



## SOURASHTRA COLLEGE (Autonomous), Madurai-4

### Best Practice-1 for the year 2022-2023

#### 1. Title of practice:

**“National Cadet Corps (NCC) - Developing students as patriotic citizens”**

#### **Objectives of the Practice:**

The NCC unit of the college provides exposure to the cadets by engaging them in community development, youth exchange, adventure training, awareness campaign for the overall development with the following main objectives:

- 1) To develop discipline and ideals of self-service amongst cadets.
- 2) To provide opportunity to build character, confidence and develop leadership skills.
- 3) To provide a suitable environment for all round development with the sense of duty.
- 4) To motivate the students to choose career as Army officer.

#### **Context:**

With the Moto ‘Unity and discipline’ NCC of our college is providing opportunity to the youth for their overall development with a sense of duty, discipline, commitment, dedication and social service.

The NCC unit of the college started in 1974 under Company Commander Major. D. R. Subramanian (1974-1997), followed by Capt. T. K. Visnuram (1997-2013) and Capt. K. R. Srinivasan (2013 to till date) with 52 cadets every year.

The NCC is open to all the students of the college on a voluntary basis. A student desirous of being enrolled in the NCC unit can apply to the NCC through NCC officer of the college and by filling the prescribed form. The selection takes place at two levels. Physical fitness and general knowledge at the college level and the final selection interviews are conducted by the commanding officer of the concerned unit.

### **The Practice:**

NCC of the college is actively organising, training and motivating the young cadet by involving them in community service, National and cultural integration and social awareness programme instilling in them the spirit of harmony, compassion towards cultural, regional, linguistic, communal, social economic and religious diversities. The NCC provides exposure to the cadets by involving them in Swachh Bharat Abhiyan, save the environment and plastic free India initiatives, blood donation, celebration of international Yoga Day, awareness on health, AIDS, hygiene, cancer throughout the year spreading a positive message to the masses.

The NCC unit of the college provides training to the cadets who are significantly contributing in the field of social welfare and Community development by engaging them in the following activities:

- **Adventure Training:** Enhancing the leadership skills, team spirit and self-confidence, adventure based and group activities are organised by the NCC unit during a seven day camp which provides cadets an opportunity to explore the topography as well as experience different weather conditions and adventurous living under camp conditions.
- **Awareness Programs:** The NCC cadets actively participate in awareness drives on health, hygiene, drug abuse, through rallies, Campaigns, conducting competitions.
- **Environment Consciousness:** The cadets of the NCC unit participate in environment awareness campaigns on waste segregation, plastic management and water conservation and also carry out tree plantation throughout the year within their community and neighbourhood making a connect with nature. The NCC unit of the college is closely associated with the Swachh Bharat Mission and the cadets devotedly participate in interactive cleanliness awareness campaigns, rangoli, rallies with placards encouraging and motivating the people in the community.
- **National Integration and Cultural Diversity:** The NCC unit observes the special days like Constitutionday, Independence Day, Youth Day, NCC Raising Day, Republic Day, International Girl Child Day, International Yoga Day to promote national integration and make cadets understand the rich cultural heritage of the country.
- **Social responsibility:** The cadets are involved in numerous community-based learning activities making them socially responsible. The NCC unit of the college in collaboration with various clubs like NSS, YRC and RRC donate blood periodically.
- **Evidence of Success:**

NCC unit organize numerous activities for the cadets throughout the year providing them opportunity to develop their personality, character, confidence, and leadership skills. The success of our NCC unit is reflected in the result of NCC B and C certificate examination. Also many of our NCC cadets get placed in army and uniform service regularly. The success can be seen in the performance of the cadets in various activities conducted at college level.

<b>Date</b>	<b>Event</b>	<b>Venue</b>
15.8.2022	Independence Day Parade	Sourashtra College
25.9.2022	Mountaineering Camp	Andhra Pradesh
27.12.2022	Guard of Honour at Convocation ceremony	Sourashtra College
17.5.2022 to 26.05.2022	TSC IUC Camp	NTA Idaiyappati, Madurai
10.8.2022 to 17.8.2022	CATC Cum GP RDC	NTA Idaiyappati, Madurai
25.1.2023	Cleaning campus	Sourashtra College
26.1.2023	Guard of Honour at Republic day function	Sourashtra College
10.2.2023	Weapon Guard of Honour at Graduation day ceremony	Sourashtra College
6.4.2023	Social Awareness Rally – “Say NO to Drugs”	Thiruparankundram
7.7.2023	Cleaning in Public Space	Near Mannar Tirumalai Nayakar College
10.3.2023	Company Day for NCC Alumini	Sourashtra College

#### **Problems and Resources Required:**

The cadets have to spend a lot of time away from the campus for participating in NCC activities inside and outside the campus due to which they miss classes, regular studies and other academic activities of the college. Because of the academic pressure some students do not join NCC as physical activities and outstation camps consume time, affecting their studies.

