

BEST PRACTICES-1

7.2.1 Title of the Practice

Effective role of co-curricular activities through online.

7.2.2 Objectives of the Practice: (100 words)

- To explore strengths and talents outside of academics
- Develop the organizational skills and stronger time-management
- To intensify facing the problems, creative thinking, communication, collaborative abilities.
- To sharpen the emotional balance social skill and over all personality.
- To think of newer ways to solve problems; visualization; thinking of new ideas.
- To initiate leadership qualities by setting goals, motivating others towards goals, and accountability.
- Maintaining ethics in public life and good moral values.
- To understand the importance of leisure and recreation and participate in leisure and recreation activities.

7.2.3 The context: (150 words)

To refresh and release from the stress out of the academy, Co-curricular activities are introduced in additional to that institutional certificate courses are also implemented to know the emerging trends in each course. Co-curricular activities are designed based on year wise. First year students clubs are Art & Craft, speaker club. Humour club, painters club, yoga club. Second year clubs are consumer club, theatre and Arts club, Health & Hygiene club, Readers & writers club & Eco friendly club, Third year clubs are catering clubs , Human Rights club, JCI women's cell and Quiz club. To impart knowledge about the role of consumers in protection of their rights and to strengthen the consumerism, consumer club is introduced. Based on the passion and trends club activities are framed.

7.2.4 The Practice: (400 Words)

Due to the Covid 19 situation sudden change of teaching methodology learning process, the students could not adopt the situation in desirable way. Perhaps on campus club activities are shifted to online mode in order to make the students mind fresh, happy, stress relief, interest to create their atmosphere in a useful way.

Under the guidance of the Principal, coordinators for each year club are allotted with separate club in charges. An action plan and activity schedules are formulated by the respective club co-coordinators and in charges. Stipulated time is also allotted for each clubs. Each club invites the eminent guests, Resource persons related to the clubs. Platforms are created for the students individually and group wise individual topics are assigned to each student or group to train the students' talents effectively. Talented, involved, trained students are invited as a chief guest for the clubs. This type of encouragement motivates the other students to participated in the meeting competently. Moreover the student as a chief guest receives memento or cash. All club students get certificate at the end of the year.

Food items prepared from the students and the faculty members are displayed for the taste to the faculties and students. Rules and Regulations of buying a product, that is notice the expiry date of the product, maximum retail price, manufacturing places, to check whether the pack is sealed or not are taught through the consumer club. Teaching about consumer Rights, taking the problem to the right platform helps the students to be a better consumer.

Yoga club recovers the students to lead a better lifestyle. It helps to reduce stress and Anxiety, improves memory and attention span, helps to manage weight teaches connect Breathing Techniques, promotes mindfulness, encourages self- love and self care helps to bring peace of mind, improves self control, enhances coping skills.

Human rights club motivates the students to fight for the basic rights and freedom that should be protected in relation to every person in the world from birth until death no matter our race, gender, religion, abilities political belief, sexuality, age.ect.

Humour club makes the students to cope with challenging situations. Stress causes the students muscles to tense up whereas laughing helps them to relieve their stress and relaxes their muscles too.

7.2.5 Evidence of success: (200 words)

Arrangements of various clubs create the students as chief guests to the clubs, inside and outside the college. Moreover students become the good entrepreneur doing Aari work, Tailoring, beautician, hair-doer, Mahanthi, yoga trainer, art maker etc.

Students utilize the time effectively through online. Apart from the regular classes, they spend their time in a useful way. They involve themselves in the competitions conducted by other college and win various prizes.

7.2.6. Problems Encounted and Resources Required:

Many times students had to trek for a few metres in certain areas to get a proper signal so that they could attend classes. Communication facilities are missing for the staff and the students.

Poor and unreliable internet connection in remote area disturbs the classes. Google meet and Zoom need a reliable internet connection for a stable video calling experience. The absence of the same can lead to poor video quality, audio lag, inability to join meeting etc. Background noises like Horn sound, babies crying neighborhood chatting, sounds out of Television, parent's disturbance make the whole class get disturbed.

BEST PRACTICES II

N.M.S Sermathai Vasan College for Women implemented SES/REC (Social Entrepreneurship, Swachhata and Rural Engagement cell) in the college which was launched by the prime minister of India Shri.Narendra Modi on October 2019 at Rajpath in New Delhi. It was launched throughout length and breadth of the country as a national movement. The swachh campus is also initiated inside the college.

