

# Best Practices

## **Best Practice 1:**

### **Holistic Development of Students Through Physical Education**

#### **Goal**

Create physical fitness and inner discipline for the overall development of students through Physical Education and thereby achieve National/International excellence in sports and games

#### **The Context**

Physical education creates an inner discipline that is essential for the student's holistic development and a healthy and structured life. It also provides a platform for the students to excel in sports by which they can represent the college in various National and International events. The college has created a generation of students who are creative and active participants in all the sports activities. College has provided adequate infrastructure, best trainers and coaches, incentives and scholarships to students.

#### **The Practice**

##### **Infrastructure facilities:**

The infrastructural facilities consisted of

1. Multi purpose Indoor Stadium
2. Football Field 110 x75 m,
3. 3 Volleyball Courts (including Wooden,
4. Mud and Synthetic Multipurpose Stadium),
5. 3 Basketball Courts (including Wooden, Concrete and Synthetic Multipurpose Stadium),
6. 3 Badminton Courts (wooden),
7. 320 m Training Track with 2 Jumping Pits,
8. High Jump Mat and all Throwing Sectors with Fencing and floodlit facility,
9. Multi- purpose Indoor Stadium (11,000 sq. ft.),
10. Indoor Shooting Range 30 x 20 x 4m,
11. 10-Lane Swimming Pool with dimension of 50 x 25 x 2m,
12. Fitness Centre and Weight Training Hall,
13. Cricket Field with Centre wicket
14. 2 Cricket Indoor Nets,
15. Handball Court,
16. 2 Hills for Training,
17. Boys and Girls Warm-up Area.

Apart from students, teachers and non-teaching staff utilize these facilities provided by the department of Physical Education.

### **Incentives:**

Several students won medals/trophies in International/National/State wise/Regional events in the past 4 years. The college management gives extra medals and honours to the winners at special functions every year. Those students who are having talents in sports are given free accommodation and food provisions by the Management. In addition to this, College management again support the needy and talented students by giving fee exemption.

### **Coaches:**

The College Management has appointed three coaches in addition to the two faculty members of the Department of Physical Education supported by the government.

## **Evidence of Success**

### **(a) Awards/Recognitions:**

- The Government of India has accredited Mar Athanasius College as Khelo India training centre.
- The Kerala Govt. has sanctioned Sports Hostel in Athletics, Football Volleyball and Swimming as it is an academy programme of the Government of Kerala.
- Kerala Cricket Association has sanctioned and laid an Indoor Cricket Nets with floodlight facilities for the college.
- *Sports Authority of India* (SAI) selected Mar Athanasius College as its extension centre.
- Dr. Mathews Jacob received the Best teacher in Physical Education Kerala for the year 2017 - G. V Raja Sports Award
- **Started Mar Athanasius sports Academy** ,accredited by Khelo India, aims to win medals in the coming Olympics. The Scheme was started in the year 2017. The funding agency of the scheme is Sports Authority of India.

**b) Achievements in Athletics/Games:**

Sl.No	Name	Category	Competition	Event	Year	Position
1	Athul Senan	U-20	33 <sup>rd</sup> national junior Athletics Championship- vijayavada	4X100 MR	2017	first
		u-20	15 <sup>th</sup> Junior Federation National Athletics Championship	4X100 M, 100M	2017	Participation
		U-20	33 <sup>rd</sup> national junior Athletics Championship- vijayavada	100 M	2017	Second
		U-20	All India Inter University Athletics Championship - vijayavada	4X100 MR	2017	Second
		U-20	Open National Athletics Championship	4X100 M, 100M	2017	Participation
		U-20	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	4X100 MR	2017	First
2	Sachin binu	u-20	33 <sup>rd</sup> national Junior Athletics Campship - vijayavada	110MH	2017	first
		U-20	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	110MH	2017	Gold
		U-20	57 <sup>th</sup> National Senior Athletics Championship - Hydrabdh	110MH	2017	Participation
		U-20	33 <sup>rd</sup> national Junior Athletics Campship - vijayavada	4X100 MR	2017	first
		U-20	All India Inter University Athletics Championship - vijayavada	4X100 MR	2017	Second
				110MH	2017	Second
		U-20	Open National Athletics Championship	110MH	2017	Participation
U-20	15 <sup>th</sup> Junior Federation National Athletics Championship	110MH	2017	Gold		
3	Jefin Biju		Open National Athletics Championship	High Jump	2017	Participation
4	Abijith V K	U-18	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	10KM Walking	2017	first
5	Aijith B Nayar		Open National Athletics Championship	4X100 M, 200M	2017	Participation

