

Best Practice

Title of the Practice: Students Induction Programme

INTRODUCTION

Transition from school to college life is one of the most challenging events in a students' life. When new students enter an institution, they come with diverse thoughts, backgrounds and preparations. They come into a new unfamiliar environment, and many of them have little knowledge of a college. An important task, therefore, is to welcome new students to Higher Education and prepare them for their new role.

OBJECTIVES:

To provide scope and confidence to newly inducted students on Higher Education.

To brief the newly admitted students on the opportunities available in the institution to improve their career.

To make the fresh students familiar with infrastructure available in the institution.

To introduce Administrative Heads, HOD's and Department staff to the students and their parents.

To make the students familiar with the Rules and Regulations of the College.

CONTEXT:

Sourashtra College has been conducting Students Induction Programme (SIP) in the beginning of every academic year since 2019. Each induction programme is conducted for five days.

1st day: Orientation programme

2nd day to 5th day: Bridge Course

PRACTICE:

Students Induction could cover a number of different aspects (SAGE):
Socializing: meeting other new students, senior students, Lectures by Eminent People;

Associating: visits to Dept./Branch/ Programme of study & important places on campus and so on;

Governing: rules and regulations, student support etc;

Experiencing: Subject lectures, study skills, small-group activities, physical activity, creative and performing arts, literary activities, universal human values, etc.

The Student Induction Programme begins on the reopening day of the

College to the first year UG students. The students and parents are informed about the dates, venue and programme schedule well in advance. On their arrival in the college campus, they are directed to go to the venue by the designated volunteers. As per the fixed schedule the programme starts with the arrival of the Student's Induction Programme committee consisted of the Principal, SIP Co-ordinator, IQAC and NAAC Co-ordinators, HOD's, Club Coordinators and Office Superintendent. After the programme formalities are over, the committee members introduce themselves to the students and parents assembled in the venue and speak about their positions and functions in the administration towards running the institution smoothly.

Orientation Programme:

Followed by the introductory session, the orientation programme consists of few sessions are conducted. The orientation programme includes interaction between the Academic Deans, Controller of Examinations, IQAC Coordinator, HOD's, NCC, NSS officers, Club Coordinators, Director of Physical Education, Librarian on the one side and students on the other side and introduction of Department Staff to the parents.

After the Orientation programme, campus tour is organized in which the students accompanied by the respective HOD's are taken to all the areas of the campus. Such practice makes the students to acquaint with the various facilities available in the College and to get themselves attached to the higher educational environment.

Bridge course:

Bridge courses are short, focused learning programmes designed to help high school students enter higher education institutions. They are seen as introductory level courses and can range from one day to four days.

Bridge courses can be considered as supplementary knowledge that can be provided to students to impart basic knowledge in them about the advanced subjects that will be taught to them in the upcoming future.

The Essential and basics of 10 +2 level subjects are important to comprehend the subject with ease. Hence the bridge course is planned so that it turns into the piece of the educational program of twelfth Standard and degree programmes in Arts/Science/Commerce/Management

This course gives a superior progress stage to set themselves up before the beginning obviously for the primary semester. It helps to overcome any barrier between subjects learned at the pre-college level and subjects they would concentrate on degree classes. Bridge course goes about as a support for the new passage. Interactive and dynamic learning students will be

outfitted with information and certainty before the main year course. Bridge course is conducted by every Department.

EVIDENCE OF SUCCESS:

“First impression is the best impression”. Accordingly, the Students Induction Programme has given the hope to the students that they have been admitted in the best institution to shape their career. Parents are made to know the Academic potential of the faculties employed in the institution. A healthy relationship begins between the staff and the students on the one side and the staff and the parents on the other side. The students after the programme becomes confident in their required academic and administrative works.

Students Induction Programme (SIP) – Inauguration

STUDENTS INDUCTION PROGRAM REPORT FOR THE YEAR 2019-2020

Students Induction Programme (SIP) for first year students was successfully conducted by the SIP cell and IQAC in the college from 01.07.2019 to 05.07.2019. The inauguration function for SIP was held at New Auditorium, Sourashtra college, Madurai on 01.07.2019. IQAC co-ordinator Dr. K.R. Srinivasan welcomes all the students and dignitaries to the function. College Principal Dr. L.P. Ramalingam gave a presidential address and all the heads of the department felicitate the students. College rules and examination method was discussed by Dr. V.K. Vijayakumar, Dean for Academic affairs and Mr. N.H. Saravanan, Controller of Examination respectively. Nearly 600 first year students participated in this function. SIP co-ordinator Dr. M. Balaji gave a vote of thanks.

