

Best Practice

❖ Best Practice I – GENERAL ASSEMBLY

❖ Best Practice II YOGA

Best Practice I – GENERAL ASSEMBLY

The General Assembly is conducted on every Friday for one hour in the morning. It is arranged for the students, in order to communicate information and share learning experiences.

Objectives of the Practice:

- Creating oneness among the students through Inter religious prayer
- Inculcating values and virtues in the mind of students
- Familiarising with day to day events
- Enhancing General Knowledge
- Creating a bond among the students, and between the staff and students and vice-versa
- Kindling the creativity and innovativeness in the students and bringing out their originality and hidden talents.
- Developing the leadership quality

The context:

An assembly is where the students meet together to share aspects of life that are of worth. It acts as medium for communicating matters of significance from one generation to another. Assembly acts as a one of the main ways by which we create our positive reflective ethos and promote our values-based education. All faculties and students make a tremendous contribution through their presence and active participation. Students are aware that their positive minded teachers involve themselves in the assembly.

Assembly contains times of quiet reflection that enables students to develop the deepest values and aspirations of the humanity. The students are enabled to learn the values, life skills and understand the structured environment. Assembly can serve to develop a positive college ethos that confirms the identity and aspirations of the college. The result being that the college lives in cohesive harmony that sustains its excellence.

The Practice:

Each department is offered a chance to conduct the General Assembly for a particular week in rotation.

"GOD IS EVERYWHERE SO PRAY ANYWHERE"

(i) **Singing the Prayer:**

The college has an excellent choir to sing prayer and other patriotic songs with utmost devotion.

“IF YOU KNEEL BEFORE GOD YOU CAN STAND BEFORE ANY MAN”

(iii) **Presenting thought for the Day:**

Moral values are not merely read, they are inculcated in the students. Every time a new thought has been presented. Students are so involved in presenting as well as following the moral values.

"KNOWLEDGE SPEAKS BUT WISDOM LISTENS"

(iv) **Reading Regional Language and English-language News:**

The important happenings of the whole week is presented in the assembly in the following order:-

National News, International News, Regional News, Sports News

(v) **Giving Short Talks or Stories:**

Narration of stories for 3 minutes gives valuable messages to the students.

(vi) **Giving Questions and Answers Related to General Knowledge:**

The most important of all is the GK session. Students enthusiastically participate in it. Questions are taken in an effective way so that students who prepare for their civil services and other competitive exams infer from it.

“A LESSON IN LIFE WILL BE REPEATED UNTILL IT IS LEARNT”

Principal's Address:

Every Friday the students will be waiting eagerly to listen to the speech delivered by our beloved principal Dr.Mrs.R.POOVAZHAKI. She begins her speech by appreciating the students regarding the conduct of prayer and inculcates values and virtues in the minds of each and every individual.

“WE ARE MADE WISE NOT BY THE RECOLLECTION OF THE PAST, BUT BY THE RESPONSIBILITY OF THE FUTURE”

Special Features:

The weekly assembly helps in creating a **bond** between the **students of one department with the other** as they all gather and listen it with rapt attention and then share their views among themselves.

- It also tightens the bond between **each student** and **the Principal** of our college.
- Each department is given opportunity to conduct assembly to develop their skills.
- Communications regarding COE office such as details of exam fees, dates of summative examinations, details of scholarship and holidays are announced.
- During the assembly the Principal appreciates the students who win Prizes in sports, academic competitions and cultural events conducted within and outside the college. This encourages them to a large extent.
- At the end of the academic year the proceedings of the assembly such as **thought for the day, inter-religious thought, short-talks** or **story** and **general knowledge** are compiled and published as news letter titled “**Campus Tweet**” . It motivates the students and creates a competitive spirit among them.

Evidence of Success:

Prayer is a communication between God and man. In respect of prayer the status of success cannot be determined in the explicit way as it is an introvert aspect. The way in which the students participate in the prayer is a only way to justify the level of success.

- One of our Muslim student **Selvi.M.PowsiyaBanu I B.A (Tamil)** got first **Prize** in **Bagavath Gita** essay competition organized by Sri Krishna Balaram Temple, Madurai, which is the testimony for the inter religious prayer.
- Healthy competitive spirit is created while crossing benchmarks among students.
- Students are free to share their views regarding the conduct of Friday assembly. Every student has wonderful experience and shares her views directly about the assembly with our Principal.
- It enhances public speaking skill.
- It builds team spirit among the students.

BEST PRACTICE II - YOGA

Yoga is a vast collection of spiritual and physical techniques and practices aimed at integrating mind, body and soul to achieve a state of enlightenment or oneness with the universe .To make physically and mentally stronger, the hostel students practice yogasanas in the morning and evening at our campus. Yoga helps to equip oneself with basic knowledge about one's personality and to handle life situations. It enable them to learn techniques related to good health. It develops a discriminative mind capable of knowing the real from the unreal and helps to face the dualities of life with equanimity. It inculcates great values in the minds of the students.

Objectives of the Practice:

- To improve the mental concentration power.
- Synchronization of mind and body.
- To improve the emotional intelligence.

The Context:

“**A Sound Mind is a Sound Body**” says an old adage. The mind and the body should be taken care of, as they act on each other. Physical health is essential aspect that leads to happiness. If the body is strong and healthy, mind will also be healthy. Students will be cheerful and will be able to work with confidence. Therefore, the body and the mind are interdependent and complimentary with each other. Stress removal is one of the salient feature of yoga. If mind is free from worries and concentration is made upon one single entity, naturally the level of stress will be reduced and they will be removed gradually. Yoga helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

The present day situation warrants the yoga programme in the academic field and also in the society. The college conducts yoga classes to the hostel students by a trained yoga master. Classes on yoga is offered to the students at free of cost.

The Practice:

Yoga is practiced by our college hostel students regularly. I & II year students perform yoga from **7 am to 8 am** and from **4.30 pm to 5.30 pm** respectively. Students are selected to take, in- depth training on advanced yoga to perform in the sports day. **World Yoga Day** is celebrated every Year..

Students practice various yogasanas such as Ustrasana, SuriyaNamaskaram, Padmasana, Padahasthasana, Purpauttanasan, Dhanurasana, Bhujangasana, Shalabhasana, Halasana and Gomukhasana and so on. Hence it helps to increase the efficient functioning of kidney, to balance the panic and mental forces and very useful to reduce weight.

Evidence of Every year Students yoga performance in the A.R. Ground, Madurai on the **Independence Day** and **Republic Day**celebrations are recorded and e-documented. Our students

are presented with “**Best Yoga Performer Award**” and received overall shield from the **District Collector**. It is evident that some of the best **trained yoga students** serve as **yoga masters** in schools and educational institutions.

For the Past ten years our college has been conducting Yoga classes for hostel students, the NSS units conducted yoga training for the school students of the adopted village in ParaliPudur, Madurai.