

**SREE NARAYANA TRAINING COLLEGE, NEDUNGANDA**  
**BEST PRACTICES 2016-'17**

**Best Practice -1**

**PRACTICE OF YOGA FOR PERSONALITY DEVELOPMENT**

**Objectives of the Practice**

- To enable the student teachers to have good health
- To develop the power of concentration of young people
- To possess emotional stability
- To integrate moral values

**Need/ Rationale for Evolving the Practice**

The process of education for the development of personality is a continuous function. The greater the development of personality, greater will be his educational implications and greater will be the unfoldment of perfection in him. In the future education, we need not bind ourselves either by the ancient or the modern system but, we have to select only the most perfect and rapid means of mastering knowledge. The past is our foundation, the present our material, the future our aim and summit. Each must have its due and natural place in a national system of education. Sree Narayana Training College is very particular in the personality development of Student teachers. Being future teachers, they should be able to lead our nation through their “appropriate” and “socially right” behaviors. It is widely believed and many researches proved that, yoga may contribute to healthy development and good mental health; health promotion for youth needs to include improvement of their attention, self-esteem, empowerment, and self-regulation. In order to achieve the aim, College provides opportunity to the prospective teachers for the regular practice of Yoga under the supervision of the Physical Education Faculty of the college who is a well-trained academic expert of Yoga practice.

**Description of the Practice (Including Methods/Strategies/ Process)**



Yoga practice

The College has included 'Yoga' as a routine activity in the timetable itself. Every Week, in addition to the normal academic hours, students are getting twelve hours of physical practice including Yoga. Students are provided with Yoga mat and suitable dress for practice. Practice timing is either in the Morning, before the beginning of academic hours or in the afternoon, after the academic hours. Student teachers do devote time to teach yoga to the students of neighboring village level schools.

### **Resource Requirement: (Human/ Material/ Financial)**

Essential:-Human & Material

### **Evaluation of the Unique Practice**

Daily practice of Yoga makes the students energetic, confident and active in all spheres of their life. The students developed peer and mentoring relationships to help, teach and encourage one another. The initiatives were widely appreciated by the authorities, community leaders and PTA of schools. Being Social engineers, all these community service, student-led activities enhanced their "competence, confidence, and responsibility" which was reflected in their overall teaching learning performances and achievements.

### **Efforts taken for improvement**

Yoga mat, suitable dress for practice and conducive atmosphere with availability of space are the required resources for the practice. Main problem encountered was the time constraints. Even then, the College managed all those problems well with the commitment of students and faculty members.

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### **Best Practice II - Vedic Mathematics**

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

Skill acquisition programme through Vedic Mathematics

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

1. To conduct awareness classes on Vedic Mathematics applications and its contemporary relevance in various educational institutions all over the State
2. To propagate Indian Intellectual Traditions through signifying their contemporary relevance all over the State

3. To equip the youth in securing the appropriate career by attaining employability skills through the knowledge of Indian intellectual tradition of Vedic Mathematics
4. To equip the prospective teachers with self-confidence by attaining skills of Computational Speed and Critical Thinking Ability through Indian intellectual tradition of Vedic Mathematics
5. To equip the Fishermen Community with self-confidence by attaining skills of Numerical Ability, Problem Solving Ability and Computational Speed through Indian intellectual tradition of Vedic Mathematics
6. To stimulate the Working Memory Capacity of adults, especially women through Vedic Mathematics

### **3. The Context**

“It is tempting to think of them (Indians) as counter scientists..... Let us not forget that among the great accomplishments of the Indian thinkers were the invention of Zero, and of the Binary number system a thousand years before the West”

Indian intellectual traditions of Vedic Mathematics provides very easy, one line, mental and superfast methods along with magic speed cross checking system ( Puri & Weinless, 1988).The complete Vedic Maths System provides multiple choice of working in all operations and we can carry out combined operations of arithmetic (Hope, 1987, 1986; Williams, 1991, 1984; Trafton, 1978; Beberman as cited in Sister Josephina, 1960). Therefore, study of complete Vedic Maths develops multi- dimensional thinking capacity of the human brains (Williams, 1991). The System systematically develops and trains the two hemispheres of the human brain. Using Vedic Mathematics, even a ten year old can calculate  $999 \times 991$  or  $20111 \div 975$  in less than five seconds, and that too in a method of his own choice. This may look like an exaggeration but it is the Truth. More than ‘Techniques’ this subject facilitates ‘Thinking’, which today’s educational system in India unfortunately does not allow. Many school students are afraid of Mathematics and they have no option but to learn it. Using Vedic Mathematics we can enjoy the subject and experiment & discover different methods.