STUDENTS INDUCTION PROGRAM REPORT FOR THE YEAR 2020-2021

Students Induction Programme (SIP) was successfully conducted via online mode for fresher by the SIP cell and IQAC from 09.09.2020 to 12.09.2020 (four days). In the first day inaugural session Dr. K.R. Srinivasan, IQAC co-ordinator and Controller of Examination welcomes all the students and dignitaries to the function. Mr. N.H. Saravanan, Principal (i/c) gave a presidential address and all the heads of the department felicitate the students. College rules and examination method were discussed by Dr. V.K. Vijayakumar, Dean for Academic affairs and Dr. K.R. Srinivasan, Controller of Examination respectively. All the first-year students participated in this function. SIP co-ordinator Dr. M. Balaji gave a vote of thanks.

Students Induction Programme (SIP)

Report – (2021-2022)

Report:

Students Induction Programme (SIP) for first year students were successfully conducted by the SIP cell and IQAC in the college from 06.09.2021 to 09.09.2021 (four days). Due to the pandemic situation all the functions are held at their respective departments. Respected dignitaries Prof. N.H. Saravanan, Principal (i/c), Dr. T.D. Venkateswaran, IQAC co-ordinator, Dr. V.K. Vijayakumar, NAAC co-ordinator and Dr. J. Duraisamy, Deputy Controller of examination visited all the departments and welcome all the students. All the heads of the department felicitate the students. Campus visits for all the first-year students were planned in cyclic order to avoid the rush. Dr. M. Balaji, SIP co-ordinator organized the function.

BEST PRACTICES - YOGA for PHYSICAL & MENTAL FITNESS

1. Title of the Practice

YOGA for PHYSICAL & MENTAL FITNESS

2. Duration (year of inception-year of discontinuation)

In our College, we give importance to Physical & Mental growth of our students, both boys & girls through Yoga. Prof.K.V.Kannan of the Department of English was in-charge for Yoga Programme in our College. Our students were actively engaged in State/National level Yoga programme conducted by various Institutions from 2014 onwards.

3. Objectives of the Practice

In the world of yoga there are —Eight limbs path|| which helps in different aspects like coordination of body and mind and helps to create positivity of mind and help the body healthy and fit by which the functioning of the body improves. In today 's modern life various type of disease and deformity takes place most of the things takes place due to unbalanced food, & other. The mind is always wondering and being rebellious, never focusing on the moment. It is the mind job to think, it is relentlessly interpreting everything. That is seen, perceived and experienced and this pattern of habit goes through change to behaviour and attitude. Many people who practice yoga do so to maintain their health and well-being, improve physical fitness, relieve stress, and enhance quality of life. In addition, they may be addressing specific health conditions, such as back pain, neck pain, arthritis, and anxiety.

4. The Context

Yoga is a discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga leads to a perfect harmony between mind and body, man and nature, individual consciousness and universal consciousness. Yoga helps to build up psycho-physiological health, emotional harmony; and manage daily stress and its consequences. Yoga is also useful in conditions where stress is believed to play a role. Various yogic practices such as Yogasanas, Pranayama, Dhyana (meditation), cleansing

and relaxation practices etc. are known help modulate the physiological response to stressors. Several randomized controlled studies have shown the efficacy of Yogic practices in management of non-communicable diseases like hypertension, Chronic Obstructive Pulmonary disease (COPD), bronchial asthma, diabetes, sleep disorders, depression, obesity, etc. that can be comorbid conditions in patients with COVID 19. Yoga has also been shown to be useful in vulnerable population such as elderly, children. The function of the immune system is critical in the human response to infectious disease. A growing body of evidence identifies stress as a cofactor in infectious disease susceptibility and outcomes

5. The Practice

Daily 45 minutes YOGA Practice starts with prayer loosening practice like neck bending, shoulder movement, trunk movement and knee movement practices were performed some 6 to 8 minutes.

Yoga practices and asanas performed in standing posture for the period of 15 minutes. Next 20minutes asanas performed while lying on the stomach and while lying on the back.

6. Evidence of Success

The following report shows various Yoga activities/competitions participated by our College students under the guidance of our Yoga Master Prof.K.V.Kannan.

ACTIVITY-1:

The 44th State level Open Yoga Sports Championship held on 24.08.2014 at Aauthor in Thoothukudi District. A team of five students participated in the Competition and three of our students brought laurel to our College from various groups of yogasanas. They are:1. A.Ajithkumar (III—B.A., English),I prize in Standing category, 2.R.S.Abirama Shankari (II—B.Com., 'A'), II prize in Twisted category, 3.R.S.Sakthi Sridevi (II—B.Sc., Comp.Sci.),II prize in Backward category.

