

Title of the Practice I

Improving Teaching – Learning Process

Goal

- To ensure the completion of syllabus according to the academic planner of each department.
- To encourage teachers to adapt to technological advancements including ICT adoption in class room teaching as well as online teaching.
- To improve pass percentage in final semester examinations.

The context

- The syllabus coverage in some cases is being hurried and towards the end of the semester where information is being over-loaded at once. This slow coverage initially and rushed coverage later should be avoided giving enough time to student in understanding the topics and adapting the facts.
- The teachers find it difficult to keep pace with the techno – savvy student learners. It has become essential for some of the teachers to adopt to the latest educational styles and include ICT in class room teaching as well as online teaching. The mismatch between the student learner and the teacher in the use and comfort of handling varieties of tools available for teaching – learning needs to be bridged.

The practice

- Academic planner along with the calendar of events is given to the students at the beginning of the academic year
- The Heads of different department monitor the pace of coverage of the syllabus.
- Informal and formal feedback is obtained from students regarding the content delivery by different teachers. The students and the class teachers hold frequent informal meetings and the teaching methodology adjusted according to feedback information collected.
- Frequent assignments, tests and evaluation are conducted to improve performance in the semester examinations.


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- All the departments have the necessary tools for handling the class room teaching with the help of ICT.
- Computer science department staff and programmers train the teachers in the use of Power Point Presentations, browsing the internet for useful resources, use of google docs for information sharing, etc.

Evidence of Success

- Some of the teachers have adopted modern educational styles and ICT in their classes.
- Study materials in the form of e-content are uploaded on the students WhatsApp groups.
- Timely completion of syllabus
- Increased attendance in the classes
- Improvement in results.

Problems encountered and Resources required.

- Development of animation-based power point presentations in teaching, particularly in science subjects, has been hindered due to the want of in – house technical expertise.
- The demand for ICT resources is increasing day by day. Online teaching requires IT infrastructure on both teachers and student's side. Lack of IT infrastructure among the students is the biggest barrier which may reduce the spirit of technology adoption by teachers.

Title of the Practice II

Healthy Practices of Physical Education

OBJECTIVES

- To promote physical development, social development, emotional development and mental development.
- To produce University, State, National & International level players
- Teaching Essential Body Management Skills
- Developing Teamwork, Sportsmanship, and Cooperation


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- To improve the General Physical fitness of the students and staff in the campus
- To motivate the students and staff to involve in Sports activities during the free hours

CONTEXT

Physical Education is an education which brings improvement in human performance with the help of physical activities. Physical activities range from simple walking to jogging, running, sprinting, hopping, jumping, climbing, throwing, pushing, pulling, kicking, etc. Education without physical activities is like body without soul. All teachings in human education begin with physical education. Physical education is also considered as movement education as the life begins from movement only. In general life is characterized by movement. The movement starts from the birth of a child, till the end of life.

The Practice

WORKING HOURS:

MORNING: FROM 6.30 A.M TO 8.30 A.M.

EVENING: FROM 4.00 P.M TO 6.30 P.M.

Play grounds in the Campus:

- Basket ball ground
- 200 mts Track – Multipurpose ground
- Volley ball ground
- Kho-Kho ground
- Kabaddi ground
- Physical Fitness centre

Equipments available in the Physical Education Department:

- Hockey sticks and accessories
- Cricket accessories
- Basket balls
- Volley balls
- Foot balls
- Badminton rockets and accessories
- Table tennis Board and necessary accessories


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Physical Fitness Centre with Science backup

- A new Physical fitness centre with science backup is constructed worth Rs.1,90,00,000 (Rupees One Crore and Ninety Lakhs) under UGC 12th plan
- Physical fitness equipments are purchased worth Rs.48,65,140 (Rupees forty Eight Lakhs Sixty Five thousand and one hundred and forty)

Physical Fitness equipments

- Commercial Treadmill
- Commercial Elliptical Trainer
- Commercial Recumbent Bike
- Stair Climber
- Leg press
- Multi gym
- Cable cross
- Rotary Torso
- Adductor/Abductor
- Massage Chair

Usage of Physical Education Department (including Physical Fitness centre)

