

## **7.2.1 Describe at least two institutional best practices**

### **BEST PRACTICE I**

#### **1.TITLE OF THE PRACTICE**

**BOOK READING COMPETITION**

#### **2.OBJECTIVES OF THE PRACTICE**

To make the students develop the practice of reading books, journals and periodicals in general and select literature in particular at their own pace.

#### **3. NEED ADDRESSED AND THE CONTEXT**

It is noted that the habit of reading books beyond the syllabus has been on the decline amongst the student community. The Principal and the members of the library committee suggested a novel idea of book reading competition which would be an excellent stimulus to activate book reading habit. The ultimate aim is to encourage the students to read select literature at their own pace.

#### **4. THE PRACTICE**

The library committee and experts team constituted by the Principal selected a set of 25 books which include the biography of great personalities, autobiographies and motivational works. Students are motivated to participate in the competition. The enrolled students were supplied the selected books for reading. The views of individual readers of each book are recorded in writing. The winners are appreciated in a function and given cash prizes. This practice helps to nurture and develop reading habit and also to get the ability to summarize the books and review them.

## **5. EVIDENCE OF SUCCESS**

The very fact that the students participated in the competition enthusiastically and the issue of books in the library increased substantially reflects the success of the program.

## **BEST PRACTICE II**

### **1. TITLE OF THE PRACTICE**

**PHYSICAL FITNESS AND SELF-DEFENCE PROGRAM**

### **2. OBJECTIVES OF THE PRACTICE**

1. To empower women and to enable them to defend against any type of physical assault.

2. To build self confidence so that they can contribute meaningfully to their own development, shape their own destiny and capacity enhancement through self defence training.

### **3. THE CONTEXT**

The Physical Director of the college organized the training for self defence and fitness for the girls. The interested students are encouraged to attend the self defence and fitness training. An MoU was signed with Goju-Isshin Kai Karate De Federation, the trainer institute to give training to our students in self defence and fitness.

### **4. THE PRACTICE**

The interested students attended the training for self defence and physical fitness in the college campus for one year. The proper attendance was

maintained for this training programme. Dr.H.Balachandar Black Belt, Japan, founder of all Goju-Isshin Kai Karate De Federation, conducted the training with a trainer Ms.J.Anitha. Students were trained in batches of 150 each. Finally the students were given certificates by the foundation.

## **5. EVIDENCE OF SUCCESS**

The students participated in the program with great interest, as they understood the importance of self defence and physical fitness. They got confidence that they could protect themselves and it reflects the success of the program.