1. Our College team received the Shield from the Chief Guest.
2. Prof.K.V.Kannan received Jury shield from the Yoga Association Secretary.
3. & 4. R.S.Sakthi and K.Meenakshi are performing asanas.

ACTIVITY-2:

The 15th Tamil Nadu Yoga Ranking Championship was held on 21st February 2015 in Palani. 10 students from our College participated in this Competition. There were totally five colleges from various districts participated in the competition. Our college won the Runners-up Shield and our students won Gold, Silver and Bronze medals in different categories. The winners are: 1. R.K.Sharmila (I-B.Sc., Che.),Gold Medal in A+ Ranking category, 2.K.R.Rani (II – B.Sc., Che.), I prize in Backward category, 3.B.B.Ram Prasanna (III – B.Sc., Mat),I prize in Twisted category, 4.K.D.Ananthan (II- B.Com., 'A'),I prize in Forward

category,5.R.S.Abirama Shankari (II – B.Com., ‘A’),II prize in Forward category,6. E.Manju Tharani (II – B.Sc., Che.),III prize in Twisted category.

ACTIVITY-3:

THE REPORT OF STATE LEVEL YOGA COMPETITION

&

THE SELECTION FOR NATIONAL LEVEL YOGA COMPETITION

“Tamil Nadu Open Yoga Sports Championship” organized by Ekadhma Yoga Visva Vidyalaya conducted the 49th State level Yoga Competition at Aauthoor in Thoothukudi District on 29th August 2015. A number of college students participated in the competition and among them Four of Sourashtra College Students came out with flying colours. The name lists of the Winners are: 1.A.Santosh Kumar (III-B.A., English),I prize in Balancing group of asanas, 2. K.R.Rani (III-B.Sc., Che.),I prize in Common group of asanas,3.E.Manju Tharani (III-B.Sc., Che.),I prize in Forward group of asanas,4.K.D.Ananthan (III-B.Com., ‘A’),II prize in Twisted group of asanas,5. R.K.Sharmila (I-B.Sc., Che.),II prize in Standing group of asanas.

Apart from the victory of the State level competition, the above-mentioned winners are unanimously selected and eligible to participate in the National level Yoga Competition under 20 years age category to represent Tamil Nadu Team and hope one among these students would fetch laurel to our college.

1. The selected Tamil Nadu National team participants with the Names and Shield.
2. Our student A. Santhoskumar is doing asana during National selection.

ACTIVITY-4:

On 20.02.2016, Tamil Nadu Yoga Sports Development Association organized the “37th Tamil Nadu Yoga Sports Championship” in Palani. There were 12 students were participated in the competition on behalf of Sourashtra College. Nearly 6 students won prizes in several groups. They were all fresher to Yoga and the first time came for the State level Yoga Competition. The list of medal winners are 1.C.Prabhakaran (II-M.A., English),I prize in the Balancing group, 2.M.Anathi (I-B.C.S.),I prize in the Standing group, 3.P.Meenakshi (III-B.Sc., Phy.),I prize in the Twisted group,4. M.Mahalakshmi (III-B.Sc., Phy.),II prize in the Standing group, 5, T.K.Jothipriya (III-B.Sc., Phy.),II prize in the Common group, 6. K.K.Hindhumathi (III-B.Sc., Phy.), III prize in the Forward group

ACTIVITY-5:

THE REPORT OF INTERNATIONAL YOGA DAY CELEBRATION

A circular from Registrar, M.K.University dated 13.10.2016 along with a letter of Governor’s Secretariat; Raj Bhavan insisted that all the Educational Institutions in Tamil Nadu on 21st of June 2016 would be celebrated as INTERNATIONAL YOGA DAY. Accordingly, our College arranged a Yoga session in Silver Jubilee Hall. Prof.K.V.KANNAN, Dept., of English, organized a Theory-cum-Practical class of Yogasana for our College Students. Around 100 students of Girls were attended the morning Yoga class from 10:00 to 11:00 a.m., and at noon 12:00 to 1:00 p.m., 100 boys practiced Yogasanas and Pranayama (Breathing

Exercise). The yogasanas were demonstrated by the senior practitioners of our College Students A. SANTOSH KUMAR, I-M.A., Eng. Lit., K.D. ANANTHAN, III-B.Com., 'A' and K.R. RANI, III-B.Sc., Che. Students reported at the end of each session that they enjoyed and realized the power of Yoga.

