

SES COLLEGE

SREEKANDAPURAM EDUCATIONAL SOCIETY

Affiliated to Kannur University Accredited by NAAC at 'B' Grade

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COLLEGE

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Best Practices

S.E.S. College Sreekandapuram

Best Practice – 1



"Counselling has to do with intuition, with work on oneself, with the quietness of one's mind and the openness of one's heart."

- Ram Dass



COUNSELLING CENTRE

SES COLLEGE SREEKANDAPURAM





The way we talk to our children becomes their inner voice

Goals

To help in the overall development of the students To develop readiness for choices and changes to face new challenges To help freshers to establish proper identity To uplift the students from weeker sections of the society To help the students in their period of turmoil and confussion To Identify and help students students in need of special help

The context that required the initiation of the practice

Teenage period is a period of confusions and emotional turmoil; also faces difficulty in taking decisions. In order to mould our students and help them to accept the right path in their life, the service of a professional counsellor is very essential. So to meet these requirements, our college started a Counselling centre. Counselling is the service offered to the individual who is undergoing a problem and needs professional help to overcome it. Our counselling centre's primary mission is to provide effective counselling services to students who come to us with a wide range of problems.

The Practice

The students can approach the counselling centre at any time. The class teachers and department heads also refer to the cases. All the students are free to approach the counselling centre. Smt. Sunitha Joseph, Co-ordinator of the centre and PGDCP holder (Post Graduate Diploma in Counselling and Psycho- therapy) meet the students in the free hours and consult the cases. Yearly counselling camps are organised for the first year students in which external professional Counsellors also participate; through such sessions, students get an orientation towards the necessity of counselling for a healthy life. In certain cases, counselling facilities are given to the parents also. The practice of counselling and psychotherapy depends on gaining and honouring the trust of clients. The students feel free and comfort with the counselling.

Evidence of Success

Guidance and counselling help the students for their optimum development and realise the relevance of adequate emotional flexibilities in the varied life situations. Various students have benefitted from the counselling sessions and have gratefully expressed positive gestures after becoming successful in life. It helps the students to achieve highly in the education, profession, vocation, social, health, moral, personal and marital areas. Counselling is a process of assistance extended by an expert in an individual situation to a needy person.

Problems faced and Resources required

The general attitude of the common man that counselling is meant for those who suffer from some sort of mental sickness is the main problem faced by us too. Students, both the student receiving counselling and the other students, do not take counselling from a broader view that includes any sort of counselling or guidance that may help the student in the betterment of his/her emotional or psychological or spiritual or mental aspects. In the beginning stage of arranging the counselling classes and counselling camps, students are reluctant to attend it because of the thought that only the student with mental difficulty or disability attends such sessions. Lack of awareness of counselling among the students and the failure in identifying the difference between a Counsellor, a Clinical Psychologist, and a Psychiatrist are the obstacles we face. Frequent awareness campaigns by teachers can only help the students in changing their misconception about Counselling. We experience a lot of improvement in the attitude of students. A special and separate room is allotted for student counselling in order to keep the privacy and confidentiality of the counselling process.



Counselling Centre Activities













Best Practice – 2



"True merit, like a river, the deeper it is, the less noise it makes." - Edward Frederick

SES COLLEGE SREEKANDAPURAM

Merito Diem

Merit Day Celebrations Distribution of Endowments

Goals

To showcase the talents of Students To acknowledge the effort of the students in academic and nonacademic fields To nourish and nurcher the potential of students To create interest among students to pursue higher studies

SES Merito Diem

The context that required the initiation of the practice

The location of our college creates a geographical gap between other major institutes of our state as it is located in a remote and hilly area of Sreekandapuram Kannur. Our institute caters to the learning needs of the students from the nearby and deprived people of our localities. The college found out that some sort of motivation is required in order to bridge the gap. The brainstorming in this aspect gave birth to the idea of initiating endowment to appreciate the talents and to motivate the ones about to come to & make their stride in the walks of life There is a gap in the learning capability of students, some of them are advanced learners, some are slow learners and some are average learners. Advanced learners need more exposure to learning experience, average learners need to come forward and slow learners need more support. In order to provide equity to both the slow learners and advanced learners, we give opportunity for the advanced learners to expose their knowledge and thereby help the slow learners benefit from it.

