

Best Practices

1. Title of the Practice: Multifarious Training

2. Objectives of the Practice:

- To increase their Leadership Skills
- To develop their Communication skills at Macro Level
- To develop their Emotional, Psychological, and physical Stability

Outcome:

- It will make them as a good Trainer
- It will create self employable opportunity
- It will increase their Creativity
- Students will become a professional art trainer in Schools and Educational Institutions

3. The Context:

Multifarious Training is not just giving one training for students. It comprises of various trainings that needs intense practice. For example: folk arts like Thappattam (which has to be danced along with Parai (Drum) needs one month intense training where students stay after the class and learn it.

Street Play or Street Theatre: also needs good voice throw for that students will be made to train their voices and training given.

For Documentary training and Short film making training, there are little limitations in using the tools and lack of equipments

4. The Practice:

Higher Education in India is focusing on various skill based learning and training. In a way multifarious trainings are important for every student to develop their personality into next level. In this generation, courses alone will not help them to create their space in the job market; they need extra training which can be designed with the curriculum. Multifarious trainings are given to students on the following

Leadership & Communication Training	RTI 2005 Training
Puppetry training	PRA Tools and Techniques Training
Mime & Street Play Training	PRI Training
Parai Training	Therapies workshop and Training
Oyil Training	Effective Report Writing and Documentation Training
Play back theatre training	Entrepreneurships Training
Medical Clowning	

5. Evidences of Success:

Our students won many prizes in various prizes in folk arts and street play. We do various awareness programme in the community and created a positive impact through street plays, mime and puppetry. Puppetry plays a vital communication tool to create awareness among children in schools and community. Medical clowning also used a mass communication tool for the listening campaigns in the community. One of our students Mr.Rajan from Social work department becomes Professional Parai Trainer and having a troop on his own and giving training to various education institutions. Student from Statistics Department shines in Silambam. NCC Students trained in various cultural activities performed in various programmes.

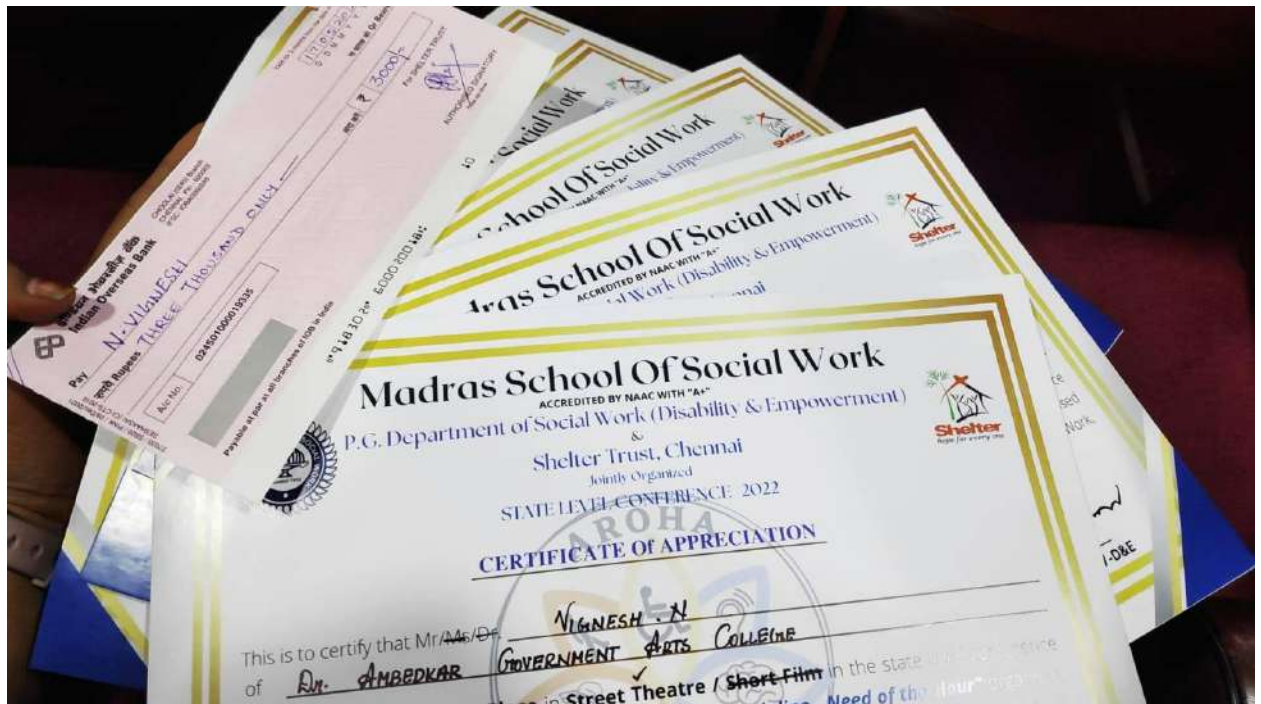
PRA Training helps students to practice in the community and in Rural Camp

