



A.V.V.M. Sri Pushpam College (Autonomous)

Poondi– 613 503, Thanjavur-Dt, Tamilnadu

(Affiliated to Bharathidasan University, Tiruchirappalli – 620 024)

Best Practices

Best Practice – I

1. Title of the practice

Pushpam's Full Bloom

2. Objectives of the practice

A.V.V.M. Sri Pushpam College has been steadily marching ahead since its inception focusing on the overall growth of students, sustaining its core value of service, integrity, and discipline. The institution strives to make the students with healthy mind and healthy body. As mere bookish knowledge is not adequate to forge the students to encounter the survival challenges posed by the social life, the college adopts a value based learning process for holistic development with the following objectives.

- To transform the students physically fit, mentally alert and emotionally balanced.
- To integrate yoga, meditation, sports and cultural activities for the comprehensive educational experience.
- To train the students to adapt themselves for the changing environment and social scenario.
- To fill the gap between professional knowledge and social life.
- To enable the students to obtain will power and mental strength through meditation utilizing the facility that the campus provides as an integral part of education
- To develop the personality of the students in terms of intellectual, physical and mental wellbeing.
- To make the budding students blossom into complete citizens.

3. The Context

Every year thousands of students enroll in this higher education institution situated in a remote rural area of which most of them come from poor economic background and as first generation learners. Hence, this institution aims to bring out their latent talents, to impart life skills and send them as full bloom. All the programs are designed to support the students even beyond their classroom and target to strengthen their **intellectual, physical and mental fitness** in the prevailing digital era that is laden with distractions due to the negative impacts of social media.

Students' physical and mental fitness are challenged in recent times owing to the continuous exposure to the unrestrained social media. Therefore, sports, yoga and meditation have been the hallmark activities which are recognized as one among the best practices of the institution by the internal and external stakeholders. The institution believes that sports are indispensable constituent of the holistic education and it helps the students to develop social relationship, leadership quality and above all, the traits of a well-trained personality.

4.The Practice

Intellectual fitness

The institution conducts association meeting in each department to upgrade leadership skills of the students. Activities such as quiz, essay writing, elocution, debates, group discussions etc., are held in order to hone the intellectual skill of the students.

Library

A well-resourced library with nearly one lakh books excluding periodicals, back volumes and copious e- sources facilitates intellectual faculty of the students. The college has mandated library hours for all the students, and recognizes the student, who optimizes the use of library, with the **Best Library User** award every year during the college day celebration.

Physical Fitness

The college ardently committed to promote sports and games with an objective to prepare highly competent and skilled sports personalities and to create civilized and dignified students who value health and fitness and sustain them lifelong. The physical facilities such as the sprawling playground, athletics tracks and exclusive courts for games, well-equipped gymnasium, indoor stadium and UGC funded sportsman hostel enable the students to participate in several athletic sports events all over the nation. A grand **state level intercollegiate A.Veeriya Vandayar Memorial Tournament** is conducted every year in memory of the founding father, which includes the participants from all age group. A state level A. Krishnasamy Vandayar Tennis Tournament is open for all. In 2020, the college organized a state level veteran sports meet in the campus which served the purpose of institutions' commitment to promote the physical health of the major stakeholders.

Mental fitness

To develop mental strength, yoga is a valuable practice followed since India's ancient period. It embodies a holistic approach to health and well-being. Regular yoga classes are arranged for all the students with a qualified yoga master.

A distinctive cultural event, **Pushpamala** is conducted every year with a view to nourish the creative potentialities of the students. All the events are deliberately designed to sensitize the students on human values, national integrity, social responsibility and etiquette.

Spiritual fitness

Pranayama (breathing exercise) for five minutes every day before the commencement of classes is strictly implemented for creating a disciplined value system in the learners. The serene quiet interior of **Dhyana Mandapam** amidst the green cover of the Herbal Garden provides the students, staff and visitors a conducive atmosphere to meditate.

Nature as Teacher

Above all, the green campus with different varieties of trees provides a splendid ambience and plays the role of a teacher who facilitates the students with social values.

The books and videos on yoga and meditation brought out by our secretary and correspondent who is an eminent personality guide the students and the staff members to be responsible global citizens.

5. Evidence of success

- Prevalence of ragging-free campus, self-disciplined students, protest-free campus and gender amity with zero harassment environment
- Cases of academic malpractice are in declining every year.
- Increase in the users of library annually.
- Increase in the students' participation in seminars and conferences.
- Students' participation in cultural events to exhibit their talents is on the rise.
- Enthusiastic participation in national level sports meets.
- Students volunteering for social service.
- The institution has produced scores of prestigious alumni who are eminent personalities all over the world.

6. Problems Encountered and Resources Required

- Difficulty involved in accessing the campus as it is 1 km away from National Highways (NH-67)
 - Need for more financial assistance to provide sports equipment to the students who come from poor socio-economic backgrounds
 - Generally, rural students lack communication skill as most of them are first generation learners. To address this issue, additional language laboratories are required to provide soft skill training.

Best Practice – II

1. Title of the practice

Academic outreach and inclusiveness

2. Objective of the Practice

The institution is steadfastly committed to expand and validate the dissemination of knowledge beyond the campus by including multiple external clienteles. The external community is heterogeneous which includes school students, common public, self-help group women, agriculturists, entrepreneurs etc.