<b>6</b>	Nelsa Mol P Saji	U-20	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	Shot Put	2017	First
		U-20	33 <sup>dr</sup> National junior Athletics championship-coimbatore	Shot Put	2017	Third
			15 <sup>TH</sup> Fedration Cup National Junior Athletics Championship	Shot Put	2017	Participation
<b>7</b>	Anju Rose	U-18	15 <sup>TH</sup> Fedration Cup National Junior Athletics Championship	3000m	2017	Participation
<b>8</b>	Anakha B A	U 18	33 <sup>dr</sup> National junior Athletics championship-	800 M	2017	Participation
		U-18	National Youth Athletics Championship	800 M	2017	Participation
		U-18	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	800 M	2017	Participation
		U - 19	63 <sup>rd</sup> Nationals School Games	400m	2017	Participation
<b>9</b>	Deepa Joshy	U-20	57 <sup>th</sup> National Senior Athletics Championship - Hydrabdh	Hammer Throw	2017	Participation
		u-20	15 <sup>th</sup> Junior Federation National Athletics Championship	Hammer Throw	2017	Participation
		u-20	33 <sup>dr</sup> National junior Athletics championship-	Hammer Throw	2017	Participation
<b>10</b>	Betty Benny	U-16	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	Pentathlon	2017	First
			33 <sup>dr</sup> National junior Athletics championship-	Pentathlon	2017	Participation
<b>11</b>	Swetha K	U-20	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	2000MSC	2017	Second
			33 <sup>dr</sup> National junior Athletics championship-	2000MSC	2017	Participation
		U-20	15 <sup>th</sup> Junior Federation National Athletics Championship	3000MSC	2017	Participation
<b>12</b>	Asha Soma	U-18	33 <sup>dr</sup> National junior Athletics championship-Andra	5000M Walking	2017	Third
		U-18	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	5000mrw	2017	Gold
		U 19	63 <sup>rd</sup> Nationals School Games	5000M Walking	2017	Participation
<b>13</b>	Aiswarya P R	U-17	63 <sup>rd</sup> Nationals School Games	Triple Jump	2017	First

14	Muhammed Suhail		All India Inter University Volley Ball championship 2017	Volley Ball	2017	Silver
15	Bigil		Senior National Water Polo Championship 2017 (Kerala Team)	Water polo	2017	Participation
16	Omkar Nath	U-20	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	4X100 MR	2017	First
			33 <sup>rd</sup> national junior Athletics Championship-vijayavada	4X100 MR,100M	2017	Participation
17	Harshad A	U-20	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	200 MR	2017	Third
			33 <sup>rd</sup> national junior Athletics Championship-vijayavada	200 MR	2017	Participation
18	Sherin Jose	U-20	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	5000M	2017	Second
				10000 M	2017	First
		33 <sup>rd</sup> national junior Athletics Championship-vijayavada	5000M	2017	Participation	
			10000 M	2017	Participation	
19	Anoop Valsan	U-20	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	Javelin Throw	2017	Second
20	Jibin K	U-18	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	Javelin Throw	2017	First
			33 <sup>rd</sup> national junior Athletics Championship-vijayavada			Participation
21	Sandra Babu	U 18	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	Triple Jump	2017	First
			29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	Long Jump		Second
			33 <sup>rd</sup> national junior Athletics Championship-vijayavada	Triple Jump		Participation
			33 <sup>rd</sup> national junior Athletics Championship-vijayavada	Long Jump		Participation
			<b>Represented India in Junior Asian Championship</b>	<b>Triple Jump</b>	<b>2018</b>	

22	Kesia Maria	U-18	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	Shot Put	2017	Third
			33 <sup>rd</sup> national junior Athletics Championship- vijayavada	Shot Put	2017	Third
23	Aneesha Augustin	U-18	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	Hammer Throw	2017	Second
24	Anudra K R	U-18	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	Heptathlon	2017	Third
25	Anju Rose	U -18	15 <sup>th</sup> Junior Federation National Athletics Championship	3000 M	2017	Participation
26	Sanal Scaria		57 <sup>th</sup> National Senior Athletics Championship - Hydrabadh	Triple Jump	2017	Third
27	Abdulla Aboobakkar		57 <sup>th</sup> National Senior Athletics Championship - Hydrabadh	Triple Jump	2017	Second
			Open National Athletics Championship	Triple Jump	2017	Participation
28	SuhaIl P V		57 <sup>th</sup> National Senior Athletics Championship - Hydrabadh	Long Jump	2017	Second
			Open National Athletics Championship	Long Jump	2017	Participation
29	Muhammed Lubaib		57 <sup>th</sup> National Senior Athletics Championship - Hydrabadh	4x400MR	2017	Second
30	Sabitha Saju	u-20	15 <sup>th</sup> Junior Federation National Athletics Championship	4x400MR	2017	First
31	Sherin Jose		National Cross Country championship		2017	Participation
		U-20	All India Inter University Athletics Championship	Half Marathon	2017	Third
			29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	5000 M 10000 M		Silver Gold
32	Riyas Aliyar	U-20	15 <sup>th</sup> Junior Federation National Athletics Championship	4X100 M, 100 M	2017	Participation
33	Shadin M S		All India Inter University Volley Ball championship 2016	Volley Ball	2017	Third
34	Jibin		All India Inter University Volley Ball championship 2016	Volley Ball	2017	Third
35	Shamnas B L		Santhose trophy National Championship 2018	Football	2018	Champions

