

Best Practice I:

Title of the Programme: “THINK AND MODIFY”

Objectives of the Practices:

- To Create/bring awareness among students to be well disciplined
- To Develop role and responsibility of students towards society
- Help in personality development among students
- To motivate one and other

The Context: Current situation calls that it is very important to conserve natural resources and reduce wastage of energy. Future impact of scarcity of the resources are not aware to the students. Even current government now have emphasised on the concept of various issues like hygiene, conservation of energy and natural resources because of which our institution has joined its hand to fulfil the object

The Practice: Various Flash Board like “Plastic free zone”, “Say No to Ragging”, “Yes to Joyful campus”, “ban of Cell Phone”, “No smoking Zone” etc is been fixed in all the floors of the campus. In each class room a Flash Board is been displayed which says that “Turn off the lights and fans before leaving”. “Keep your Toilet neat and clean” Flash board is attached in all toilet rooms. This creates awareness among students and make them conscious in each and every moment.

Evidence of Success: By following this best practice usage of some units of powers has come down. Class rooms are clean and tidy. It is observed that students are well disciplined than before. Usage of Plastic has come down. Students are not using cell phones in the campus at all.

Problems: Despite of so much effort use of plastics could not be completely brought down. Due to increase rate in units of power vast change is not been seen in electricity bill.

Contact Details:

Name of the Principal : Mr. Rudra Kumar M M

Name of Institution : Nehru Memorial College,

City : Sullia, Dakshina Kannada

Pin Code : 574 327

Accredited Status : B+

Work Phone : 08257-230331 Fax:

Website : www.kvgnmc.org E-mail: aole_nmc@yahoo.co.in

Mobile: 7353756487

Best Practice II

Title of the Programme:: “ENCOURAGE BUDDING WEIGHT LIFTERS”

Objectives of the Practices:

To Provide the infrastructure to students and public for sports activities.

To Encourage budding weight lifters of the college and public

To provide the foundation to the emerging talents in physical fitness by using the available facilities in the institution.

To Provide the pathways to the state, national and international competition

The Context: To ensure the health of students and public through sports activities and also improves the competitive spirit among students. Even current government gives importance to Fit India Programme. Giving a platform to potential sport personalities.

The Practice: Students and Public constantly using the infrastructure of sports and weight lifting frequently to get the physical fitness. Separate timings are allotted to both male and female sports persons to practice and multi gym facilities which is in the college are provided to them. Motivational movies are displayed in Audio visual hall to encourage during leisure time. Medical facilities are also provided to the students like general checkup, massage, physio therapy etc.

Evidence of Success: Many students have participated in local, collegiate and state level sports competition. Selection of best team is possible because of this practice. The players have participated in university and state level tournaments and 8 of them have won the medals. A batch of 6 students participated in state level mini olympics weightlifting competition held at Bangalore, Karnataka and all the participants have bagged medals.

Problems:

As the college is situated in a remote area the transport system available in Sullia fails to provide full support in their daily practice.

Simultaneous study and practice together, some times hinders their best performance.

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Mobile: 7353756487