self-defence programme SILAMBAM training to make students aware of the flexibility of their body. 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 camp, Haemoglobin check-ups camp, and Medical check-ups as well as participate in various health related rallies in adopted villages.

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

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

Dengue, Chickungunia and covid-19 awareness meetings, rallies are conducted in kovilpati town. Kabha sura kudineer is distributed in our college campus and adopted villages. Covid-19 pandemic awareness programmes are initiated in our college through offline meetings during working days and online webinars in lockdown period and distribution of free masks to 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 neighbouring village school and First Aid training to lab technicians and students.

General medical health awareness camps are organised to Teaching and non-teaching 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 on 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 health club. The positive counselling is given to the students by health club on blood donation is evidenced by donation of hundreds of units of blood by the volunteers, which has earned periodical appreciation from district collector.

Ours is the only college to be installed with the sanitary napkin disposal unit in the entire district to promote hygienic environment. The students are educated on behavioural 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 skill and also set their own 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 to 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 does not show interest on 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 causes disruption in regular work.