



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

CRITERION VII

INSTITUTIONAL VALUES AND BEST PRACTICES

Submitted to
The National Assessment and Accreditation Council
(NAAC)
February 2024



Midayikunnu P.O.Thalayolaparambu, Kottayam, Kerala - 686605

7.3 INSTITUTIONAL DISTINCTIVENESS

'Sukrutham'

"Good deeds done with good heart"

The institution has prioritized a comprehensive approach to education, aiming not only to impart knowledge to students but also to cultivate essential qualities and skills in students. The college has identified various domains to ensure that the students who come out of the institute shall imbibe qualities like self-discipline, open-mindedness, empathy and leadership, together with skills in communication, critical thinking, and quality management, all contributing to the holistic development of the individual. Holistic development nurtures the individual as a whole, recognizing that education goes beyond academics to encompass emotional intelligence, social skills, and personal values.

Devaswom Board College serves as an effective platform in equipping the students with myriads of skill development programmes. The life skills that stay with students throughout their lives, proving beneficial in both personal and professional. Over the years, the college has consistently organized a multitude of activities, including seminars, workshops, and hands-on training sessions, aimed at instructing and imparting the diverse skills necessary for students to excel in their future career.

Hands-on training sessions provide participants with practical, experiential learning opportunities that complement theoretical knowledge. This enhances the technical, artistic and craft skill development by allowing participants to actively engage with tools, equipment, or techniques. It also encourages collaboration and teamwork as participants often work together to achieve common goals or complete hands-on exercises.

Tailoring class, Embroidery stitching class, making of handicraft items out of natural and waste materials typically belongs to the category of artistic and craft skills. Embroidery stitching requires manual dexterity, creativity, and attention. Therefore, participating in an embroidery class not only enhances one's artistic abilities but also develops technical proficiency in this craft. Overall, embroidery class falls under the umbrella of both artistic and technical skills, making it a versatile and valuable skill to possess.

The objectives of **self defense training** is to empower individuals with the skills and confidence to protect themselves in threatening situations. It aims to teach participants in

enhancing physical fitness, agility, and coordination, enabling individuals to respond quickly and decisively in stressful situations while promoting personal security, resilience, and empowerment.

Volunteer training offers individuals the opportunity to develop a wide range of skills, including communication, leadership, problem-solving, and project management. These skills are not only valuable for their volunteer roles but also transferable to their personal and professional lives. It is regularly practiced by **NCC and NSS** which was very much evident during the pandemic period.

Through **Career counselling** sessions undertaken by **Placement Cell and NSS** through which individuals develop skills such as decision-making, self-awareness, and effective communication, empowering them to navigate their careers successfully. **MoUs established between the institution and ICM** provides ample skill development programmes in various IT based courses on **skill training and strengthening placement and career opportunities**.

Soft skills are interpersonal attributes and behaviours that enable individuals to interact effectively and harmoniously with others in various settings.. Soft skills play a crucial role in career success, as they enhance collaboration, conflict resolution, and the ability to work well within diverse teams. Employers often value candidates with strong soft skills, as they contribute to a positive work environment and foster strong relationships with clients and colleagues. Soft skills are particularly important in leadership positions, where the ability to inspire, motivate, and communicate effectively is paramount. Continuous improvement and refinement of soft skills can lead to personal and professional growth, enhancing one's effectiveness in various aspects of life. Cultivating soft skills involves self-awareness, active listening, and empathy, which are essential for building rapport and trust with others. Soft skills complement technical expertise and are increasingly recognized as essential for success in today's dynamic and interconnected world.

Giving **First aid training** to the students has been identified as another **unique feature of the institution**. This could be included under life skill. Institution takes great pride in **offering comprehensive first aid training to all students** upon joining. This distinctive feature not only equips our students with essential life-saving skills but also exemplifies our commitment to the well-being of society. By reaching out to the community through first aid education, we **foster a strong and positive rapport between our institution and the society** we serve. This inclusive practice empowers our students to become compassionate and

responsible individuals, making a meaningful impact on the lives of others, both within and beyond our institution's walls. **Students completed Emergency Response and FIRST AID training course conducted by Devaswom Board College in collaboration with Indian Institute of Emergency Medical Services.**

This achievement provides a basic knowledge on first aid and to empower them to respond promptly and effectively to accidents or injuries, potentially saving lives. This practice was chosen as a routine exercise for those students who takes admission in the institution. **The main aim of the programme was to give training and a professional skill that instils confidence in students, enabling them to take control over stressful situations and make informed decisions during critical moments.**

First aid coaching emphasizes the importance of quick and effective communication during emergencies, helping students develop strong interpersonal skills. Students learn to assess the situations and prioritize actions, honing their problem-solving abilities and critical thinking skills. This training enhances students' awareness on potential hazards they encounter in daily life and teach them how to impede the vulnerability of accidents on spot before the victim collapse into more complicated stage. Thus in emergency situations, the immediate response of individuals with first aid training can significantly reduce the severity of injuries or illnesses. **Motivational and leadership training by NCC and NSS enhances the positive attitudes in students**

Sukrutham focuses on nurturing the individual as a whole, recognizing that education goes beyond academics to encompass emotional intelligence, social skills, and personal values.

“By Education I mean an all-round drawing of the best in child and man in body, mind and spirit”- Mahatma Gandhi