Calculations using Vedic Mathematics can be done with less mental energy and in less time. But, at the same time there is full involvement. This is very important. Calculators do give answers in less time and with still less mental energy. But our involvement in the process of calculation is nil. This is highly dangerous in the long run, as we lose our ability to calculate. Vedic maths, on the contrary, helps us sharpen our calculating ability.

With the view of spreading Vedic Mathematics, the intellectual contribution of India, to the world, the Sree Narayana Training College, Nedunganda has done the popularization extension activities

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

Before starting the popularization activities, initiatives were taken to strengthen the Computational Speed and Critical Thinking Ability of prospective teachers. Student teachers of the college were given training on the knowledge and teaching of Vedic Sutras and were equipped enough to implement the programme during their teaching practice internship at various Secondary schools. Vedic Mathematics Research team of the college prepared Thirty Modules (Multimedia and Print) on Vedic Sutras with complete devotion and dedication. Certain tools as tests on Computational Speed, Critical Thinking Ability, Numerical Ability, Problem Solving Ability and Working Memory Capacity were prepared. For conducting the popularization and awareness activities, the Team approached various organizations and educational institutions including High Schools, Higher Secondary Schools, Engineering Colleges, Arts & Science Colleges, Women Self Help Groups and Skill Development Centres all over the State under Government and Private Sector. All the organizations and institutions welcomed the venture and agreed whole-heartedly to the proposal to conduct classes on the rich treasure of Indian intellectual tradition. The Team members were highly enthusiastic and motivated and that they were received by all concern with great respect and admiration. The field work had given plenty of rich experiences and immense satisfaction to the members. Being the prospective teachers, the student teachers could attain the specific objectives of the intension, since they were not only practicing the skills of their own, but teaching and helping others also to attain the skills.

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

The skill enhancement activities including acquisition of Vedic mathematics helped the student teachers to involve fruitfully in their placement and employment processes. In the year 2017-'18, the number of students who were qualified in Competitive examinations including NET, SET, and TET was comparatively increased. Majority of the students were shortlisted and secured employment in various organizations. It was a proud and happy achievement to the college.

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

The major problem encountered was the management of time. Majority of activities were carried out during holidays and vacation. Without affecting the daily academic schedule, the college could successfully attain these objectives. Not only those, Students are usually reluctant to accept jobs in the unaided sector due to low returns. Moreover opportunities in the unaided sector inside and outside are not transparent and the employees are facing many challenges regarding their working conditions. This often results in curtailing the efforts of the college. In

spite of all these hurdles, the college has managed efficiently all its academic and social activities.

### STATELEVEL ACTIVITIES OERGANIZED

Sl. No	Name of Institution	Date	Number of Participants	Picture
1	GMGHHS, Palakkadu	12/08/16	104	
2	St. George Mount HS, Kaipattor, Pathananthitta	15/07/16	78	
3	Govt. Girls HSS Adoor, Pathanamthitta	15/07/16	78	
4	Govt HSS Cherunniyor, Thiruvannanthapuram	25/08/16 17/01/17	125	
5	SSPB HSS Kadakkavur, Thiruvannanthapuram	12/07/16 08/07/16 15/12/16 02/02/16 16/6/16 31/8/16 7/9/16	101	
6	Shivagiri HSS Varkala, Thiruvananthapuram	06/08/16 & 16/01/17 To 20/01/17	271	

7	SNV HSS, Nedunganda, Varkala	13/10/16 10/12/16 18/01/17	196	
8	PMGHSS, Palakkadu	12/08/16	52	
9	Govt. HSS Kavalayoor, Thiruvananthapuram	16/01/17 To 20/01/17	168	
10	MRMKM HSS, Edava, Thiruvananthapuram	16/01/17 To 20/01/17	266	
11	SNVGHSS, Chirayankeezhu, Thiruvananthapuram	22/08/16 To 28/08/16	208	
12	St. Joseph HSS, Anchuthengu, Thiruvananthapuram	19/01/17 To 20/01/17	70	
13	SNVGHSS, Paravur, Kollam	16/01/17 To 20/01/17	258	

