

# 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**

Number of awards/medals for outstanding performance in sports/cultural activities at national/international level (award for a team event should be counted as one)

Year	Name of the award/medal	National/ International	Sports	Name of the student
2018		Senior Nationals	Khelo India Nationals 1500M	
2018	Bronze	All India Inter University	1500M	Unnikrishnan U
2018	Bronze	Junior national	Junior national water polo Championship	Unnikrishnan U
2018	Gold	National	National Senior Water Polo Championship	Aparna G
2018	Gold	National	National Senior Water Polo Championship	Greeshma P
2018	Gold	National	29 <sup>th</sup> South Zone Junior Athletics Championship	Aswin Antony
2018	Bronze	National	All India Inter University Swimming	Unnikrishnan U

2018	Bronze	National	Triple Jump	Aiswarya P R
2018	Silver	Junior National	10 KMW	Asha Soman
2018	Silver	Junior National	4X100MR	Riyas Aliyar
2018	Silver	AIU Athletics	4X100MR	Riyas Aliyar
2018	Silver	South Zone Nationals	10 KM W	Abijith V K
2018	Bronze	South Zone Nationals	10 KM W	Nikhil Sudhil
2018	Silver	South Zone Nationals	100 M	Nimmu Biju

Sl. No	Name	Category	Competition	Event	Year	Position
1	Unnikrishnan U	AIU/	Khelo India Nationals	1500M	2018	Participation
		Senior National	All India Inter University	1500M	2018	Bronze
			National Senior swimming Championship		2018	Participation
			Junior national water polo Championship		2018	Bronze
2	Vigneesh S	Senior	National Senior swimming Championship		2018	Participation
			All India Inter University		2018	Participation
3	Anjana Mohan		All India Inter University Aquatics		2018	Participation
		Senior	National Senior swimming Championship		2018	Participation
4	Aparna G	Senior	National Senior Water Polo Championship		2018	Gold
			All India Inter University		2018	Participation
5	Greeshma P		All India Inter University		2018	Participation

		Senior	National Senior Water Polo Championship		2018	Gold
<b>6</b>	Tibin Joseph	Senior	Represented MG University for All India Inter University Crosse Country Championship		2018	Participation
		Senior	Represented MG University for All India Inter University Crosse Country Championship		2018	Participation
<b>7</b>	Deepu Antony		All India Inter University		2018	Participation
		Senior	Represented MG University for All India Inter University Crosse Country Championship		2018	Participation
<b>8</b>	Sherin Jose		All India Inter University		2018	Participation
			National Crosse country championship		2018	Participation
<b>9</b>	Bibin M S	Senior	National Senior Athletics Championship- Goahti		2018	Participation
			All India Inter University		2018	Participation
			29 <sup>th</sup> South Zone Junior Athletics Championship	3000MS C	2018	Gold
<b>10</b>	Aswin Antony	U-20	Junior National		2018	Participation
			AIU Athletics		2018	Participation

			All India Inter University Crosse Country Championship		2018	Participation
11	Abijith SA	Senior	Represented MG University for All India Inter University Crosse Country Championship		2018	Participation
			AIU Athletics		2018	Participation
			National Crosse country championship		2018	Participation
12	Unnikrishnan U		All India Inter University Swimming	Swimming	2018	Bronze
13	Aiswarya P R	U-20	Junior National	Triple Jump	2018	Bronze
14	Asha Soman	U-20	Junior National	10 KMW	2018	Silver
15	Riyas Aliyar	U-20	Junior National	4X100M R	2018	Silver
			AIU Athletics	4x100M R	2018	Silver
16	Arshana V V	U-20	AIU Weight Lifting		2018	Participation
			South Zone Nationals	Hammer Throw		Participation
17	Abijith V K	U-20	South Zone Nationals	10 KM W	2018	Silver
			Junior National			Participation
			All India Inter University			Participation
18	Nikhil Sudhil	U-20	South Zone Nationals	10 KM W	2018	Bronze
19	Nimmu Biju	U-20	South Zone Nationals	100 M	2018	Silver
20	Anandu Ayyappan	U-20	South Zone Nationals	Javelin	2018	Participation
21	Sabitha Saju	U-20	South Zone Nationals	400 M	2018	Participation

22	Anakha B A	U-20	Junior National	800 M	2018	Participation
23	Anoop Valsan	U-20	Junior National	Javelin	2018	Participation
			Junior Federation	Javelin	2018	Participation
			South Zone Nationals	Javelin	2018	Participation
24	Sabin T sathyan	U-20	Khelo India National	4 x100 MR	2018	Gold
			Junior National	110 MH	2018	Participation
			Junior Federation Nationals	110 MH	2018	Participation
25	Junaid K		All India Inter University Football		2018	Participation
26	Alex Saji		All India Inter University Football		2018	Participation
			Santhose Trophy Team Member		2018	Participation
27	Fahad Aliyar		All India Inter University Football		2018	Silver
			Khelo India National		2018	Participation
28	Shamnas B L		All India Inter University Football		2018	Participation
29	Firshad C A		All India Inter University Football		2018	Participation
30	Sooraj S L		All India Inter University Aquatics		2018	Participation
31	Sreekanth H I		All India Inter University Aquatics		2018	Participation
32	Yadhu Krishnan P S		All India Inter University Aquatics		2018	Participation
33	Swathy Sundhar		All India Inter University Aquatics		2018	Participation
34	Bikhil V K		All India Inter University Aquatics		2018	Participation