6. Problems Encountered

The lack of Resources and financial assistance for the trainers is the most challenging part in giving various training to our students



NCC students and MSW Students did awareness on TB Prevention



Student won first Prize in Street Play competition



Play back theatre training given by Mr. Cyril Alexander founder and Director of Marie Anne Charitable Trust & Sterling Playback Theatre



Best Practices

1. Title of the Practice: Appreciative Inquiry

2. Objectives of the Practice:

- To motivate students to achieve more
- To develop positive attitude
- To strengthen their inner ability and leadership
- To Encourage students participation and volunteership
- To break the stigma and inferiority among students

Outcome: it will inculcate the positive Gesture among students

It will motivate other students also to take part in the good activities

It will give encouragement to students to develop their leadership and participation.

3. The Context: Appreciation is the basic, traditional and positive Gesture among students it is the simplest way to encourage students participation and development.

Students are motivated to do more good activities.

Though our college is located in Urban Poor Habitat, students from various backgrounds come to study. The stigma attached to this locality makes the students feel inferior. To break the stigma and inferiority they need lot and lots of appreciation and motivation. We use appreciative inquiry as an major tool to improve the positive mental health and atmosphere among students.

4. The practice: students are invited to Principal office cabin and appreciated for their achievements and previously we did it in weekly assembly in front of every student we appreciate the students for their academic, curriculum, non curriculum and extracurricular achievements. Especially students are appreciated with special recognition for their good behaviour and gesture.

5. Evidence of Success: Students developed the good habits after being appreciated.

Vyasarpadi locality is known for the criminal activities and substance usage. But through our appreciation practice, criminal activities of the students and the usage of substance usage gradually decreased.

6. Problems Encountered and Resources Required: student can be encouraged if we provide them with some financial assistance or small awards and recognized with some stipend

BEST Researcher Award : PG Department of Social work every year appreciate students for their PG final Year Research Projects. The External who came will select the best researcher based on the work and the way presented their research. Ms.Ameena and Mr.Vignesh won best researcher and Mr.Vignesh encouraged to publish his research work in an international journal and presented in conference.

Best Practices

1. Title of the Practice: Health & Hygiene

2. Objectives of the Practice:

- To improve the Physical Health Conditions of the Community and Students
- To encourage and develop the values among Students and Volunteership to donate and help the Community
- To organize Community Camps to provide Health care Services
- To create awareness on Mental and Physical health among communities

Expected Outcome: through health camps community will be benefitted
Students will get good exposure towards various Health Care Service Organizations to do volunteer work and develop the attitude of helping people
Student will develop the Service attitude and will gain knowledge about the community Health.

3. The Context: Physical and Mental Health has to be given more important. Students also should develop the helping attitude to donate blood & Organ. To create awareness on Organ and Blood donation among students and community and organized various camps in our College campus and in communities.

4. The Practice: Urban surroundings need lots of Awareness on Health and hygiene and organized various Health Camps. Based on the needs and problem analysis in the community, MSW, NSS, YRC, RRC, NCC Organized various community awareness programmes. Vyasarpadi area is prone to substance usage especially tobacco, Alcohol, TB, HIV/AIDS so create awareness on various Health issues. Conducted Medical camps, blood donation camps, Eye camp and Corona vaccination Drive camp in our college and community.

