

## Best Practice 1

2021-22

### Title of the practice- Continuum: Back to Campus.

#### **The context that required the initiation of the practice (100 – 120 words):**

An institution is not only for the accumulation and transfer of knowledge, but also an important social networking centre that develops and maintains cooperation with a wide range of stakeholders.

NSS College Nemmara, situated in a highly rural area of Palakkad district, aims at providing its students with support and mentorship as they commence their journey towards a fulfilling career. A little guidance from someone who had once been in their shoes might be just what they need to get started in the right direction. An active and engaged alumni through their support of students provide access to professional skills and opportunities.

#### **Objectives of the practice (50 – 60 words):**

The main objective of this practice is to help students in their choice of career and job by choosing the right subjects, and guiding and mentoring them based on the students' particular interests and strengths.

Involvement in student centric activities as speakers, provide resources, and for creating special interest groups based on their academic discipline.

#### **The Practice (250 – 300 words).**

First of all, for effective implementation of this scheme, individual student's life aspirations and interests are discovered through one-to-one and group sessions.

Then our alumni volunteers are invited to develop mutually beneficial relationship with current students that helps them gain confidence, clarity and awareness, expand knowledge and encounter new opportunities. A good number of leads come from alumni on higher education opportunities as well as recruitment processes of various companies when they go for talent acquisition.

Then we arrange sessions according to planned time schedule by facilitating the interaction between alumni and current students, which could develop into a sustainable and productive faculty-alumni-student relationship. This initiative deepens and broadens campus culture, enriches learning environment, and helps in campus-to-life transition.

#### **Obstacles faced if any and strategies adopted to overcome them (150 – 200 words):**

The main obstacle faced is scheduling the sessions according to the alumni time constraints. A busy work life gives less time for the alumni to engage with the institution and its students to provide current inputs in the job industry.

  
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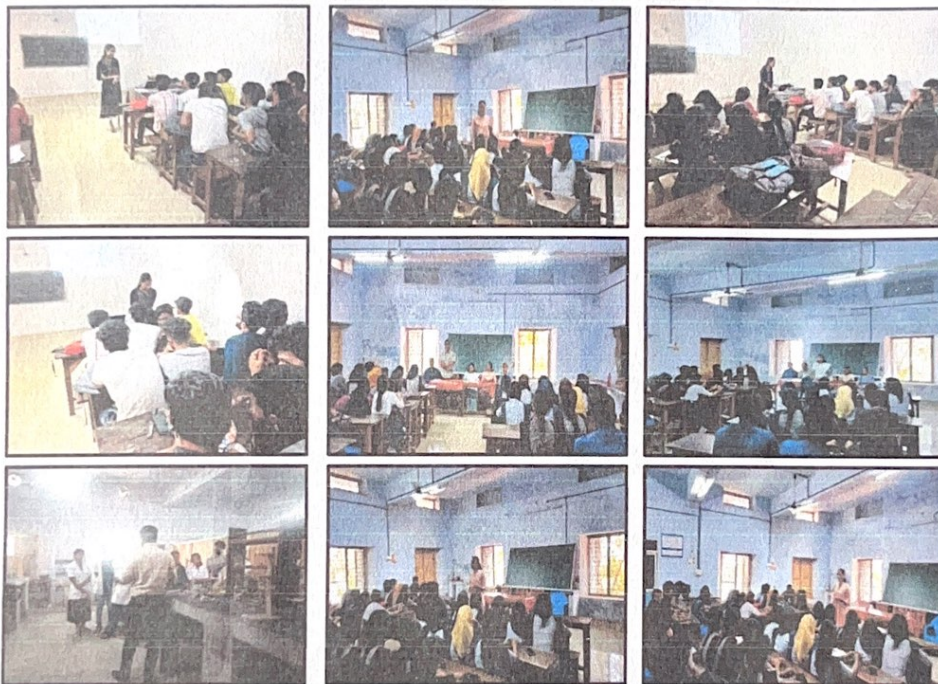
**Impact of the practice (100 – 120 words).**

Interaction between alumni and current students, developed a sustainable and productive alumni-student mentor relationship.