The Practice

'Merito diem', the Merit day is a flagship programme coordinated by the faculty of our college. The college acknowledges the efforts put forward by the students in achieving excellence in academic and non academic fields of endeavour. The programme distributes endowment for the ones who have left their imprints of success in the respective academic year. A set of 40 endowments are bestowed to the ones who honoured the college by being part of its proud Alma mater. Apart from the department toppers, the college honours subject toppers, best sports person (male and female), NSS volunteers, NCC volunteers and the best user of the college library are honoured and recognized during this ceremony. The Best Student Teacher award is distributed during this event. The tutors identify the

learning ability of the students by proper internal assessment and mentoring. Tutors initiate the 'student teacher" programme among the students. Here the advanced learners among senior students are given the opportunity to teach and share with their juniors on the ideas discussed in the curriculum. Some departments give cash awards and recognition ('Best Student Teacher' award by English and Chemistry Departments) to those student teachers on the basis of their performance.

Evidence of Success

The students have shown signs of improvement and a renewed enthusiasm for nurturing their talents. The rapid increase in the number of endowments initiated from 4 to 40 is self evident of the success of the practice. Toppers in various depts, in individual subjects, best performers in various arts and sports events, students who represented college and brought home laurels of victory at various levels: national state and university levels are honoured in the presence of our luminous alumni. The honouring was indeed a great boost of confidence and motivation for the students of upcoming years ahead to achieve great heights. The whole college witnessed the celebration of victory from the last academic year. Our institution also encourages the practice of peer teaching. The advanced students are able to learn the subjects more thoroughly with the experiential learning mode of Peer Teaching method and it improves their performance in the exams and future life. The methodology proved to be a vast success that the peer teacher-students are really interested in the profession of teaching. The slow learners are able to understand the topic well and write the exam more confidently. The average learners also get benefited by improved knowledge and skill. It increases the confidence of the students, improves the relationship among students, and creates more interest and enthusiasm towards learning problems faced.

Resources required

The funds needed for the initiation of endowment was a question at the early stage. The Management, the Principal and other teaching staff of the college wholeheartedly donated magnanimously and we were able to overcome this problem. The institution is now able to motivate its students and appreciates the

SES Merito Diem

















"Tell me and I forget, teach me and I may remember, involve me and I learn."

– Benjamin Franklin

S.E.S College Sreekandapuram

Peer Teaching

The program aims to open areas for communication and exchange information among students to provide know-how in various subjects to students in operation areas.





- * To strengthen the knowledge of slow learners
- * To help the advance learners to master knowledge
- * To reduce failure and dropout rates

"In learning you will teach, and in teaching you will learn."

- Phil collins

Peer Teaching

The context that required the initiation of the practice

The college is located in the sub urban and hilly areas of Kannur district of Kerala. We cater to the learning needs of the students from the nearest localities. There is a gap in the learning capability of students, some of them are advanced learners, some are slow learners and some are average learners. Advanced learners need more exposure to learning experience, average learners need to come forward and slow learners need more support. In order to provide equity to both the slow learners and advanced learners, we give opportunity for the advanced learners to expose their knowledge and thereby help the slow learners benefit from it.

The Practice

The tutors identify the learning ability of the students by proper internal assessment and mentoring. Both groups of students are equally treated by the tutors by initiating the "student teacher" programme among them. Some departments give cash awards and recognition to those student teachers on the basis of their active involvement. We have a formal and informal system for this. The students who are more efficient always support the fellow students to come forward. Some departments follow the system of advanced learners among the senior students teaching the junior ones. Normally the teachers identify a leader in each group and he/ she will be the person having a good score in internal assessment. Informally, before the exams, students prefer group studies and the college provides the classrooms for their group studies. The advanced learners share the value points and important concepts with the slow learners. Practical project works are also done as group work in BBA.

