



**DEVASWOM BOARD COLLEGE  
THALAYOLAPARAMBU**  
(Affiliated to Mahatma Gandhi University, Kottayam)

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**CRITERION VII**

***INSTITUTIONAL VALUES AND BEST PRACTICES***

*Submitted to*  
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(NAAC)  
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Midayikunnu P.O. Thalayolaparambu, Kottayam, Kerala - 686605

## 7.2 BEST PRACTICES

### BEST PRACTICE I

#### Title

*'Devasparsham'* - Divine Touch

This title encompasses all charitable and socially relevant activities by the students, faculty, alumni, and supporters of our institution, promoting compassion and unity. The institution's foremost social obligation is to elevate the educational advancement of incoming students. From campus initiatives to outreach programmes, every effort towards creating a better world is embraced and valued.

#### Objectives

- To provide quality education regardless of socio economic status
- To extend our helping hands to the needy people in the society
- To create a good rapport between the institution and the society
- To ensure the practice of inclusiveness by unifying diversity.
- To address societal challenges and contribute to positive social change
- To promote environmental sustainability and responsible stewardship
- To encourage students to participate in volunteer activities

#### Context

Nestled in the heart of a rural landscape, Devaswom Board College, Thalayolaparambu stands as a beacon of hope, catering to the needs of the economically and socially underprivileged. Guided by an unwavering vision and mission, the institution embraces diversity and weaves a tapestry of compassion through an array of charitable and socially relevant activities each year.

In this altruistic endeavour, entire campus gets united as one, contributing their heart and soul to create an exceptional impact. Even during the tiresome times of the Covid pandemic, everyone continued in this venture, organizing and implementing such noble initiatives, extending a helping hand to uplift the society.

Our charitable ventures go beyond mere gestures; they embody a profound commitment to fill the gaps in the areas where public resources may fall short. As we tread this path of benevolence, we are sowing seeds of change and nurturing a brighter future for those in need. Together, we continue to carve a legacy of compassion, inspiring others to join us in this transformative journey.

### **The Practice**

- Supplying learning materials to school students reflects the institution's commitment to enhancing educational opportunities and empowering the younger generation.
- Visits to old age homes demonstrate compassion and respect for the elderly
- Providing "Pothi Choru" (mid-day meals) to old age homes not only meets basic nutritional needs but also promotes dignity and well-being among senior citizens.
- Engaging NCC cadets in cleaning activities at the community health centre promotes environmental stewardship and supports the health infrastructure of the locality through blood donation camps.
- NSS volunteers' initiatives towards societal betterment underscore the institution's focus on instilling values of service and citizenship among students.

### **Constraints**

Major constraints behind this practice is that a great majority of students involved in the activity are also hailing from economically backward condition. Even then they tried to continue the effort as a commitment to the society.

### **Evidence of success**

By the conduct of this initiative, the institution has made a step forward to developing a positive transformation in society. As students transition out of the institution, they not only join society but also find within it a sense of belonging akin to that of a home. Through the cultivation of empathy, equality, and social responsibility, all individuals involved in this endeavour exhibited a profound ability to approach challenges with compassion, fairness, and a commitment to inclusivity, fostering a more cohesive and harmonious community.

## **BEST PRACTICE II**

### **Title**

*'Swasthyam'* Being Healthy

Ensuring the health and well-being of every individual is prioritized within this initiative, aiming to cultivate a profound sense of responsibility towards personal health and the well-being of others. This approach is deemed essential for nurturing holistic development, particularly among students, as it equips them with the necessary tools to lead healthier and more responsible lives in the future.

### **Objectives**

- To aim at physical, mental and social well -being of the students and staff of the institution
- To create general awareness about personal hygiene and healthcare
- Promote healthy lifestyles and reduce the prevalence of life style diseases
- Strengthen emergency preparedness and response mechanisms for natural disasters and pandemics.
- Empower women and girls by addressing gender disparities
- Strengthen partnerships between government, non-governmental organizations, and the private sector for collaborative health interventions.

### **Context**

Health plays a vital role in the overall development and well-being of students. It promotes the importance of regular exercise, proper nutrition, and maintaining a balanced lifestyle. In this context, IQAC and Department of Physical Education has decided to conduct a fitness programme aimed at reducing laziness among students and improving their physique. This initiative can lead to a generation that is more responsible and punctual.

### **The Practice**

This comprehensive fitness plan is designed to holistically enhance students' well-being and academic performance. The programme emphasizes the significance of mental health, ensuring students can cope with academic stress and challenges effectively.

Awareness campaigns were organized about diet plans, healthy food habits, and various exercise patterns.

The Teacher's Fitness Challenge is a commendable initiative taken by the Department of physical education to emphasize the importance of physical well-being among educators.


### **Constraints**

- Creating a successful fitness plan on a campus can be challenging due to the increased strength of students.
- Despite the effectiveness of the programmes, the participants may not show the same level of interest or engagement
- Students with disabilities or mobility issues face challenges in accessing the fitness programmes.
- Our institution has limited resources in terms equipment and funding for fitness programmes
- Students and faculty members are often busy with tight schedule and so finding convenient times for fitness classes or activities that scan be challenging.
- Ensuring inclusivity and accessibility is essential for the success of any campus fitness program.
- Ensuring the safety of participants during fitness activities is of great concern. Lack of equipment maintenance is a major constraint.

### **Evidence of success**

Overall, the evidence suggests that the best practice has been highly successful in achieving its objectives of promoting physical and mental health, improving attendance and classroom engagement, fostering healthy eating habits, providing opportunities for competition and skill development, and reducing negative behaviours among students.

**ANITHA R**

 Digitally signed by ANITHA R  
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