## Best Practice-2 for the year 2022-2023

### **1. Title of the Practice:**

**Inculcating social responsibility through Rotaract activities.**

### **2. Objectives of the Practice**

The College takes efforts to make students and faculty to be aware of their responsibilities towards the societal issues. The college is strongly committed to become a socially responsible organization and works to support the community for high standards of social responsibility. The institution takes effort to nurture the social responsibilities among the students. The following are the objectives of the college for inculcating social responsibility

- To encourage and enable the students to excel in the social services by providing guidance and support.
- To develop the leadership skills.
- To foster an environment for involving in social activities.
- To emphasize respect for the right of others, based on recognition of the worth of each individual.
- To provide opportunity for young people to address the needs and concerns of the community and nation.

### **3. The Context**

Sourashtra College encourages the students to participate in the activities that promote awareness of the social issues by volunteering through club activities. The college has several clubs and associations like NSS, YRC, Young Indian club, Red Ribbon Club, Rotaract Club, ECO Club, Women Empowerment Cell etc., for promoting social activities. The students are structured through awareness campaigns on regular time intervals. The participation of the students in those activities that promote the communal harmony and environmental sustenance is being encouraged. The institution also promotes sustainable lifestyles by encouraging the use of environmentally friendly products and practices. The institution believes that by inculcating these values and providing the opportunities, our students can be developed into morally and ethically responsible citizens.

### **4. The Practice**

At the beginning of the odd semester, the coordinator and volunteers of Rotaract club approach the students for membership drive, explaining their goals. The Staff coordinator explains the objectives of the club and provide guidance for developing healthy attitude towards social responsibility. The club organizes regular meetings. Many seminars, awareness programs are organized for the students to create better rapport with the community.

The club has organized various programs like, awareness on health, Yoga day celebration, Blood Donation Camp, Celebration of National and International day, etc.. The following social attitudes are strongly inculcated among the students through the club activities.

- **SOCIAL RESPONSIBILITY:** The students responsibly volunteer in local community service activities to create a better world. Inviting guest speakers who speak about the important issues related to social responsibility. The speakers talk about their own experiences and inspire students to be more socially responsible. The Rotaract club offers students a great opportunity to develop their leadership qualities by availing oneself by means of committing himself for social service.
- **LEADERSHIP** - Rotary and the world views Rotaractors as future leaders. Rotaract will invariably put the students into a leadership mindset during meetings and projects. The students get to experientially learn about leadership. In case that is not enough, there are lot of formal leadership training/skill development programmes that help the students become a leader in their profession and in the society.
- **UNDERSTANDING** - Rotaract offers the students a wonderful perspective to look at their community needs. Rotaract is a platform for the students to understand their community needs better. The students have enough resources, time and goodwill to understand the apparent and real issues of the society. The students can develop the understanding to provide a sustainable solution.
- **NETWORKING** - Rotaract provides the students an opportunity to meet like-minded young people in their society, country and the world. This networking opportunity helps the students to develop international and inter community understanding in a much better and simpler manner.
- **CHANCE** - Rotaract offers the students a chance to evolve and experiment their ideas. The students are provided with enough support to make their idea successful and also enough freedom to learn from their success or failures.

## 5. Evidence of Success

The following events were conducted by **Rotaract Club** for the academic year 2022-2023

S. No	Date	Name of the Programme/Event	No. of Participants
1	02.06.2022	International Yoga Day Celebration	17
2	07.08.2022	Marathon Programme Gandhi Museum	05
3	12.08.2022	Homeopathy Programme & Corona Vaccination and Booster Camp	25
4	15.08.2022	Independence Day Celebration	20
5	01.10.2022	National Blood Donation Day	15
6	18.11.2022	Railway Junction Cleaning Programme	17
7	20.12.2022	Blood Donation Programme	15
8	12.01.2022	Vivekananda's Birth Day celebration was organized by Rotaract Club of Sourashtra College, Madurai-4 through virtual	29
9	14.01.2023	Pongal Day Celebration	25
10	24.01.2023	Eye Checkup Camp	10
11	25.01.2023	Road safety Programme Helmet awareness Programme	05
12	25.01.2023	National Voters Day	25
13	26.01.2023	Republic Day Celebration	20
14	13.03.2023	Campus Cleaning Programme	10

**6. Problems Encountered and Resources Required**

1. Fund and Time constraints are major limitation to conduct various development programs.
2. Involving girl students in social responsibility activities is also difficult.
3. Since the students are engaged throughout the day in class rooms, extra- curricular activities need to be conducted only after working hours.