Evidence of Success

The advanced students are able to learn the subjects more thoroughly with the experiential learning mode of Peer Teaching method and it improves their performance in the exams and future life. The methodology proved to be a vast success that the peer teacher-students are keenly interested in the profession of teaching. The slow learners are able to understand the topic well and write the exam more confidently. The average learners also get benefited by improved knowledge and skill. It minimises the failure of students in exam, increases the confidence of the students, improve the relationship among students, minimise the dropout ratio, create more interest and enthusiasm towards learning

Problems faced and Resources required

The identification of weaker students at the beginning of the academic year is difficult, because marks in the Higher Secondary exams are not always an apt indicator. After the internal assessment, the tutors try to identify the slow learners and advanced learners and start peer teaching. The number of students attending peer teaching classes is comparatively low because the slow learners feel some inferiority complex to attend the peer teaching classes. Moreover, the advanced learners also feel hesitated in the beginning to engage sessions. After a month or so, participation of students increases due to the frequent interaction of teachers with slow learners; motivation from the tutors helps the slow learners to avoid their inferiority complex and actively participate in peer teaching. It requires a proper system for identifying the different levels of students. Normally the internal assessment system is used for this. But depending on the internal assessment for the classification of students is again another obstacle. The library facilities, teaching aids such as LCD projector and laptops are the resources required. Peer Teaching













Best Practice – 4



"Good prose should be transparent, like a window pane."

– George Orwell

SES COLLEGE Eco-Manuscript Magazine



Goals

- * Enable the student to understand the value of nature
- * Make awarness about the mourning environmental issues
- * To help in the overall development of students
- * To develop readyness for action and willingness to face new challenges
- * Empower to face the issues like global warming polution etc.

Eco- Manuscript Magazine

The context that required the initiation of the practice

The context that required the initiation is staring right at our faces in the present day life. Rapidly changing ways of living and actions solely oriented in profit and amassing wealth and power has taken a huge toll on nature. The very natural existence is in question at present due to the sophistications focused on pretty short-sighted gains, while unable to see the far reaching impact of the imminent disaster. We fail to see the bigger picture and consider ourselves to be the master of all while failing to recognize that we too are just a tiny speck in the cycle of existence. This practice attempts to create the awareness among the student community, the next generation, policy maker's thereby contributing to maintain the equilibrium, not to disrupt the delicate balance of life and nature. A wake-up call for the generation/ A call for action, focusing on nature &saving the world. The voice of the Green should not be silenced.

The Practice

The students were assigned to submit a manuscript magazine focusing on environment & related issues. The creative ideas, writings, drawings, etc are depicted. So a platform showcasing their talents and presenting their views on environment issues was provided through this venture. Ideal names were given by students to magazines compiled through the writings of various departments. A presentation using technological aid PowerPoint was conducted by students representing each department, where they explained the ideas, name and the thoughts discussed in their magazine. All the departments participated actively and were encouraged and a prize was given to the department which made the best presentation & content.

Evidence of Success

The enthusiasm with which the students took part in the venture itself is the greatest evidence of its success. The programe was a real eye-opener for the student community allowing them to think ecologically and more oriented towards sustainable developments rather than concrete constructions, turning our mother nature into concrete maze/jungle.

Problems faced and Resources required

The general attitude of the modern man that everything in nature is for our pleasure or for us to exploit and humans are even above the laws that bind all other things in nature is subconsciously being imprinted on the students too. The initial surprises at the ideas explained were first received with raised eyebrows because they assimilated and gathered from what they saw around them that we are exempted from all the laws of nature as we are beings with superior intelligence. Ironically these self coronated superior beings are doing harm to environment than anything else. This idea drove through the students & created a great impact among them. This widened their perspective & added a tinge of green into their voice .The heart wrenching plight of victims at Nenjamparaba Kasargode made it all the more clear it is high time the student community did something. This experience resulted in a lot of improvement in the attitude of students. An objective receptive and critical mind which reflects upon & responds not just the ideas discussed but on the happenings around them and environment which envelops nurture and nourish them is the basic resource required for the success of this practice.

> "Think like a wise man but communicate in the language of the people." – William Butler Yeats

deres to



Best practice – 5



"Successful people have a social responsibility to make the world a better place and not just take from it."

- Carrie Underwood.



SES College Sreekandapuram

Connecting with Community

Goals

- * To enhance the teaching skill of students
- * Establish an academic collaboration with a rear by educational institution
- * Give an academic exposure to students

Connecting with the Community The context that required the initiation of the practice

The rural communities surrounding the college deserve an active and efficient academic intervention of a Higher Education institution. The students of the college deserve several opportunities for getting exposure. Students who are part of Peer Teaching scheme are given an opportunity to take class for the school students of nearby communities. Under the aegis of the Department of English, students are given an opportunity to enhance their teaching skills by taking class to the school students.