36	Sabin T sathyan	U-20	15 <sup>th</sup> Junior Federation National Athletics Championship	110MH	2017	Participation
37	Bibin M S	U-20	15 <sup>th</sup> Junior Federation National Athletics Championship	4X400M	2017	Participation
		U-20	33 <sup>rd</sup> national junior Athletics Championship-vijayavada	400M,4X400M	2017	Participation
			Open National Athletics Championship	4X400 M, 400M	2017	Participation
			29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	400M, 4X400M	2017	Participation
38	Divin Tom	U-20	15 <sup>th</sup> Junior Federation National Athletics Championship	Pole Vault	2017	Participation
39	Fahad Karim	U-20	15 <sup>th</sup> Junior Federation National Athletics Championship	Decathlon	2017	Participation
40	Dilshan		57 <sup>th</sup> National Senior Athletics Championship - Hydrabdh	High Jump	2017	Participation
41	Aswin Antony	U-20	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	3000MSC	2017	Gold
42	Abijith SA		National Cross Country championship		2017	Participation
43	Abijith V K	U-20	33 <sup>rd</sup> national junior Athletics Championship-vijayavada	10000MRW	2017	Participation
44	Lenin Thomas	U-20	29 <sup>th</sup> South Zone Junior Athletics Championship – Trivandram	Javelin Throw	2017	Participation
45	Bighil		Represented Kerala Water polo team for the senior national championship	Water Polo	2017	Participation
46	Ajay Thankachan	U-21	Karate National Championship	Karate	2017	Bronze

**(a) Team Championships 2017-18**

1. MG University Inter collegiate Cross Country Champions (MEN)  
5 - Athletes selected to MG University Men Athletics Team
2. MG University Inter collegiate Cross Country Second Runner Up(WOMEN)
3. MG University Inter collegiate Water Polo Championship Runner Up  
5 Players from MA College Selected to MG University Water polo Team and participated in the All India Interuniversity Championship

4. MG University Inter collegiate Swimming (Men) Runner Up  
3 Swimmers from MA College Selected to MG University Water polo Team and participated in the All India Interuniversity Championship
5. Junior State Athletics Championship MA College Athletes Secured
  - 14- Gold
  - 8 –Silver
  - 8 – Bronze
 19 Athletes Selected to Kerala Team for the National Championship
6. South Zone Athletics Championship, 22 Athletes were Represented Kerala Team
  - 14- Gold
  - 3 - Silver
  - 3 - Bronze
7. MG University Inter collegiate Athletes Champions (MEN)  
19 Athletes selected to MG University Men Athletics Team
  - 16- Gold
  - 14- Silver
  - 16 - Bronze
8. MG University Inter collegiate Athletes Second Runner Up (Women)  
5 Athletes Selected to to MG University Women Athletics Team
  - 2- Gold
  - 3- Silver
  - 3 - Bronze
9. Weight Lifting MG University Second Runner Up (Women)
10. MG University Inter Collegiate Football Runner Up  
6 Players Selected to Mg university football team for the south zone inter University football championship
11. MG University Inter Collegiate Volleyball Runner Up  
1-Players Selected to Mg university football team for the All India Inter University Volleyball championship  
(Secured Second Place)
12. Power Lifting MG University Second Runner Up (Women)
13. Shamnas B L of MA College Represented Kerala Santhose Trophy Football Kerala Team  
(National Champions)

**(b) KERALA COLLEGE GAMES**

- a) **Over All champions (Rajeev Gandhi Ever rolling Trophy)**
- b) **Men Section Champions**
- c) **Athletics Men – Winners**
- d) **Athletics Women – Second Runner Up**
- e) **Football Men – Winners**

