



VIDYAA VIKAS



COLLEGE OF ENGINEERING AND TECHNOLOGY

Tiruchengode - 637 214, Namakkal Dt., Tamil Nadu

☎ 04288 - 282222, ☎ 94421 - 41122, ☎ 04288 - 281122

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(Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai)

DESCRIBE TWO BEST PRACTICES SUCCESSFULLY IMPLEMENTED BY THE INSTITUTION AS PER NAAC FORMAT PROVIDED IN THE MANUAL.

BEST PRACTICE-1

1. Title of the Practice:

Voluntary Blood Donation to needy people from the marginal sections of the society

2. Objectives of the Practice

- To inculcate the concept of community service among the students.
- To fulfill the social responsibility of the institution.
- To Educate students about the importance of Blood donation

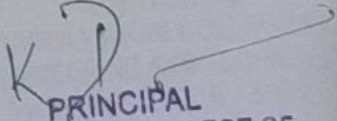
3. The Context

The Government Hospital (GH), Tiruchengode is located very near to the college. There are a number of SOS cases for blood donors to save their kith & kin. Our Institute practiced to help those people who are in urgent need of blood; the students, staff of college makes it a practice of donating blood to needy people.

4. The Practice

The Institute is located very near to the Government Hospital (GH) Tiruchengode. The patients from the weaker sections of the society come for treatment to GH. The college made publicity through Red Cross Society, students, staff, old students, parents and other well-wishers of the institution to approach the institute for voluntary blood donation in needy time.




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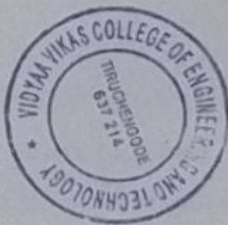
This activity monitored by the Red Ribbon Club of the college. Whenever any person in want of blood approaches the college, Principal or convener of Red Ribbon Club announce through the (PAS) Public Address System about the details of required blood group along with the status of the patient. Any one of the student or staff member will respond immediately to the announcement and help the patients by donating the blood voluntarily. The beneficiaries express their heartfelt thanks to the Principal, RRC convener and donors. It gives utmost satisfaction to all the stakeholders of the Institution as this is a lifesaving donation.

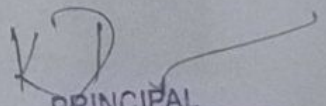
5. Evidence of Success

Totally there are 40 beneficiaries during the year 2022-23. With this practice most benefitted group is pregnant ladies. Also the patients suffering from various diseases like Heart problem, cancer, kidney problems, dengue fever and surgeries for different problems including accidents were benefitted through this program. As GH is nearer to college, the students and staff are ready to help in emergency situations by voluntary blood donation

6. Problems Encountered and Resources Required

- At the time of examinations the students are not able to donate blood
- To overcome this problem the staff members donate the blood. No resources required




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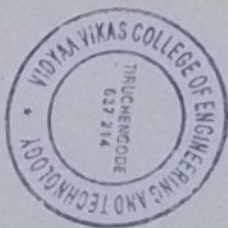
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BEST PRACTICE-2

1. Title of the Practice:

Yoga and Meditation Practices

2. Objectives of the Practice

- To create awareness about health and its importance among the students.
- As a part of social responsibility to encourage the students to educate the people about the role of yoga in maintenance of good health.

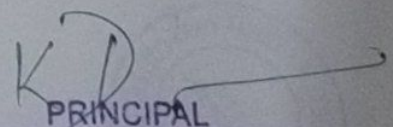
3. The Context

Yoga and Meditation are very important to lead healthy life. They give mental peace and develop the problem solving capacity in human being. They give physical and mental strength it leads to Spiritual wellbeing.

4. The Practice

Every year the supporting services of the college i.e. manavalakalai mandram plans to give training the students in yoga and meditation as a part of regular internal activities of the college and during the special camp. The institute enquires the Govt & non-organizations and charitable trusts which provides free services to the society. The college encourages /motivates the students to participate in yoga and meditation so as plays a prominent role in developing good and sound health among the students. So that the students develops their learning skills. It gives good and prosperous future in getting jobs or in developing into entrepreneurs. Meditation practice will inculcate among the students to develop concentration in particular concept