The Practice

Through the Peer Teaching programme, some departments follow the system of advanced learners among the senior students teaching the junior ones. The Peer Teaching Programme was taken to the next level by extending the service of peer Teachers to the nearby community. The willing peer teachers of the Department of English were given an opportunity to teach in Sal Sabeel School, Sreekandapuram on March 7, 2018. The programme "Connecting to community" was launched as an extension of Peer Teaching Programme which would enable the students to have a real classroom teaching experience and also help in establishing an academic relationship with the nearby community. Students of English Department handled sessions on Grammar and some motivating lives. They took classes to the Upper Primary class students and they too enjoyed the different experience. Mr. Baby Thomas, Head of English Department, Mrs. Shabeena Backer and Mrs. Shyna Janardhanan, faculty members of English Department, accompanied the students. The students also gave positive feedback. It also helped the peer teachers to improve their methods of teaching.

Evidence of Success

The Connecting to Community Programme was too fruitful that the student teachers really cherished the experiential learning initiative. It was a first ever experience for them that they could teach in a school. The certificates provided by the school made the students feel that they have made a great achievement which they expressed through their words.

Problems faced and Resources required

As it was a firsthand experience, students had great nervousness about how to implement the classroom management. Even though the school students co operated in a very good manner, the students cum teachers were really tensed about how to deal the situation. The presence of their teacher and other teachers also increased their nervousness. But once the starting problem was over, student teachers were easily able to manage the scenario. Teaching aids were the resources required.



Best Practices



Best Practices

Connecting to the community



Best practice – 6



"The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn."

– Alvin Toffler

SES Whatsapp class



Goals

- To integrate student friendly m-learning tools (social media) in teaching learning
- To make learning process more interesting and updated
- To make learning materials easily accessible to all students instantly
- To enhance teacher student relationship through the easy availability of teacher.
- To give opportunities for the weak learners to raise queries without any hesitation



The context that required the initiation of the practice

Mobile phones have become part and parcel of everyone's life and so the teaching learning process cannot also proceed further without making use of mlearning tools. Several mobile applications are now available to enhance knowledge of various disciplines. But all the learning applications and tools create some sort of hesitation among some students as they treat it only as a complicated foreign tool. Thus nowadays educational thinkers advocate integrating social media platforms itself to teaching learning contexts as students are easily able to adapt to the ambience of those platforms. So the various departments of our college also have shifted to the social media arenas, especially Whatsapp groups to manipulate it as an effective teaching learning tool.

The Practice

Various teachers have created Whatsapp groups to transfer learning materials some provide audio clips on topics from courses, some provide web links of various educational websites, some conduct Oral tests, quizzes, etc. Advanced learners are also given opportunities to share their ideas on the topics concerned. Students also raise doubts on the classes taken and difficult portions. And to be specific, students make use of the Whatsapp group to make active discussion during examination times. And as there is the presence of the teacher, students cannot make any trivial chats too. It helped in creating a healthy team building and co operative mentality among students. Teachers are also compelled to shift their positions from sages to mentors and friends.

Evidence of Success

Students actively participate in the m learning happening through Whatsapp. Several parents have also extended positive remarks on the academic development of their children through the use of Whatsapp as a learning tool. Earlier, the main complaint from parents was that their children are fully engaged in mobile phones, especially whatsapp. It is this complaint that compelled the teachers to manipulate it as an effective teaching learning tool. The weak learners are also happy about the fact their main tool of chatting online has turned out to an effective learning tool. Moreover they are getting easy access to the teacher. Students who are nervous about asking doubts and apprehensions in direct classes are able to raise their queries without fearing anything. The relationship between the teacher and students has also become an amicable one.

Problems faced and Resources required

Mobile phone and internet connection are the resources required. The main problem was the availability of teachers online. After hectic days at college, it was not that easy for teachers to make them available online. And they were not that accustomed to the digital space of Whatsapp. Moreover, passive responses from students on the academic activities happening online were also a problem. But strong motivation from teachers and active participation from some students also help in overcoming the problem. Both teachers and students found it difficult in the beginning to make jovial and active interactions through Whatsapp group.

