



St Mary's College, Thrissur-680020

Best Practice-I

2015-2016

Title of the Practice

Student Capability Enhancement Programme

Goal

- To improve the employment potential of students through skill development

Context

The need for skill enhancement among the student community is widely discussed over the country. To keep pace with the requirements of the industry, service and academia the College has introduced various programmes for overall development of the students. Various programmes- UGC Add on programmes, skill enhancement programmes, competitive exam coaching and Certificate course are arranged for the students.

Practice

The College has rescheduled and extended its working hours by an hour to provide the students the opportunity to partake in various UGC Add on programmes and Certificate course since 2009. Apart from 9 UGC Add on programmes held since the introduction, the College has presently 11 skill enhancement programmes for I and II Semester UG students, competitive exam coaching and certificate course for III and IV Semester UG students respectively. All the students are expected to join these programmes. The departments offer one interdisciplinary skill enhancement programmes and a value added certificate course for their own students. The course structure is reviewed and decided after discussion with stakeholders and in tune with the requirements of modern times. Evaluation is held after successful completion of 30 hour programme and certificates are provided to the successful students. Entrepreneurship Course in Ornamental fish farming and Butterfly gardening has also been introduced for UG students. Certain programmes are conducted with support of external faculty and also in collaboration with different agencies.

UGC Add On Programmes

Sl. No.	Name of the Programme
1	Communicative English
2	Plant Tissue Culture
3	Yoga and Health Management Science

Skill Enhancement Programme 2015-16

Sl. No.	Name of the Programme	Department
1	Advanced Communicative English	English
2	Graphic Designing	Computer Science
3	MS Office	Computer Science
4	Tailoring Classes	History
5	Handicraft Making and Cosmetology	Economics
6	Interior Designing	Microbiology
7	Driving	Road Safety Club & Chemistry
8	Basic Numerical Skills	Mathematics
9	Clay Craft and Surface Ornamentation	Biotechnology
10	Psychology in Management	Management Studies
11	Legal Information	Social Work

Certificate Courses

Sl. No.	Name of the Course	Department
1	LEAP	Commerce
2	Graphic Designing	Computer Science
3	Museology	History
4	First Step to Accounting	Economics
5	Mushroom Cultivation and Techniques	Microbiology
6	Good Laboratory Practices	Road Safety Club & Chemistry
7	Geomath	Mathematics
8	Phytochemistry	Biotechnology
9	Stock market in India	Management Studies
10	Counselling	Social Work
11	Food and Nutrition	Botany
12	Adobe Page maker	English

Evidence of success

These programmes could reduce the skill gap / employability gap. The College aims to conduct Diploma programmes in Computer Application, Logistics and Skill Development Programme, Additional Skill Acquisition Programme of Kerala State Higher Education Council. Plans are also there to apply for new UGC Add on programmes. The student feedback is an indicator of the success of the programme. The motivation of the students has increased

Problems encountered and resources required

The lack of proper scheduling of University exams poses difficulty in the timely completion of programmes. Separate programmes for I and II Semester UG students could not be conducted due to lags in University admission schedule. Paucity of time restricts field visits and more industry oriented practical sessions **Best Practice-II**

Title of the Practice

Sports Promotion and Empowerment Programme

Goal

- To ensure holistic development of sports performers

Context

There are a good number of high level performers in sports in the State but the financial and other factors often inhibits their performance. Hence the College has taken initiative for the upliftment of these students by supporting them with necessary resources, proper training and academic help.

Practice

St. Mary's College is always committed to the students and takes every effort for their progress in curricular, co curricular and extracurricular activities. College takes special initiative towards the upliftment of the students who excel in Sports arena. Since long college has initiated several practices for the holistic development of these students. The college allots seats in Management Quota to National Level performers apart from regular sports quota allotted under university norms to accommodate students in the academic stream preferred by them. Every year around 20 students join the UG and PG programmes. Though the College provides sports hostel facility for Swimmers and Hockey players with financial support from Government, free accommodation and food is provided

to all other sports students in the College Hostel. Special diet is ensured to the students for a better stamina. Fee concession is provided to all deserving students. In 2015-16 a sum of Rs 3,09,350 was provided by the College to 3 players to participate in South Asian Powerlifting Championship at Hongkong. Apart from coaches from Sports Authority the College ensures the services of experienced and well trained coaches for providing proper and systematic training to the students. Regular practice sessions are ensured to enable the students perform the best with the support of good quality facilities. The faculty of Physical Education Department is always with the students during the practice sessions and accompanies them during various competitions. Expert medical help is given to the students in case of sickness or injuries in recognized hospitals. Mentoring sessions and counselling are provided to the students with external help to ensure their development and also improve the competitive spirit, reduce stress and to enable them to perform at their best. Every year students are provided with sports kit with essential items.

The faculty of main departments also takes earnest efforts to make the students cope up with academics. Enabling class for slow learners, special classes, lectures and test papers are given to these students to make up the loss in regular class sessions and to help them to be on par with other students. Extra time and support is provided to these students to submit assignments and present seminars.

Evidence of success

The achievements itself is an indicator of the success of the programme. Over the years the College has produced 17 international sports persons.

Highlights since 2013-14

- College Power lifting team was Champions of Calicut University Inter Collegiate Championship since last 5 years
- College Hockey team was Champions of Calicut University Inter Collegiate Championship since last 4 years
- College Yoga team was Champions of Calicut University Inter Collegiate Championship since last 3 years
- College Swimming team won second position in Calicut University Inter Collegiate Championship since 2012-13
- College Judo team won third position in Calicut University Inter Collegiate Championship since 2013-14
- College Kho Kho team won third position in Calicut University Inter Collegiate Championship since 2013-14
- College Weight lifting team won second position in Calicut University Inter Collegiate Championship since 2012-13
- Sumi George won second place and Anju Murali and Riya TC won Third place in South Asian Powerlifting Championship at Hongkong in 2015
- Students represented Calicut university in the All India Inter University championships and won medals
- Students Represented Kerala in senior and Junior National Championships and won medals Five students represented Kerala in the 35th National Games.

Problems encountered and resources required

As the number of students in aided stream is less the amount from PD account for sports activities is less. Despite strong support by Management at times management finds it difficult to meet the required resources.