**Resources**

- The Management has given scholarships of amount Rs 101250/- in the year 2017-18 for the enhancement of sports in the campus.
- The salary of the Coaches(Rs 912000) is being paid by the management



- An allowance of Rs 600000/- received from Sports Authority of India as scholarship to the KIT.
- The facilities such as the indoor shooting range and swimming pool are created by the support of UGC.
- Multipurpose synthetic court and synthetic runway for jumping were built by the support of Govt. of Kerala.
- All other sports infrastructural facilities are created by the College Management itself. Fitness Centre and Weight Training Hall, Cricket Field, 2 Cricket Indoor Nets, Handball Court, 2 Hills for Training, and Boys and Girls Warm-up Area. Apart from students, teachers and non-teaching staff utilize these facilities provided by the department of Physical Education

## **Best Practice – 2**

### **Inculcating Social Commitment in Students through Community Extension Activities**

#### **Goal:**

Create a sense of social responsibility among students by providing them opportunity to engage with environmental and social issues in our society.

#### **The Context**

In the scenario of ever-increasing environmental pollution, an educational institution has no right to be passive towards it. The college sought out a novel programme which should have a positive impact in the general public and may be effective in preventing or at least resisting various issues like sound pollution, water pollution and unscientific management of the solid wastes including e-wastes. We have decided to inculcate proper awareness regarding all these in students and general public. Therefore, we had a plan to materialise a platform where students and the public join joyous to work together for social issues.

#### **The Practice**

Our college takes it as a mission to develop in students a sense of social commitment by making them participate in activities that postulates a healthy environment and social condition. The College organizes camps and training programmes, eco-friendly activities, relief activities, awareness classes etc. for this purpose.

#### **Evidence of Success**

- **Adoption of villages at Pinavoorkudi** : The college has adopted Pinavoorkudi village for various social extensions programmes of the college.
- **Manimala the Annual Science Popularization programme:** The program is a properly synchronized and well balanced series of academic, social and cultural sessions with an impetus on inculcating environmental awareness among school students. The programme intends to create awareness on different issues and challenges related to sustainability.
- **Biodiversity Plot at Thattekkadu Bird Sanctuary** : Two acres of land near Thattekkadu Bird Sanctuary is taken on lease by the college since 2011. The students planted about hundred varieties of plants including rare fruit trees and medicinal plants and actively maintaining it.

- **Academic Garden at Malayinkeezhu Bypass road:** Academic garden is a social forestry programme, in which Manimaruthu trees were planted on both sides of the Malayinkeezhu Bypass road, near Kothamangalam Town
- **Ashoka Garden at Thankalam Bypass:** Ashoka Garden is another forestry programme of our college at Thangalam Bypass. Students maintain about eighty trees here. The Ashoka trees planted in this garden have medicinal values.
- **Queen: Mega Hair Donation Programme :** The NSS unit of Mar Athanasius College has organised a Mega Hair Donation programme to extend their support for cancer fighters on Monday, 11th December 2017. 205 ‘Queens’ and 2 ‘Kings’ including NSS volunteers, students of M A college and nearby educational institutions and local public were donated their hair in this occasion. Many of the donors were students while some were of age 40-50 years. Yeldho Mar Baselious College, St. Augustine School Girls Higher Secondary School, Shobana English medium School and Fr. Joseph Memorial Higher Secondary school Puthuppady have associated with the programme.
- **Rejuvenation of Kuroorthodu:** Using the water test kit in the Bio-Science Laboratory, the students of our college test the quality of Water in Kuroorthodu (a nearby water body). Based on the report, the students organized awareness classes to the public regarding harmful effects of water pollution and the need to conserve the water of Kuroorthodu, a major water resource of Kothamangalam Municipality.
- **Blood Donation:** conducted 4 blood donation camps (three in the campus and one outside the campus) at the college in association with IMA , Regional Blood Bank and HDFC bank. About 350 successful donations were recorded in these camps.
- E-waste management
- Sponsoring a school student by M Com I B
- **MGJSM- Noon Meal to Orphanage:** Mar Gregarious Jacobite Students movement collect Pothichoru(Noon Meal) from students and distribute it among different orphanages and old age homes through St. Johns Charitable trust.
- **Bottle garden- reuse of plastic bottles:** Students reused the plastic bottles as plant pots and created a beautiful garden in front of the chemistry department.
- **Extension programmes of NCC and NSS**

Sl. No.	Activity Name	Venue	Date
1	Beautification and Tree Planting	Government UP School Pindimana, Kothamangalam	26 May 2017
2	Plastic Waste Management Campaign	Institutions and residential of Kothamangalam Municipality	27- 31 May 2017
3	Construction of Rain water pit	Govt. Town U P School, Kothamangalam	3 Jun 2017
4	Planting tree saplings	Govt. Town U P School, Kothamangalam	3 Jun 2017