- Average of 150 Students and staff (All programmes) used per day
- Madurai District Carrom Association has organized, Tamil Nadu state level "TVS Invitation Open Carrom Tournament" sponsored by TVS Club, Madurai on February 22, 23 during the year 2019-20.
- Dr.S.R.V.Ravindran, the Director of Physical Education, Sourashtra College has organized the Madurai Kamaraj University 'B' Zone intercollegiate sports & Tournaments during the year 2019-20
- A meeting with all the Directors of Physical education of all colleges in MKU 'B' zone was conducted in Sourashtra College during Aug.2019
- Dr.S.R.V.Ravindran, the Director of Physical Education, has published 14 papers in the UGC referred journals

Utilization of Funds in the academic year 2019-2020:

S.No.	Description	Aided	SF	Total
1	Purchase of material	21,504	38,440	59,944
2	Intercollegiate	24,024	31,540	55,564


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	tournaments expenses			
3	Ground Maintenance	11,000	---	11,000
4	UGC 12 th PLAN Fitness Centre Equipments	48,65,140	---	48,65,140
Total		49,21,668	69,980	49,91,648

Evidence of Success

- Madurai Kamaraj University (MKU) B-Zone Hockey intercollegiate champion for the 18th year
- Madurai Kamaraj University (MKU) B-Zone Basket ball intercollegiate champion for the 11th year
- Six University players have represented in the inter-University sports tournaments

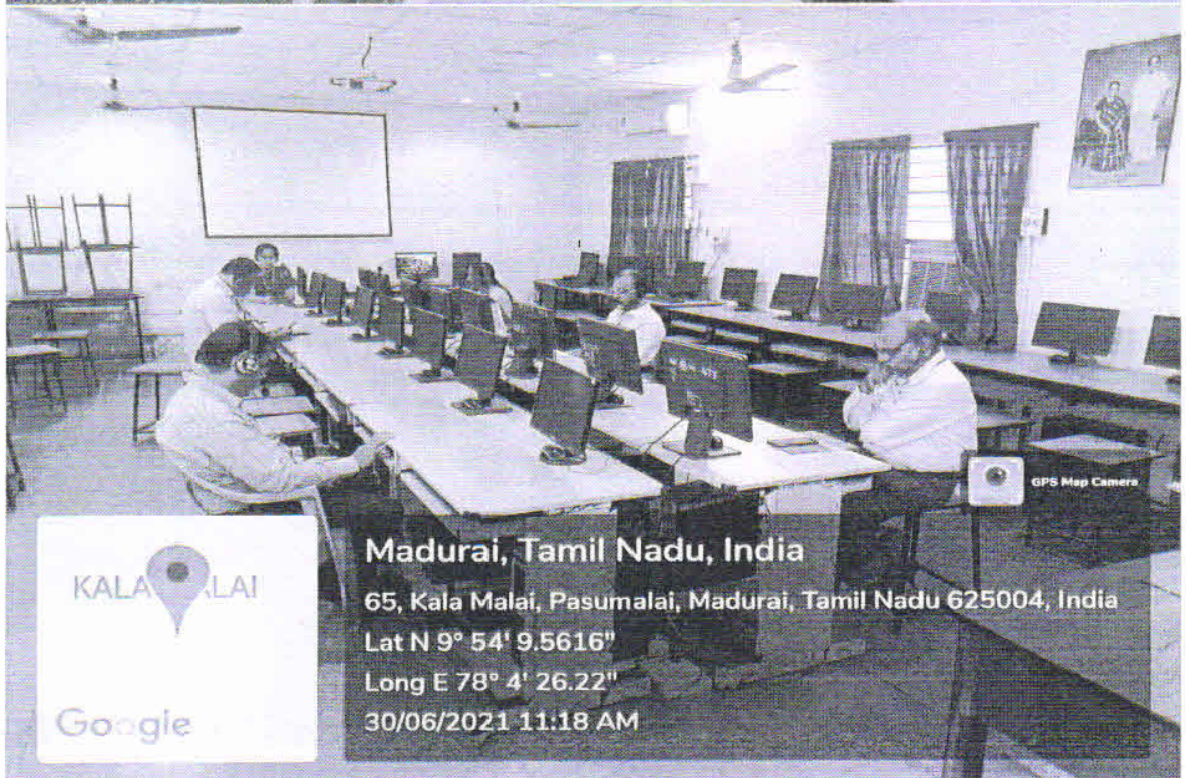
Problems encountered and resources required

The following points have to be addressed in the coming years for better service to the stock holders.