35	Abijith T P		All India Inter University Aquatics		2018	Participation
36	Alfin Thomas		All India Inter University Aquatics		2018	Participation
37	Thomas Scaria		All India Inter University Aquatics		2018	Participation
38	Aswin S J		All India Inter University Aquatics		2018	Participation
39	Sweetha K		Represented MG University for All India Inter University Crosse Country Championship		2018	Participation
			National Crosse country championship		2018	Participation
40	Muhammed Ajmal		AIU Athletics	200 M	2018	Gold
			AIU Athletics	100 M	2018	Bronze
			Senior Nationals	4x100M R	2018	Silver
41	Omkar Nath		AIU Athletics	4x100M R	2018	Silver
42	Athul Senan		AIU Athletics	4x100M R	2018	Silver
			Senior Nationals	4x100M R	2018	Silver
43	Vivek Krishnan Kutty		AIU Volleyball		2018	Participation
44	Nelsa Mole P saji		AIU Athletics		2018	Participation
45	Deepa Joshy		AIU Athletics		2018	Participation
46	Nikhil S		AIU Athletics		2018	Participation
47	Thomas Abraham		AIU Athletics		2018	Participation
48	Anas		AIU Athletics		2018	Participation
49	Anirudh C R		AIU Athletics		2018	Participation
50	Amal Joseph		AIU Athletics		2018	Participation
51	Suhail S		AIU Athletics		2018	Participation
52	Ananda Krishnan		National Crosse country championship		2018	Participation

53	Musthaq Ali N		AIU Athletics		2018	Participation
----	---------------	--	---------------	--	------	---------------

### **Team Championships:**

MG University Inter collegiate Cross Country Champions (MEN)

Athletes selected to MG University Men Crosse Country Team

MG University Inter collegiate Cross Country Second Runner Up(WOMEN)

Athletes selected to MG University Women Crosse Country Team

MG University Inter collegiate Water Polo Championship (Men) Winner

Players from MA College Selected to MG University Water polo Team and participated in the All India Interuniversity Championship

MG University Inter collegiate Swimming (Men) Champions.

Swimmers from MA College Selected to MG University Swimming Team and participated in the All India Interuniversity Championship

All India Interuniversity Men Swimming Championship 2018

1- Bronze

MG University Inter collegiate Swimming (Women) Champions.

Swimmers from MA College Selected to MG University Swimming Team and participated in the All India Interuniversity Championship

Champions in Ernakulum District Athletics meet.

Senior State Swimming Championship

10-Gold

11- Silver

6- Bronze

3 – Swimmers were selected to Kerala team for the senior national swimming championship

2 players represented the Kerala team for the senior national Water polo championship and secured gold medal.

Junior State Athletics Championship, MA College Athletes Secured

9- Gold

21 –Silver

9 – Bronze



Athletes Selected to Kerala Team for the National Championship

14 Athletes Selected to Kerala Team for the National Championship

1- Gold

2- Silver

1 – Bronze

State interclub athletics championship- Champions

23- Gold

16- Silver

13- Bronze

South Zone Athletics Championship, 19 Athletes were Represented Kerala Team

7 - Gold

3 - Silver

3 - Bronze

MG University Inter Collegiate Football Second Runner Up

5 Players Selected to MG university football team for the south zone inter University football championship.

1-Players Selected to MG University Volleyball team for the All India Inter University Volleyball championship

Youth National Athletics Championship

2- Gold

1- Silver

Junior Federation National Athletics Championship

1 - Silver

Senior National Athletics Championship

2 – Silver

All India Interuniversity Men Swimming Championship 2018

5- Gold

6- Bronze

Alex Saji of MA College Represented Santhosh Trophy Kerala Football Team

Fahad Aliyar of MA College Represented Kerala Football Team For the U-21 National Championship and secured Silver Medal

MG University Inter Collegiate Power Lifting Women Second Runner Up.

MG University Inter Collegiate Weight Lifting Women Second Runner Up.

School Nationals Senior Girls

2- Gold

School Nationals Senior Boys

1- Bronze

### **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 jous 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 Five Villages under UBA Scheme:** The college adopted five villages viz Kothamangalam, Varappetty, Keerampara, Thrikkariyoor and Pindimana
- **Adoption of villages at Pinavoorkudi :** The college NSS unit 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 Malayankeezhu 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 has medicinal values.
- **Flood relief activities:** collection and distribution of relief materials such as food, clothing, blankets, water, medicine, etc. to relief camps and isolated areas all over Kerala. Also, a relief camp was quickly started in M.A. College. Organised medical camps by expert doctors in various places, rehabilitation works such as cleaning of flood affected houses and wells making it compatible for daily use. From 11<sup>th</sup> August 2018 the volunteers started collecting the fund and other relief materials from in and around the college.
- The college distributed 2000 Onam kits in Thrikariyoor, Pallarimangalam, Chengannur and Pareekanni.
- **Blood Donation:** conducted a blood donation camp at the college in association with IMA and HDFC bank.
- **E-waste management**
- **Sponsoring a school student by M Com I B**
- **Chekkutty:** Uplifting of Chennamanglam Handloom Industry in flood affected area
- **MGJSM- Noon Meal to Orphanage:** Mar Gregarious Jacobite Students movement collects Pothichoru(Noon Meal) from students and distributes it among different orphanages and old age homes through St. Johns Charitable trust.
- **Bottle garden- reuse of plastic bottles:** Students reuse the plastic bottles as plant pots and created a beautiful garden in front of the chemistry department.
- **Extension programmes of NCC and NSS**

- **Kuttampuzha Check Dam Construction :** To retain water upstream, so that the water percolates into the groundwater table, the NSS volunteers of Mar Athanasius College constructed a check dam in Kuttampuzha on 08/12/2018.
- **House Construction at Velielchal:** The students of Mar Athanasius College, had constructed a house at Velielchal for a family whose house was destroyed by flood.

### **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

Unnat Bharat Abhiyan (UBA), MHRD, Govt. of India provides support for Baseline survey in the adopted villages to identify the needs of the society.