14	GHSS, Alamkode, Thiruvanthapuram	16/01/17 To 20/01/17	78	
15	Kappil Govt HSS, Thiruvananthapuram	18/01/17	72	
16	Govt VHSS, Karthika puram, Kannur	22/04/16	133	
17	Dreams Mobiles, Varkala, Thiruvananthapuram	08/07/16	30	
18	Jagans Communications, Varkala, Thiruvananthapuram	08/06/16	64	
19	Upasana College, Njakkad, Varkala	07/07/16 20/10/16 04/09/16 03/08/16	40	
20	S.N.T.C. Nedunganda, Thiruvananthapuram	07/05/1503/ 06/16 04/12/16 To 08/12/16	290	

21	Blind School, Varkala	01/12/16	41	
22	Educare Academy, Paravur, Kollam	23/12/16	82	
23	Govt UPS, Paravur, Kollam	30/11/16	38	
24	Dzire Center , Varkala, Thiruvananthapuram	24/07/16 28/06/16 29/06/16 30/07/16	48	
25	Kadakkavur Grama Panchayath, Kadakkavur, Thiruvananthapuram	12/05/16 23/7/16	24	
26	Govt GSS, Kudavoorkonam, Thiruvananthapuram	09/06/16	35	
27	Govt.Model HSS,Attingal Thiruvananthapuram	21/6/16 29/6/16 15/7/16 15/9/16 21/9/16	99	

28	Govt.Town UPS,Attingal Thiruvananthapuram	16/7/16 20/7/16	38	
29	Govt.Girl HSS,Attingal, Thiruvananthapuram	21/7/16	68	
30	Ayalkuttam Group, Kadakkavur, Thiruvananthapuram	29/7/16	26	
31	Thozhilurappu Group,Kadakkavur Thiruvananthapuram	13/8/16	28	
32	Childran,Kadakkavur Gramam panchayat,Thiruvanantha puram	27/7/16	27	
33	S.N.College, Sivagiri, Varkala, Thiruvananthapuram	19/01/16	271	

34	Department of Education, University of Kerala	28/01/16 To 05/02/16	47		
35	Chithira College,Mullikkadu Alappuzha	17/9/16 18/9/16	143		
36	Brilliance, Kottayam	28/5/16 11/05/16 12/6/10 24/7/16	248		
37	Brilliance, Thodupuzha, Idukki	17/04/16 30/04/16 22/05/16 26/06/16	130		
38	Govt. VHSS ,Njakkadu Thiruvananthapuram	16/01/17 To 20/01/17	155		
39	ACC Coaching Centre, Thripunithura, Ernakulam	14/08/16 28/08/16 16/10/16 20/11/16	104		

40	Universal Computer College, Mananthavadi, Wayanadu	27/11/16 28/11/16 26/12/16 27/12/16	78	
41	Leaners Academy, Odanavattom Kollam	15/01/17	26	
42	Nucleas Med/Eng. Coaching Center, Paravur, Kollam	01/01/17 07/01/17 08/01/17	96	
43	N.S. Hindi College, Paravur, Kollam	07/01/17 08/01/17 14/01/17	93	
44	Balavedi, Paravur, Kollam	05/11/16 06/11/16 12/11/16 13/11/16	80	
45	Pearson Learning Centre, TANDEM, Malappuram	26/04/16 27/04/16 28/04/16	336	

46.	G.H.S.S., Thekkumbhagom, Paravur, Kollam	07/02/2017	122	
47	Global Education, Kozhikode	03/05/16 To 06/05/16	170	
48	Sree Narayana Public School, Kollam	14/05/2016	504	
49	Mother India Public School, Kollam	08/01/2016	144	
50	Sree Narayana Trusts Central School, Kollam	09/02/2017	684	
51	Kudumbasree Unit, Anchuthengu, Thiruvananthapuram (Venue- S.N.T.C.)	10/12/16	304	

52	Vision Academy, Anchuthengu, Thiruvananthapuram	06/08/2016	53	
53	Vikas College, Parippally, Thiruvananthapuram	22/01/17	58	
54	Sree Buddha College of Engineering, Elavumthitta, Pathanamthitta	09/03/2016	178	
55	UGC Human Resource Centre, University of Kerala	19/08/2016 To 08/09/2016	53	

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