Alumni sessions where they explained the challenges faced by them during their entrepreneurial journey served to better acquaint and orient the students towards their chosen career.

Encouraged students to try new techniques, expand their skills, and discuss their ideas, even those they fear might seem naive or unworkable.

**Resources required:** The major resources required for this practise are Alumni Association, National service Scheme, National cadet corps, IQAC.





## Best Practice 2

2021-22

### Title of the practice- Active Living: Institution and Social Responsibility

#### **The context that required the initiation of the practice (100 – 120 words):**

Physical activity is an essential component of any strategy that aims to address the problems of sedentary living and obesity among children and adults. Active living not only contributes to individual, physical, and mental health but also to social cohesion and community well-being. Opportunities for being physically active are not limited to sports and organized recreation; opportunities exist everywhere – where people live and work, in neighbourhoods and in educational and health establishments.

Rural communities are often characterised by having decreased access to infrastructure and resources to engage in physical activity when compared to urban centres. By utilising institutional resources with the support of the Department of Physical Education the physical fitness and health of the local society can be improved. Thus our college can act as a hub to promote healthy life to the society.

#### **Objectives of the practice (50 – 60 words):**

Through proper and regular Physical activities one can learn so many important life skills such as working collaboratively and to communicate effectively and it will be a key to a person's lifelong health and happiness and results in a healthy society and healthy nation.

#### **The Practice (250 – 300 words).**

The practice followed a specific strategic plan of action.

Stage 1 include efforts to build commitment, create a strategic vision, profile the community, and consult with residents and stakeholders to understand their needs. First of all, we classified the people into groups and dedicated 5 days at 6.30 to 8 am per week to engage in some sort of physical activity. Have them identify the types of activities (probably cardiac related activities) they would like to be involved in and pick one new activity to try. These activities may be outdoor and should last at least 30-60 minutes.

Stage 2 involves preparing specific plans for increasing opportunities for physical activity in the built institutional and social environments.

#### **Obstacles faced if any and strategies adopted to overcome them (150 – 200 words):**

Due to differences in age and specific health conditions of the people the same type of physical activity was practically impossible all the time. Personal training and individual attention was difficult to achieve.

To solve this barrier, in some cases we classified the people into groups according to their age, weight, physical and health conditions and gave them proper training.

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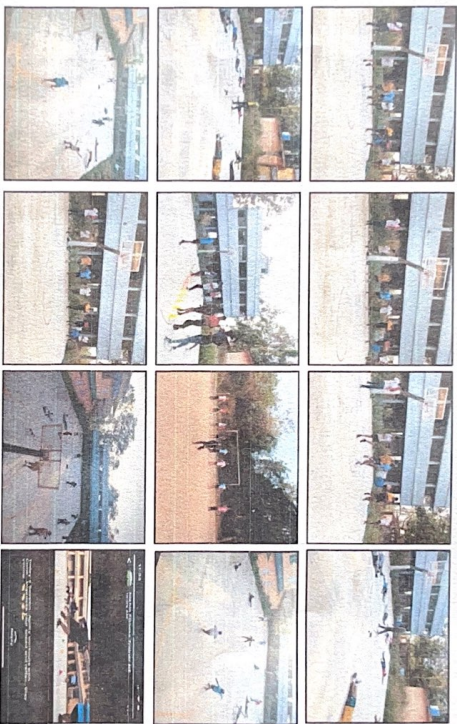


**Impact of the practice (100 – 120 words).**

This practice improved the mental health, manage weight, reduce the risk of life style diseases like diabetes and BP, strengthening of bones and muscles, and improved the ability to do everyday activities of the people. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.

Apart from this, the institutional practice has also helped in closing the gap for people with low incomes to gain access to healthy living and fitness centre.

**Resources required:** The major resources required for this practise are Alumni Association, College playground, Department of Physical Education, National service Scheme, National cadet corps, IQAC.



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