The institution frames objectives towards

- Offering On and Off campus education to non-stakeholders and dealing knowledge imparting as a community development strategy.
- Enabling the institution to be interlaced in the fabric of the society in order to explore its needs and resources.
- Extending the expertise and knowledge resources to the underprivileged who have least access to the same otherwise.

3. The Context

In consonance with the Gandhian thought which the institution has traditional affiliation “True education must correspond to the surrounding circumstances”, the institution finds it a moral obligation to impart knowledge to the off campus masses utilizing institution’s infrastructure, expertise, workforce, resources and research potentials. These outreach and inclusivity is not bound with one dimension but encompassing multidisciplinary activities involving science and technology, agriculture, self-help group, entrepreneurship, sports and cultural. The former president A.P.J.Abdul Kalam initiated a seminal drive by inaugurating his dream project “Providing Urban-amenities to Rural Areas (PURA)” in the college in 2006. In accordance with the inclusivity mission, the institution is constantly implementing the activities such as ISRO space exhibition for school children, Young Student Scientist Programme (YSSP) for aspiring students of class IX, mushroom cultivation technology to novice entrepreneurs, awareness programmes in the context of human rights, financial literacy to self-help group, agricultural opportunities to farmers and common public.

4. The Practice

ISRO Field Exhibition

With an ardent effort and enthusiasm, the college jointly organized a field exhibition with ISRO, propulsion complex, Mahendragiri, to provide the students community and the general public with the knowledge on the achievements of the Indian space science. The display of the state-of-the-art facilities and entire range of activities including satellite

launch vehicle, space application models were housed in the vast stretch of the college ground. A vast number of school students were benefited by this opportunity to know about the space science and aspired with new career goals in space science.

Entrepreneur Development Cell(EDC)

EDC epitomizes the ideology of academic transcendence and inclusivity and keenly embarks on the mission of divergent dissemination of knowledge resources to the benefit of self-help group, non-government organization members, entrepreneurs, farmers and general public. EDC accomplishes this lofty mission of inclusivity by conducting programmes and publishing the invitations in the social media and ensuring the participation of the target beneficiaries. EDC conducts programs in collaboration with various government bodies like Marine Products Export Development Authority, Indian Counsel for Social Science Research, Securities and Exchange Board of India, Ministry of Women and Child Development etc. Besides, EDC offers a platform to the Self Help Group federation for the exhibition and sale of their products. Common public around the institution eagerly volunteered to participate in a day-long training program sponsored by National Human Rights Commission (NHRC).

Young Student Scientist Programme (YSSP)

Under the auspices of Tamil Nadu State Council for Science and Technology, the college has been organizing YSSP utilizing the academic resources of the institution since 1995. The key objective of the programme is to enrich the impressionable mind with the science knowledge, analytical and research aptitude. The institution facilitates school students to take part in an extensive training programme for 15 days during summer vacation by inviting high-profile faculty members as resource persons.

Unnat Bharat Abiyan(UBA)

As an inclusive knowledge unit, the college is privileged to participate in UBA, which best suits the institution's academic inclusive ideology. Since the inception of the UBA, the institution caters to the rural societal needs with the resource capacity of the college. Engaging themselves in fieldwork, interaction and investigation, the dedicated faculty members and students enable the rural community gain access to knowledge resources of the college to fulfill their basic amenities.

Hands on training on mushroom cultivation

Department of Botany and Microbiology promotes the income generation among the rural households in the surrounding villages and volunteers by conducting awareness campaign about the prospects and opportunities in mushroom cultivation and also giving hands on training on mushroom cultivation.

5. Evidence of Success

In the YSSP, the students gained elaborate insights in science subjects. In an hour-long live broadcast in Rainbow FM 102.1, All India Radio, Trichy, students expressed in the feedback that the programme was the most rewarding experience that gave motivation and aptitude for research.

The ISRO field exhibition drawn 25 thousand of school children from far flung parts around the district and instilled new perspectives, technical insights, and aspiration in their mind as they highlighted in their feedback.

The beneficiaries of mushroom cultivating training programmes evolve as entrepreneurs and establish their own farms and sell the produce in and around the college and subsequently earn money and moral support.

The adopted villages of UBA are provided with the guidance and counseling on the basis of the requirement analysis on solid waste management, recreation of water storage and other developmental plans such as road facility, electric post facility, basic amenities in primary and middle schools and awareness about child protection.

As an evidence of success of EDC's dynamic outreach activities, the domain enjoys proud privilege of being the only institution in Tamil Nadu authorised by the Ministry of Women and Child Development to conduct Gender Equity Programmes throughout the state.

6. Problems Encountered and Resources Required

- Unalterable academic schedules and curricular plans pose minor challenges to execute the intended agenda of outreaching on time.
- Designing innovative scholarly activities on par with traditional activities of teaching and research is an uneasy task.
- As these academic outreach activities are manifold, arranging a task force for galvanizing is a little uneasy.
- The location of the institution is in outskirts and hence the urban populace could not be drawn for the inclusivity.
- The lofty mission of the knowledge transmission is achieved by the tailored educational service and the dedication of the staff and motivation of the administrators surmounting all the challenges.