

## **BEST PRACTICE NO: I**

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

**ARAM CHEIYYA VIRUMBHU** (Have a desire to do good deeds)

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

Our VLBJCAS students offer stationery items to economically weaker students studying in Government and Aided schools in our locality. Our BLOOD DONORS CLUB also plays a major role in creating awareness among the students and the society. 24x7, the donors can be approached through the college website. The club is successful in bringing fresh donors every year and function with the motto “Donate Blood to Save Life”. Our students also visit various orphanages like Karunai Illam, Uthavum Karangal to develop social responsibility of the students. Student volunteers help the inmates of the orphanage by giving counseling, teaching and personal hygiene.

### **3. The Context:**

VLBJCAS aids the economically weaker students, with stationary items that they could not afford. The distribution of the free stationery kit is minimized to one hundred (100) students due to minimal affordability. The first time blood donors though they are interested, panic and take time to overcome the fear. The cost incurred in storing blood, staff resources and refreshments, blood collection bags and other consumable cannot be meted out. Orphanage visits could be done once in a while and the Institution does not constantly be in touch with the orphanage.

### **4. The Practice:**

## **UNIQUENESS**

- **Selection of Schools:** The list of economically weaker students studying in Government and Aided Schools which are near VLBJCAS and between the classes I to XII, are obtained from the Head of the institution, based on the financial background of their parents for the issue of stationery kit.
- **Reception of the Beneficiaries:** The beneficiaries are picked from the respective schools and brought to VLBJCAS through our college bus.
- **Entertainment and Refreshments:** The young beneficiaries are entertained by our students through songs, dance and mime. Refreshments are also provided for the school children.

- Return of the Beneficiaries: After the distribution of the ‘Stationery Kit’ the beneficiaries are dropped in their respective schools.

### **CONSTRAINTS / LIMITATIONS**

- The number of beneficiaries is limited to 100 students.
- Male Students who have completed 17 years and female students who have completed 18 years of age are eligible to donate blood. First time donors are not aware of their blood groups. Students who suffer from cold and fever on the day of donation are refrained to donate blood. .
- At times, the students of rare blood groups are always in want and they are advised to maintain the regular intervals of donating blood. Students who weigh below 50 kilograms are also abstained to donate blood. Parental consent is made mandatory for donating blood.

### **5. Evidence of Success:**

- A considerable amount of increase of the beneficiaries in the distribution of the Stationery Kit is evident. Students were benefited by receiving the Stationery Kit through this novella event ‘Pudhiyana Virumbu’ @ ‘Like Newness’.
- Students have enrolled in BLOOD DONORS CLUB and have donated blood at regular intervals. The donors have gradually increased from 5 students to 62 students due to constant motivation and awareness. The students have donated blood to various hospitals in and around Coimbatore in case of emergencies. The donors are duly recognized with a Certificate by the hospitals. Every semester, meetings are conducted to increase the donors and to recognize their service to the society.
- Every year, the number of students visiting the orphanages from VLBJCAS has drastically increased. Our students visit many orphanages in and around Coimbatore to extend their service to the community.. Thus, our Institution has kindled the interest among the students to be more responsible citizens.

## **6. Problems Encountered and Resources Required:**

### **Problems Encountered:**

- Maximum of only 100 (One Hundred) students of the local schools are randomly chosen and are selected by the Head of the Institution, based on the financial background of their parents for the issue of stationery kit.
- At times, students experience side effects like dizziness, fainting, lightheadedness, nausea etc., Students after physical examination, when found to suffer from Hepatitis are refrained to donate blood feels disheartened.
- Sometimes the needy and poor from the orphanages located in the far off places could not be visited.

### **Resources Required:**

- More numbers of student volunteers are required to meet the demand every academic year.
- Transportation for the blood donors during college hours.
- Orphanages located in the far off places could not be reached on time.

## **BEST PRACTICE NO: II**

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

#### **PERKS FOR SPORTS MERITORIOUS STUDENTS**

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

VLBJCAS plays a major role in promoting sportsmanship among the students by offering perks to meritorious students. Concession for Education, Food and Accommodation is provided to deserving sports students. Students are provided with ample opportunities to exhibit their sports talents. They are trained guided, motivated and encouraged by well experienced and qualified Physical Directors, to participate in the sports events conducted at International, National, State and District Levels. The college inculcates the importance of sports amidst students by recognizing their talents and inducing morality and discipline among them.

### **3.The Context:**

VLBJCAS has been providing equal importance to academics and sports. The number of students enrolled during the consecutive years are drastically increasing. The students have been winning laurels to our college by actively participating in various sports and games including Football, Kho Kho, Cricket, Kabaddi, Handball, Taekwondo, Best Physique, Boxing, Athletics, Power Lifting, Chess, Weight Lifting and Karate, etc. Concession for education, food and accommodation is provided for the sports students. The college has well maintained play ground & well-equipped gym for the students to practice and maintain their fitness. The athletes are trained exclusively by well experienced trainers to excel in their sports and games. Travelling Allowance, Dearness Allowance, and Sports Uniform is provided by the management for the athletes to encourage them to indulge actively in sports.

The management offers facilities like education, free food and accommodation but the help of the sponsors are required when students participate in National and International Level Competitions for their practice, accommodation, travelling expenses, sports kit etc.,

### **4.The Practice:**

#### **UNIQUENESS**

- *Selection:* Students are selected for 'Sports Scholarship' based on their individual performance on the selection day.
- *Option:* The athletes can opt any course, based on their academic interest.

- *Provision: On- Duties* are provided for the athletes to take part in external sports and games. The athletes are also provided with necessary sports equipments required for practice.

### **CONSTRAINTS / LIMITATIONS**

- Though there is constraint of time in managing academics due to their participation in sports events, the students are successful in their academic performances, with continuous support from the faculty members.
- VLBJCAS is motivating students in curricular and co-curricular activities there by enabling them to achieve holistic development in all spheres.
- The management supports the students financially to achieve at various levels, but unable to continue its support without sponsors or help from other agents.

### **5.Evidence of Success:**

- Mr. B.Sharan of III B.SC CS won second place in “1st Indo-Nepal International Youth Futsal Tournament” held at Futsal arena,Kathmandu.
- Mr.B.Vignesh of III B.COM CS participated in Taekwondo 37th Kyorugi National Championship held at Govt.Mahakoshal Arts and Commerce,Madya Pradesh.
- Mr.M.Govinda Raju, Mr.K.Marisharath,Mr. R.Abilash and Mr.S.Divya participated in All India Inter University Cross Country held at Gulburga university,Gulburga.

### **6.Problems Encountered and Resources Required:**

#### **Problems Encountered:**

- Some Students are unable to attend special classes conducted due to time constraint.
- Some of the sports students, who go to field for practice session with the Coach, are unable to attend the remedial classes.

#### **Resources Required:**

- Some students find it difficult to manage academics due to their interest in sports.