Objectives

- To achieve a clean and open defecation free in and around the college.
- To enable sanitation coverage inside and outside the college.
- Focus on improving the management of solid and liquid wastes.
- To promote cleanliness encircling the college.
- To encourage and create awareness about health and hygiene.

The Context:

SES/REC insisted and circulated to establish inside the college by

- Ministry of Education Government of India.
- Ministry of Youth Affairs and Sports.
- Taminadu State Government.
- National Service Scheme
- Mahatma Gandhi National Council of Rural Education Department of Higher Education
- Joint Directorate of Collegiate Education.

Our college takes the active role in doing swachhata activities in and around the college.

THE PRACTICE

SES/REC (Social Entrepreneurship Swachhata and Rural engagement Cell) is implemented inside the college and various duties are allotted for the staff members.

S.No	Name/Designation	Post
1.	G.Meenalochini. Asst. Prof. of CS	Co- Ordinator
2.	Mrs.S.Sivashankari Asst. Prof. commerce CA	General Committee members
3.	D, Muthu Lakshmi Asst. Prof. of Tamil	General Committee members
4.	Mrs. S.B. Shanmuga Priya Asst Prof of CS.	General Committee members

There are 10 committee Heads under each title.

S.No	Name/ Designation	Title
1.	Mrs.M.Shanmugavadivu. Asst prof of Tamil	sanitation &Hygiene (Campus)
2.	Mrs.B. Jasmin Angel Kumari. Asst. Prof. of Eng.	Sanitation and hygiene (Adopted Villages)
3.	Mrs.N.RathnaDevi Asst. Prof of BBA	Waste Management (Campus)
4.	Miss.B.Sharmila Asst. Prof. of Commerce	.Water Management (Campus)
5.	Mrs.A.Dhanalakshmi. Asst Prof of CS.	Water Management (Adopted village)
6.	Mrs.G.Nithiya Asst. prof. of Phy.	Energy management (Campus)
7.	Mrs.B.Pandeeswari Head and Asst. prof. of History.	Energy Management (Adopted village)
8.	S.MohanaDevi, Asst. prof. of commerce CA.	Greenery (campus)
9.	Mrs.G.Selvarani Ass. Prof. of Commerce (CA)	Greenery (adopted villages)
10.	Mrs. S. Gurupackiam Asst. Prof. Commerce.	Greenery (adopted villages)

Corona Relief Camp was conducted for the adopted villages by the college along with the NGO “Magalir Mempattu Maiyam”. “Nutritious Day” club was celebrated under the title “ Nutritious Awareness” in association with of Lanner Wheel club of Madurai on 06/11/2020 at Samanatham Village. Nutritious pack kit (Dates, Ragi flower, Green doll, Peanut, Horlicks) was distributed freely.

Under each title ample number of activities was conducted inside and in adopted villages Samanaththam, Anjukudi and in Periyar Nagar. Due to pervasive situation, all the students could not come to college whereas staff members actively participated and did the activities inside the campus and in adopted villages also. Moreover activities are also conducted through online.

A webinar was conducted under the title “Social Entrepreneurship Swachhata & Rural Engagement” on 5/11/2020 at 2.30 pm. The Chief Guest for the programme was Mr. Naveen Kumar. Project chief Program Co-ordinator, Swachhata Action plans 2020 MGNCRE- DHE-GOI. He emphasized more on innovation ideas and plans to be executed.

EVIDENCE OF SUCCESS:

FOR THE SOCIETY:

Adopted villages like Samanththam Anjukudi and Periyar Nagar started to sanitize their hands often, wear face mask and check the temperature of their body often. Village children were taught to wash their hands using hand wash.

FOR THE STUDENTS:

When the students started to come to college they are educated to lead a healthy life. They are taught to manage the water and save energy. Online Survey was taken by the students. They started to educate their neighbors during covid- 19 which shows their commitment towards the society. Through fit India programme the student were made to maintain their health in a proper way.

FOR THE STAFF:

All faculty members of one’s own accord followed the safety measures throughout the day. So that they help the college and society to be free from covid -19. Moreover under water management, energy management they practice to manage both water and Electricity.

FOR THE MANAGEMENT:

Saving water and electricity help the management not to spend lavishly on that. “A good neighbor is a priceless treasure” is a proverb. The nearby adopted villagers are healthy and hygiene. The institution also functions healthier.

PROBLEM CAN BE ENCOUNTERED:

SES/REC Projects are not an easy project doing with a single hand. More NGO’s are needed to take the project in the next level.