5. Evidence of Success:

In collaboration with FEMA Foundation organized Medical Camp for Amarambedu village in Thiruvallur District, Nearly 5 nearby villages got benefitted and got medicines. More than 500 families benefitted through this camp.

Eye camp organized in collaboration with MN Eye Hospital, 2 people identified for Cataract surgery and referred for the free treatment in their hospital. 140 people benefitted and tested their eyes and got medicines.

Open Corona Vaccination Camp in our campus helped students and community people to avail the corona vaccine.

Blood Donation camp was organized

Various awareness created to improve the mental and physical Health of the Community and Students for example: No tobacco awareness. HIV/AIDS Awareness, Breast feeding awareness, TB Awareness and positive mental health Awareness.

6. Problems Encountered and Resources Required

Transportation, financial assistance, medical kit, and resource person allowance are the major challenges. Usually Government Arts colleges are not provided with vehicles. Whenever we need to travel for a camp we need to arrange vehicle from outside.















Best Practices

1. Title of the Practice: Disciplinary Practice or Reformatory Practices

2. Objective of the Practice:

- To create Discipline among students
- To motivate students to be regulated
- To make the students that we care about them in every connect.
- To break the stigma of the culture of this locality

Expected Outcome: students will become punctual to college, Students will be well groomed; students will be regulated through the monitoring system.

3. The Context: Disciplinary Practice or Reformatory Practices is very much needed for the Students, compare to earlier days the crime news about few Government Arts College students to reduce that Professors are made to Regular Positive Monitoring and mentoring the students are practiced in our Institution.

4. The Practice: Professors are assigned **Gate Duty** every hour along with the regular workload to ensure students are wearing ID Cards; dress codes were followed and coming on time. make sure they entered their classrooms without roaming in the ground **Regular Parents Meeting** has been conducted to create standard communication with the students parents regarding their academic and regular progress and performance.

Mentor and Mentee also maintained to help and closely connect with students to improve their knowledge, skills and attitude

Disciplinary Committee also was created to prevent students from indulging in unwanted activities:

Positive Monitoring System was maintained by Physical Director to guide students to develop good attitude and engaging them in various other activities.

5. Evidence of Success: through this Reformatory practices, there is a huge change among students and college environment the perception of parents and community also changed towards our college and college students.

Format for Presentation of Best Practices
(Institution should submit the Best Practices in this format only)

1. Title of the Practice

HEALTH FOR ALL – 2022. Health Awareness Program at Chennai Trade fair for the General Public

2. Objectives of the Practice

The objective of the health camp was to create awareness and promote consumption of millets to prevent the onset of various diseases since this year is international year of Millets

3. The Context

Micronutrient deficiencies are widely prevalent and affect the quality of life of vulnerable individuals. Millets are loaded with micronutrients and are known to have been used in south Indian cuisine from time immemorial. However due to globalization and urbanization, there has been a change towards consumption of fast foods and junk foods with limited consumption of traditional healthy foods that contain millets

The department of home science organized HEALTH FOR ALL - 2023

4. The Practice

In connection with INTERNATIONAL YEAR OF MILLETS the students formulated and prepared 70 innovative millet based recipes using millets such as thina, kuthiraivalli, ragi, samai, kodu millet, cholam and mixed millet powder. The millet based items were prepared in the food laboratory in the college and displayed. The students explained the benefits of these recipes to all the people who visited the stall in order to popularize the intake of millets. Several charts and models on the nutritional content and health benefits of millets were displayed. Pamphlets on the health benefits of millets were printed and distributed. Around 650 people visited the stall and were benefitted. Feedback was obtained from the visitors.

Evidence of Success

Around 650 people visited the stall and were benefitted. Feedback was obtained from the visitors. The programme is believed to have created awareness about millet based recipes and popularize the same. It would have motivated the people to incorporate millet in the day to day consumption

NUTRITIONAL BENEFITS OF MILLETS DISPLAYED THROUGH CHARTS MODELS AND DISTRIBUTION OF PAMPHLETS



More

than six hundred people visited the stall on the two day drive towards popularization of millets to enhance its consumption





7, Problems Encountered and Resources Required

No problems were encountered

[Signature]
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