The above photos are "Yoga Day Celebration" in our College at Silver Jubilee Hall.

ACTIVITY-6:

YOGA COMPETITION – REPORT

"Ekadhma Yoga Visva Vidyalaya Association" conducted the First State Level Yoga Championship at Aauthoor in Tiruchendur, on 27th August 2016. Only 5 students were participated in the Competition and all the five contestants won Prizes. The prize winners are: 1.N.V.Shobana (II-B.Sc., CS),I prize in Forward category, 2.S.Sharmila (II-BCS),I prize in Backward category, 3.M.B.Selvakumar (III-B.Sc., Phy.),I prize in Common category, 4. R.C.Sasidevi (II-BBA.), III prize in Common category,5. S.Krishnan (II-M.A., English),III prize in Standing category

ACTIVITY-7:

YOGA DAY (21.06.2017) CELEBRATION -- REPORT

Dean In-charge of Madurai Kamaraj University sent a Circular dated 19.06.2017 to celebrate Yoga Day on 21.06.2017 in our College premises, as per the instruction that he received from UGC. Hence, along with the students this year NSS volunteers also joined in the Yoga session. The yoga class was organized by Prof. K.V.Kannan of English Department at 11:00a.m., for Girls and at 1:00p.m., for Boys. Our College Principal Dr. N.P.Ramalingam inaugurated the session. He addressed the students about the power of tolerance that he gained from Yoga among his hectic schedules. Prof.Jeevapriya, Prof.Shanthi, Prof.M.P.Ganeshan and Prof.S.Balaji assisted our students during Yoga class.

ACTIVITY-8:

REPORT: ONE DAY YOGA SESSION FOR BOYS

The Department of English organized a One-day Yoga introductory session on "Yoga for Sound Mind" to I and II-year UG boys on 30.09.2017 at MCA hall. Dr.M.R.Rashila, the Head of Department inaugurated the session. K.V.Kannan, Asst. Prof. of English, conducted the theory and practical classes. He gave instructions to the students on how to breathe systematically to be energetic throughout the day. He made the students to do the same and the students attended the session. Asst. Prof. T.K.Sivakumar assisted the session to conduct successfully.

ACTIVITY-9:

EXTENSION ACTIVITY: YOGA

Our College has adopted N.K.Kuppian Middle School at Kaithari Nagar, Madurai. In order to extend our helping hands to this school, our college Extension Activity Co-ordinators Dr.E.B.Gnaneshwaran, Department of Commerce and Prof. M.G.Ramprasath, Department of English, organized 2 hours Yoga class for 6th, 7th and 8th Std., students of Kuppian School.

On 19th January 2018, Prof. K.V.Kannan, Department of English, conducted Yoga class for 2 hours at Kuppian school for all 6th, 7th and 8th Std., students of both boys and girls. They were around 120 students attended this class and they learned a lot of new asanas like, Rabbit posture, Tortoise, Cat, Dog, Fish, Locust, Butterfly poses etc., in an interesting and funny way. All the students enjoyed and benefited a lot from this class.

ACTIVITY-10:

REPORT : ONE DAY YOGA SESSION FOR GIRLS

Department of English organized One day Yoga training for I and II year girl students on the topic of “YOGA FOR SOUND MIND” on 05.02.2018 at MCA hall from 10:00 a.m., to 11:30 a.m., Totally, 46 girls came and attended this class. The session is inaugurated by the Head, Department of English, Dr.M.R.Rashila with a prayer and followed by her speech on the necessity of doing Yogasanas and Breathing exercise. Prof.K.V.Kannan continued the class with warm-up exercises and it is followed by the alternate breathing techniques, the way how we breathe and how we should not breathe. Girl students clarified their doubts with regard to the pimples and eye-sight. They felt the power of proper breathing and requested to continue the class till the end of this semester.

ACTIVITY-11:

STATE YOGA COMPETITION -- REPORT

Tamil Nadu Yoga Sports Development Association conducted State level Yoga competition on 17.02.2018 at Akshaya Academy in Palani. Eight students from our College participated in this Competition. Among them, 3 boys and 1 girl brought laurels to our College. The winners are: 1.N.Raja Prabhu,II-B.A., Eng. Lit., won I prize in Hand Balancing Asanas, 2. K.B.Harishkumar, II-B.A., Eng. Lit., won II prize in Common Category, 3. K.V.Karthikumar, II-B.A., Eng. Lit., won III prize in Common Categorie,4. M.Anandhi, II-B.Com.,CS won I prize in Twisted Posture.