"Online learning is not the next big thing, it is the now big thing." - Donna J. Abernathy



Goals

- To celebrate birthday in a creative, academic and innovative manner.
- To generate a platform to boost the creativity and helps to elicit and revive student's interest.
- To empower the students connection and academic attachment with one another which is a great cause in encouragement of creation of a fertile academic environment.

- To inculcate the habit of sharing and caring among the student community.
- Instead of merely receiving gift on birthday, experience joy in sharing and contributing to Department library enrichments.
- To promote affinity towards reading and thereby gathering new ideas and broaden their perspectives.

Context

Our college believes in the consistent upgrading of student's academic horizon. To attain this, we have implemented a few practices and the most notable of it is the concept of 'Birthday Book'. The institution is striving to provide quality learning experience to the students to the geographically remote territory of Sreekandapuram and other localities. The student community mostly hate from social and economically backward classes of the society. To generate a fertile field for inculcating nurturing and nourishment of new ideas and transferring them to the upcoming academic generations our college has implemented the practice of birthday book.

Practice

Here the students instead of sharing toffies or candies will share the sweet nectar of knowledge and ideas. This healthy practice of donating a book on one's birthday to the department library allows the students to experience the joy of sharing the ideas and knowledge. Thus every student become a part in creating the campus better academic arena for them as well as the generations to come. This practice also enrich the department library and multiplies the joy of occasions. The best gift on a special day is to generate and revive the affinity among friends towards gathering new ideas and broadening their prospective. This also emboldens the basic human aspects of understanding and strengthening in the bond which binds us altogether which is a need of the hour in the present society.

Best practice – 8



"Schooling doesn't assure employment but skill does."

— Amit Kalantri



S.E.S College Sreekandapuram Students Skill Expo

An arena for students to exhibit their skills

Goals

* To provide a platform for students to showcase talents

* Encourage the skills of students in various walks of life

* To build the self confidance of the students

Student's skill expo -an arena for the students to exhibit their skills

Context

Development of life skills helps students to find novel ways of thinking and problem solving in everyday life. Recognise the impact they make with their actions and teach them to understand the need for taking up responsibility and be aware of the potential & impact of collaboration and cooperation. Exhibitions are typically designed to encourage students to think critically solve challenging problems and develop skills such as goal setting, team work, planning, self reliance, public speaking, etc.. We offer our college students a bouquet/ buffet of opportunity these days. We promise them a quality education, and access to an intellectually active campus. We provide them the opportunity to think critically, build their leadership skills and express their creativity effectively. We want them to have a solid foundation for the road ahead. And yet we often tend to overlook one of the most basic, fundamental skills anyone can have for leading a healthy and successful life ie the belief in one's own self.

Practice

Our college assist of students in enhancing their skills through programs like SEED –Entrepreneurship Development Expo hosted by dept of economics our institution pays importance for development of the multitude of the skill sets exhibited by our student's .college considers it to be a matter of significance to enhance and nourish the upcoming budding talents. To motivate their talent and skills the college provide opportunity to the students to exhibit their skills and showcase their talent by providing them a platform for its disclosure: vocational, artistic, culinary skill (cooking skill) career oriented all skills are brought and displayed under the single roof of our institution. The program received positive response and was a great confidence booster for the participants to strive holder and motivate figure out and generate curiosity in their area of interest. Talent in various fields were presented in the expo: like handmade craft product, dress materials, embroidery work, bottle art, mini art, food fest etc.. Thus the Expo proved to be a huge success both for the participants(monetary as well as boosting their self confidence in pursuing future in their talent) and for the other partakers to get motivated to figure out their area of talent & do their share of magic and add beauty to their life.





Best Practices

SES College Sreekandapuram













Intelligence plus character-that is the goal of true education. -Martin Luther King Jr.

Certificate Courses and Value Education Programmes



"Intelligence plus character-that is the goal of true education." -Martin Luther King, Jr.

Goals

- To enhance and enrich the students learning experience.
- To bring about a more holistic approach to learning
- To cultivate and develop necessary skills for various vocations.
- To understand cultural heritage, constitutional rights, national integration, public development and increasing accountability to the environment about our national history.
- Creating and improving awareness of values and their importance and role.