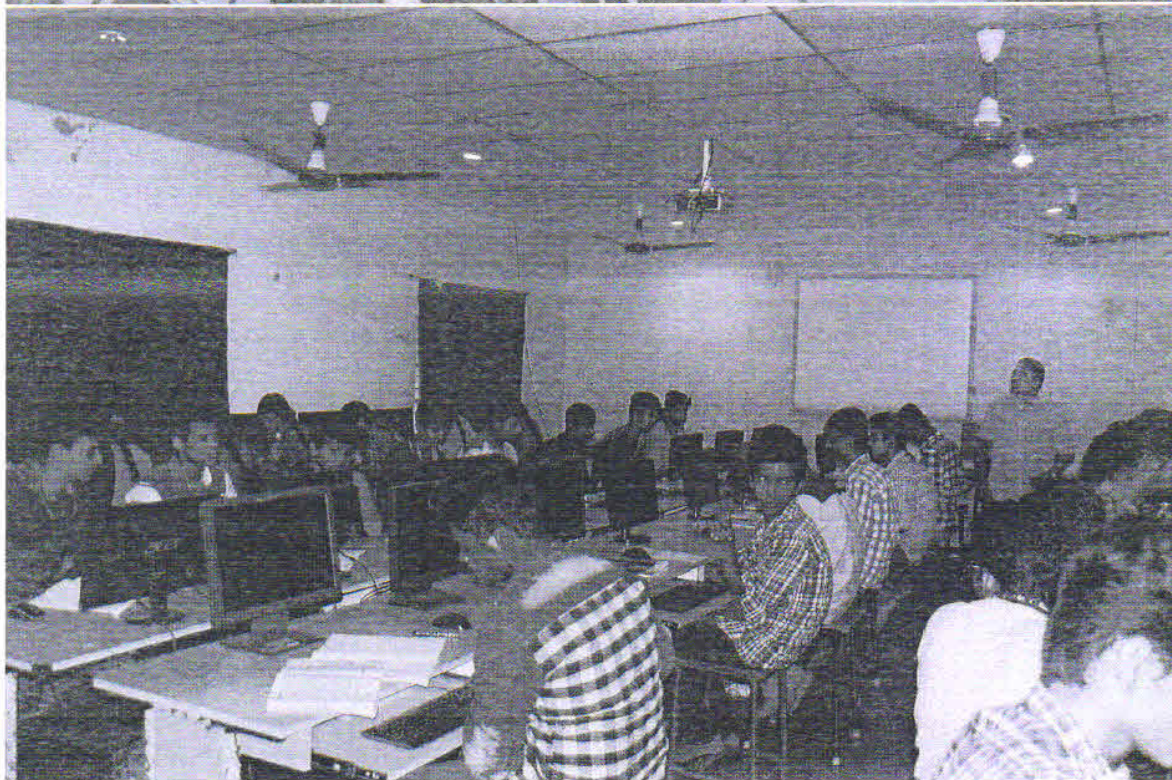
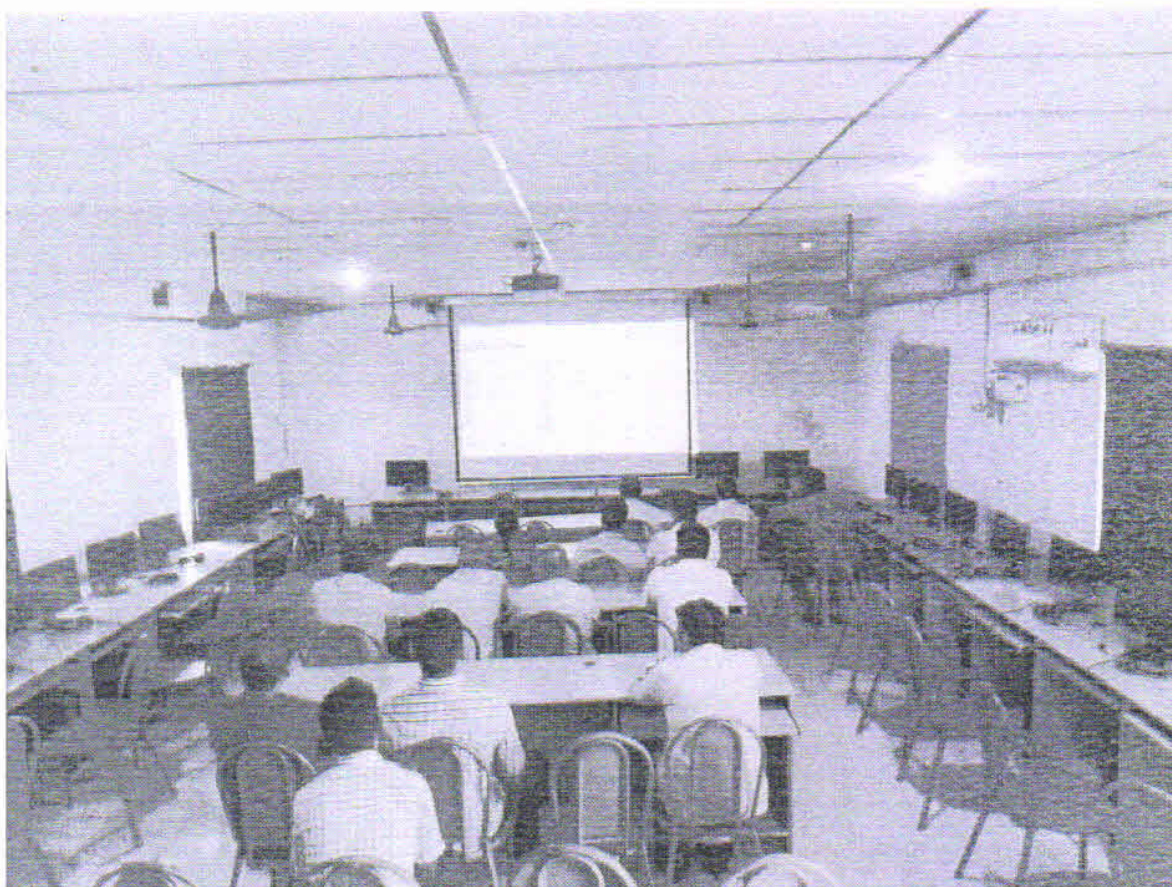
- To allot the physical education class of 1 hour/week in the general timetable for all students for all programmes
- Separate grounds for Girls to be constructed
- A physical director exclusively for girls to be appointed
- Indoor stadium for both Staff & Students to be constructed

