

**2017 - 2018**

**Best Practice – I**

***Title: “Project Smart Girl - To Be Happy, To Be Strong”***

***Goal:*** Project Smart Girl aims to educate students of our college and students of various schools in and around Kancheepuram District, to use their full potential to face challenges in the present world by enhancing intelligence, decision making capacity, increasing self esteem and protecting them self by self defense techniques. Our main goal is to make a girl child to be fit and strong both physically and mentally.

***The Context:*** In today’s world the student’s communities face many challenges and peer pressures in their day to day life. Keeping this into our mind, our Institution framed a workshop named Project Smart Girl – To be happy, To be strong which will help the students in Kancheepuram District to face challenges, take right decision and develop self esteem & self defense.

***The Practice:*** The workshop Project Smart Girl was designed in the form of power point presentation.

The objective of the Power Point presentation was

- Self Awareness
- Communication and Relationship
- Self Esteem and Self Defense
- Choice and decision making and
- Friendship and temptations

Our College students demonstrated Self defense techniques and Mime show during the workshop.

The workshop was conducted and organised by our faculty members and students. This workshop was first organised to our college student’s nearly 2500 students were benefited through this workshop.

The well trained students of our college carry forward, The Project Smart Girl Workshop to the Schools - in and around Kancheepuram District, covering 15 schools and nearly 2000 School students were the beneficiaries through this project.

***Evidence of Success:*** Through this workshop the girl students were able to create awareness about them self, it helped them to develop their communication skill and how to maintain their relationship with family, friends and strangers. It also helped them to develop their self esteem and to take right decision both in education and in their family life. Through self defense

techniques they learned to resolve fears about being attacked. The main success of this Workshop - made a girl child to be strong, to be happy and to fight the battle with true strength and being mature enough to walk away from the blather with their head held high.

***Problems Encountered and resources required:*** The Project Smart Girl – To be Strong, to be Happy in its initial stages did have its hiccups with a skeptical approach on the part of the students to spell out their problems. It was indeed an arduous task to create awareness about oneself, to develop their communication skills and to convince them how to maintain their relationship with family, friends and strangers. Finally satisfy them about the effectiveness of Project Smart Girl – To be Strong, to be Happy. Gradually Project Smart Girl gained momentum and the strength of being girl was realized and recognized to the fullest extent. Further the Dimension of Project Smart Girl was taken to next level by organising this module in and around schools of Kancheepuram District conducted by well trained students of our college under the guidance of our faculty members.

## **Best Practice - II**

### ***Title :“Exposure of Students”***

**Goal:** In this competitive world, students are in a situation to face plenty of challenges. Students get a good exposure at intra-collegiate level. But getting exposure outside the comfort zone is the greatest challenge for them that too for rural college students. So, we train and motivate students to get exposure in Inter-collegiate level.

**The Context:** The institution has enormous number of students from rural sector and most of the students are from Tamil medium. They automatically get fear to face challenges in life and also facing peoples in public. Along with academic, students should posses talents in extra and co-curricular events. So, the students get trained and were being participated in Inter-collegiate competitions and conferences too.

**The Practice:** Every month all the departments organize many inter-departmental and intra-departmental competitions for students to improve their academic skills. And various sports and cultural competitions are also being conducted at Intra-collegiate inter departmental level, in which students put more effort to score points for their department. This increases their confidence level that they learn their stronger zone for winning.

**Evidence of Success:** Many students had taken an initiative in participating in cultural events organized by many colleges at state level. The students participate in many zonal level, state level and University level sport events. Students have been selected to represent University team. Many students participate and presented papers in seminars and conferences at National and International level.

**Problems Encountered and resources required:** In the initial stage, the students found it difficult to challenge themselves with city college students. Though they have capacity in managing their skills, they have a fear towards facing the public.