The Context

Point-For acquiring additional knowledge in addition to the syllabus designed certificate courses. These courses cater to the various academic and vocational needs of the students. The curriculum of these courses is designed in such a way that it includes all practical skills to be used at the workplace. When an individual has prior knowledge of his subject area, it helps him to perform much more confidently and efficiently at the workplace. Moral awareness must be recognized to bend the progress of science and technology towards the upliftment of manhood. Common values must be rediscovered to unite the human with the over-failure of traditional values.



Certificate Courses and Value Education Programmes

കൃഷിയും ഒരു പാഠം







ഓർമ മാത്രമാകുന്ന കാലമാണ്. ആരോഗ്യം സംരക്ഷിക്കാനായി കഴി ക്കുന്ന പച്ചക്കറികൾ രാസവളത്തി ന്റെയും കീടനാശിനികളുടെയും അമി തപ്രയോഗം മുലം രോഗം സമ്മാനി ക്കുന്ന അവസ്ഥയായി. പുതുതലമു റയും ഇത്തരം പ്രശ്നങ്ങളെക്കുറിച്ചു ബോധവാൻമാരായിരിക്കുന്നു. നമ്മു ടെ തൊടിയിൽ അത്യാവശൃത്തിനു പച്ചക്കറികൾ വിളയിക്കാൻ സാധിക്കു മെന്നു ബോധ്യപ്പെടുത്താനും വിഷാം ശമില്ലാത്ത പച്ചക്കറികൾ എല്ലാ വീടുക ളിലും ശീലമാക്കുവാനുമായി അടുക്കള ത്തോട്ടംഎന്നലക്ഷ്യവുമായിമുന്നിട്ടിറ ങ്ങിയിരിക്കുകയാണു ശ്രീകണ്ഠപുരം എസ്ഇഎസ് കോളജ് വിദ്യാർഥികൾ.

ശ്രീകണ്ഠപുരം നഗരസഭയിലെ മു ന്നൂറോളം വീടുകളിലാണ് അസാപ്പി ന്റെ (അഡീഷനൽ സ്കിൽ അകി സിഷൻ പ്രോഗ്രാം) നേതൃത്വത്തിൽ ഈ പദ്ധതിക്കു തുടക്കമിട്ടിരിക്കു ന്നത്. അടുക്കളത്തോട്ടം ഒരുക്കു ന്നതിനൊപ്പം ജൈവപച്ചക്കറിക ളുടെ പ്രാധാന്യത്തെപ്പറ്റിയുള്ള ബോധവൽക്കരണവും ജൈവക്യ ഷിയിലെ പുതുപ്രവണതകളെപ്പ റ്റിയുള്ള പഠനവും പദ്ധതിയുടെ ഭാഗമാണ്.

സർവേയിലൂടെയും കൃഷി വകു പ്പിന്റെ സഹകരണത്തോടെയും വി ദ്യാർഥികൾ ജൈവകൃഷി രീതിക ളെക്കുറിച്ചു പഠനം നടത്തിയിരുന്നു. പഠനത്തിന്റെ വിശദാംശങ്ങൾ കോ ളജ് പ്രിൻസിപ്പൽ ഡോ. ഡൊമിനി ക് തോമസ്, അസാപ് കോ-ഓർഡി യറ്റർ ഷബീന ബക്കർ, പ്രോഗ്രാം മാ







Outreach Education

Building Bridges of Hope

Goals

- To empower students to address the challenges
- TO support the existing need of students
- To access campus and community resources, such as the Food and Supply Pantry and dining vouchers
- Engage students to take full advantage of available resources and opportunities to make informed decision on their academic success

The Context

Outreach programs at the college level are wonderful programs to help promote continuing education. The objective of the study was to evaluate the effectiveness of outreach programs on academic development, personal development, self confidence, leadership qualities, communication skill, managerial skill and responsibilities towards the rural community. Community outreach is about giving, contributing, and helping those who cannot help themselves. Community outreach also allows us to influence younger generations to give back to the community. It helps the community grow in a substantial way Community outreach could relieve a person from a lot of stress.



Best Practices