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Computer Lab



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Srinivas
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Computer Lab



Madurai, Tamil Nadu, India

65, Kala Malai, Pasumalai, Madurai, Tamil Nadu 625004, India

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Long E 78° 4' 26.22"

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65, Kala Malai, Pasumalai, Madurai, Tamil Nadu 625004, India

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Madurai, Tamil Nadu, India

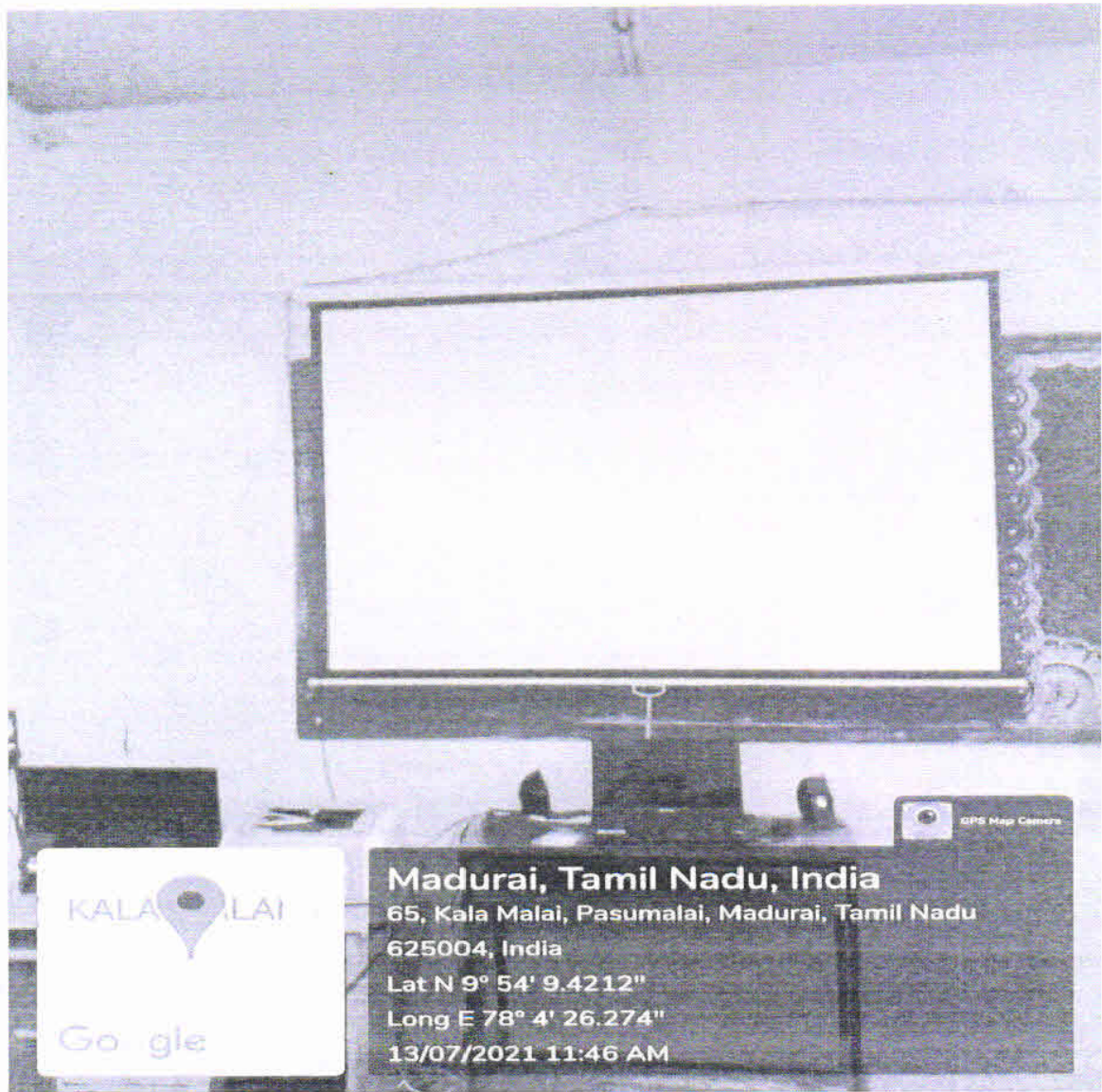
