

Best Practice – I

Title: Institutional Healthy Green Lifestyle

Objectives:

To focus on healthy green lifestyle.

To teach the students the importance of the healthy environment.

To plant trees for fresh air.

Context:

A number of trees are planted on campus. Nature is a God-given treasure to be prized and cherished by mankind. The rich green trees besides being a feast to the eyes are also the basis of life – for food, fuel and fodder. Life in this world is intertwined with nature – the plant kingdom. In short trees could be aptly called green gold. Trees are a bridge between man and nature. They help man live in harmony with the environment. The largest and tallest living things are trees. The more the trees, the richer the oxygen in the atmosphere. Hence, they enrich the air that human beings breathe.

Practice:

Caring for the environment is part of being a good citizen. Every little act of ours could save the earth. Today's young people are tomorrow's citizens, responsible for the healthy growth of the society. It is very essential to equip the young students with better knowledge, attitudes and values. The Eco Club in the institution focuses on clean environment. It is started with a vision of creating environmental awareness among the students.

Think globally and act globally. The institution does many environmental activities such as tree planting and fencing rare plants. The institution has a big lush green garden and it has around two hundred species of plants including herbs, shrubs and big trees. Almost thirty varieties of medicinal plants are planted in the Herbal Garden. Six hundred and eleven trees are strategically placed on the premises. The institution has grown fruit bearing trees. When the trees come to fruition, they make a healthy profit. The fruits are plucked and sold for the staff members for a good profit.

A congenial learning environment is provided for the students. The institution is beautifully situated in a quiet and peaceful spot. The trees provide shade for the students. During the free time the students sit down in the shade of the trees. They breathe in fresh air. Morning and evening the gardeners' water the plants, weeds are taken out from the ground.

Green Environment Awareness programme is conducted and the students come to understand the importance of an eco-friendly green environment, World Water Day celebration invites to promote awareness of the importance and significance of water and the need to conserve the water resources and to save water for the future generation. Being more concerned about the students' welfare, an Overhead water tank is constructed and purified RO water is supplied all day and the waste water from the RO plant is used for watering the plants and the trees in the premises.

Not wasting the rainwater, through six rainwater harvesting plants, the water that has fallen

as rain is saved to increase the groundwater level and to preserve the magic liquid during the time of inadequacy of resources on the campus.

The laboratories are spacious with outlet for exhaust fumes. They are large and with plenty of space for the students to move around in. They have been cleaned and aired. They have a lot of space inside that allows good natural light and fresh air to come in. There is a special underground drainage system in the chemistry laboratory to dispose the effluent-liquid waste through sewage disposal. Students are taught to abolish the use of harmful plastic products and switch on eco-friendly materials.

Evidence of Success:

The large number of trees on the campus oxygenate the whole atmosphere and so the students breathe in fresh air.

Distribution of saplings have given a craving for the students to plant flowering plants and trees in their residing places.

There is a big change in their lifestyle.

Problems encountered:

There has been below average rainfall in the southern part and so the institution supplies water to the trees and plants through borewell water. Whether there is rain or sun, the institution is very particular about maintaining the large number of trees and plants. The well-tended garden and the trees provide cool and shady atmosphere to the institution.

Best Practice – II

Title: Preparing Rural Sportspersons for New Heights

Objectives:

To prepare the rural sportspersons to reach great heights

To train the rural students to be on a par with the students who come from a privileged background

To make the rural students enjoy all the benefits and privileges

Context:

The institution is situated in the rural area and it is easily accessible to the youth of the villages in the southern parts of Thoothukudi District. Having good mental and physical health, the students from the rural area enter into the institution. The young, fresh-faced students have a strong desire to achieve the highest position and they have a thirst to get the most important rank. They are energetic, talented and committed. They are willing to work hard and so the youthful energy should be utilized. With a talent like this, the sky is the limit. The institution is for the students and it functions round the clock for the students welfare. The young students ask for the moon and the institution channels the youthful enthusiasm into sports and games.

Practice:

Sports and games play a major role in keeping a person fit and fine. Education without sports is incomplete. The aim of education is the overall development of the personality of man. Sports students have a great future ahead of them. A career as a player requires one hundred per cent commitment.

The institution is very particular about the coaching session and the training period and so every morning the students have two hours tough training session. Every minute in the ground meant for practice is very valuable and so it is their duty to do the practice with more sincerity and commitment. The students after the heavy warm up and the tight schedule, they come to attend the classes. Sports students are always playing a dual role. In the ground they are hardworking sportsmen and sportswomen. Inside the classroom they are disciplined, aspiring and dashing sports personalities. Women students are also greatly encouraged to participate in sports and games. Girl students are given every encouragement to try something new.

Sports students feel a strong sense of responsibility towards their institution. The institution advises and instructs the sports students not to take part in any political or communal activities that would impede and hamper their progress and their great future.

Sports and games improve the students' capability and efficiency. Sports students are skilled and competent to do things well. The budding players have physical strength but technically they are poor. The more they are familiar with the technique, the more they will excel. The institution teaches all the skills needed for the sports. The rural students are well trained and they become technically accomplished.

Evidence of Success:

The rural students become aspiring and dashing sports personalities.

The unknown sportspersons are in the limelight.

Sports students have upgraded to IPS level.

Sports persons can face any challenge in their future life.

Problems encountered:

When the rural students get admitted in the institution, they are very innocent and inexperienced. They never express themselves and they are very shy. They eschew and avoid social activities. This is the biggest problem because when the call is given, when they are requested to represent the college sports team, they will sit as silent spectators. Even though they are highly talented, the fear and the sense of inferiority will push them out. So, it is the toughest duty of the Physical Director to visit all the classrooms and motivate the students. Then only they come out of their shell. They become less shy and more confident. They are comfortable and relaxed. They give the greatest performance and the winning and impressive performance will take the institution to great heights.