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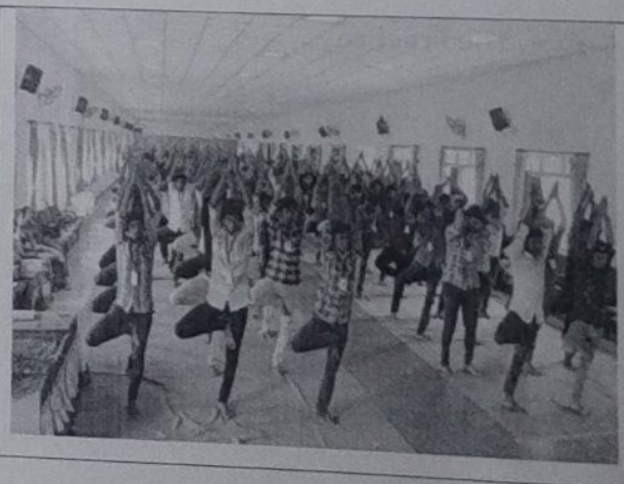
5. Evidence of Success

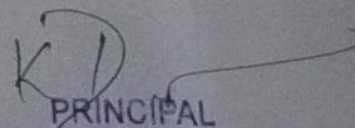
This year also our college all staff members including teaching and non-teaching staff and students participated in yoga and meditation and made it a grand success. All the students teaching and non-teaching staff in the Internal Yoga day every year on 21st June with a skilled master these activities were practiced later to get benefit yoga and meditation

6. Problems Encountered and Resources Required

Yoga and meditation trainers are not available around college surroundings. Generally the students who are in below poverty line choose our Government institutes for their admissions to study their degree courses. Hence they themselves able to get good and sound health and getting ability to get good studies also. Now they are able to explain the public about the importance of yoga and Meditation in getting good health.

1. One yoga room is required to practice yoga and meditation after college hours
2. Yoga mats are required for the students and staff




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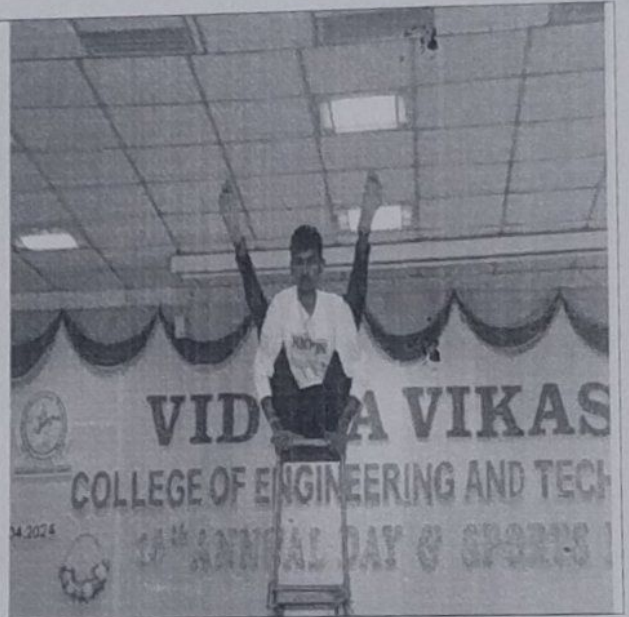
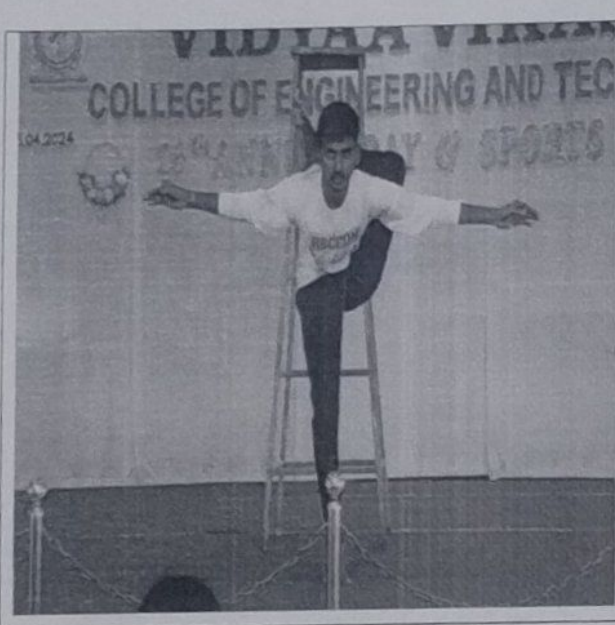
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