5	Collection of Plastic wastes	Institutions and households of Kothamangalam Municipality	Saturdays of Every month
6	Plastic Waste Management Programme	M A College and Kothamangalam Municipality	12 June 2017
7	Donating study materials to school students	St. George U P School, Pooyamkutty	19 Jun 2017
8	Anti Dengue Rally	Municipal bus stand	6 July 2017
9	Planting Tree Saplings: Nature Conservation Campaign	Campus and Municipality area	28 Jul 2017
10	Organic Farming	Koventhappady, Kothamangalam	29 July 2017
11	Distribution of Grow bags, fertilizers and Seeds	Kothamangalam, Muvattupuzha	Recurring
12	Haritha Keralam Campaign	Households of Kothamangalam	8, 9 Aug 2017
13	Survey on Organic Farming	Kothamangalam Municipality	12 Aug 2017
14	Kalaa Jaadha (Declaration Procession) on Jaivam	Kidangoor, Kottayam	1 Sep 2017
15	Street Play on Jaivam	Kidangoor town, Kottayam	2 Sep 2017
16	Flashmob on Jaivam	Kidangoor town, Kottayam	3 Sep 2017
17	Street Play on Pesticide free Vegetables	Kidangoor, Kottayam	5 Sep 2017
18	Musical drama 'Mannu' on Jaivam	Kidangoor School Hall	5 Sep 2017

19	Training Class on Growbag Cultivation	Kidangoor, Kottayam	6 Sep 2017
20	Cleaning of Olichira Pond	Olichira, Koventhappady	9 Sep 2017
21	Cleaning public places in Kothamangalam	Kothamangalam public road	21-27 Sep 2017
22	Mass Tree Planting and cleaning on NSS Day	Campus and residential areas of Kothamangalam	24 Sep 2017
23	Cleaning and Painting of Public premises	Kothamangalam tom area	1 Oct 2017
24	Swachhata Hi Seva- Mass Cleanliness Drive	Public places, library, campus, rooms and premises of hostels, Nakshathravanam, bus stands etc.	23 Sept to 5 Oct 2017
25	Cleaning Mudakkuzha public road	Mudakkuzha Grama Panchayat	14 Oct 2017
26	Cleaning of PVIP Canal at Mudakkuzha	Mudakkuzha Grama Panchayat	21 Oct 2017
27	Cleaning of Public Pond at Mudakkuzha	Mudakkuzha Grama Panchayat	28 Oct 2017
28	Campaigning on Hair Donation	Educational Institutions & Public offices in Kothamangalam	1- 30 Nov 2017
29	Cleaning pond at Valiyapara	Valiyapara, Kothamangalam	4 Nov 2017
30	Interaction with inmates of Dharmagirivikas Orphanage	DharmagiriVikas Society, Kothamangalam	12 Nov 2017
31	Blood Donation Camp I	M A College	14 Nov 2017

32	Leave No One Behind – Training on Self defense for Girls	Municipal Seminar Hall	25 Nov 2017
33	Mega Blood Donation Camp	Lulu Mall, Edappally	1-3 Dec 2017
34	AIDS awareness campaign	M A College, Municipal bus stand, Kothamangalam	4 Dec 2017
35	Blood Donation Camp II	M A College	6 Dec 2017
36	Mega Hair Donation Programme- 'QUEEN'	M A College	11 Dec 2017
37	Marketing bamboo products from adopted village	Kothamangalam Bus Stand	6 Jan 2018
38	Punarjani- Campaigning for Organ Donation	Kothamangalam and Muvatupuzha	18 – 20 Jan 2018
39	Construction of Drainage Canal	Koventhappady	3 Feb 2018
40	Sundari Kochi Project	Special Economic Zone	4 Feb 2018
41	Training on Paper bag making	College Campus	10 Feb 2018
42	Making of Paper Bags	College Campus	13 Feb 2018
43	Blood Donation Camp III	M A College	15 Feb 2018
44	Distribution of Paper Bags	Various shops at Kothamangalam	17 Feb 2018
45	Say No To Drugs	Kothamangalam	27, 28 March

46	Dress Donation To Tribals	'Thalavachapara' Tribal colony	5 April 2018
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### **Resources**

Management provides support in terms of financial, infra-structure and human resource for various extension activities of the college

Kerala State Council for Science Technology and Environment (KSCST) for celebrating World Environment day Celebration June 5<sup>th</sup> 2018