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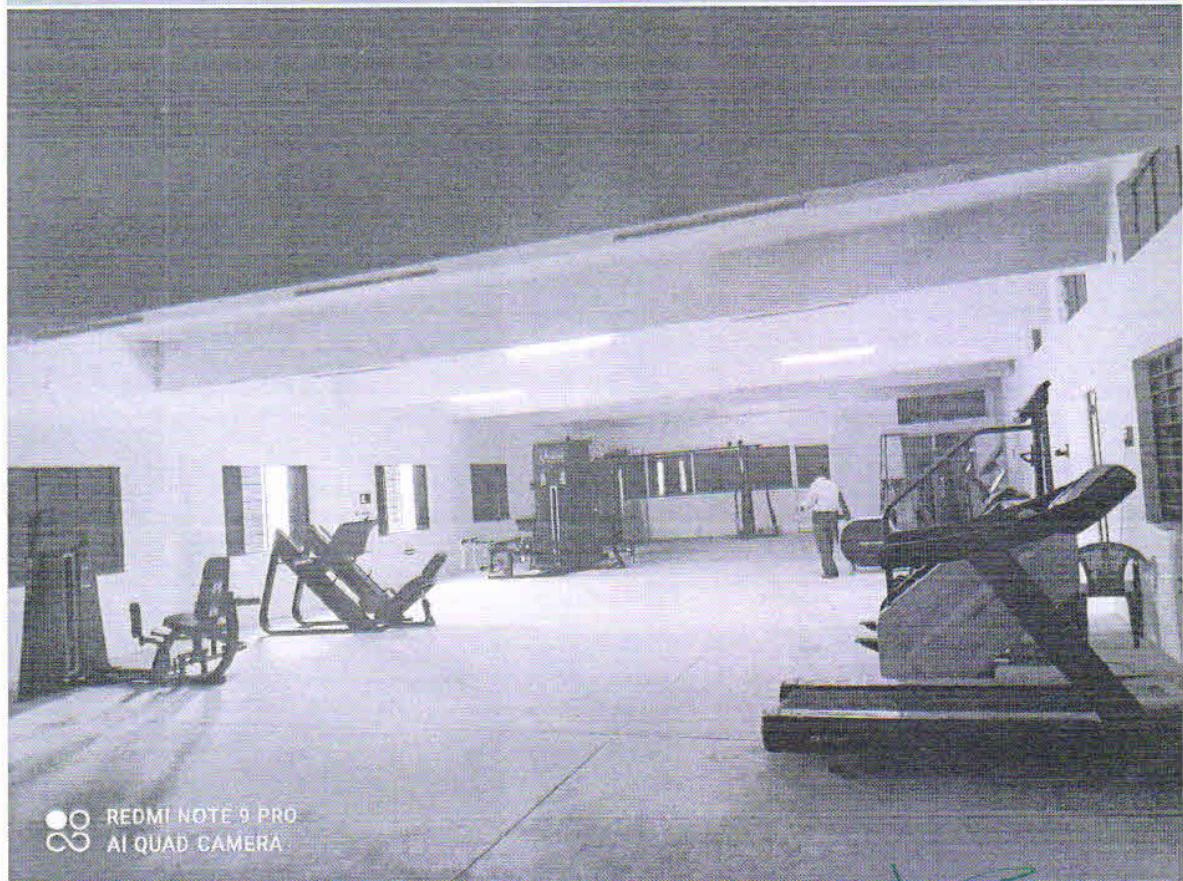
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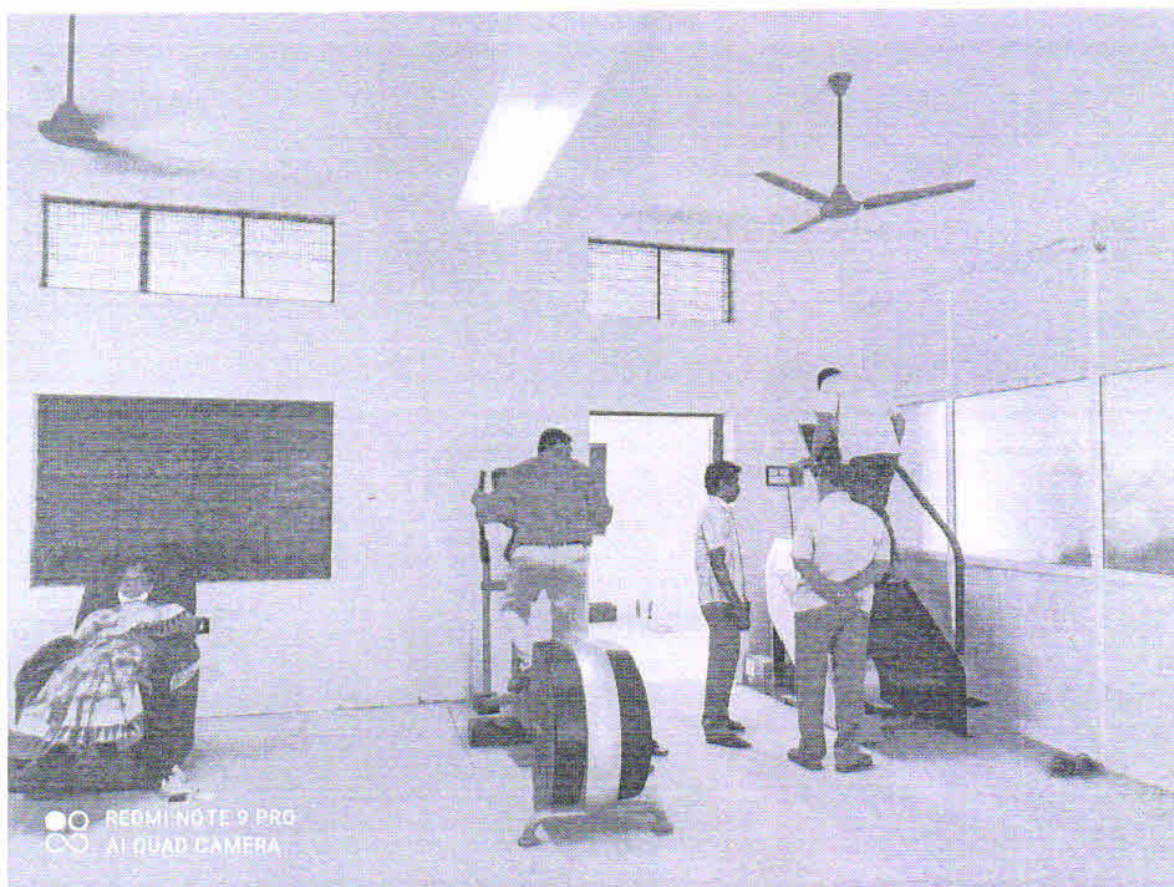


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SPORTS AND GYM



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