BEST PRACTICES

2017-18

GOVERNMENT COLLEGE KARIAVATTOM
INSTITUTIONAL BEST PRACTICES (2017-18)

BEST PRACTICE-1

1. **Title**

   Science outreach programme for public and students.

2. **Objective**

   The aim of science outreach programmes includes those events and activities whose goal is to provide opportunities for interactions between scientific community and members of the public. The activities are aimed at increasing the accessibility of scientific information to a lay audience.

3. **Context**

   Providing science outreach activities is a great way to gain a deeper understanding of science and its applications. It also helps to develop communication skills of students. If one learns to successfully explain an aspect of science or technology to a third-person or to a layman, our own level of understanding is greatly enhanced. This is a great opportunity for the students to prove themselves. It is also an opportunity for the common public to have a view of our educational institution, facilities in various departments and activities going on.

4. **Practice**

   Display of various instruments, exhibition of various science experiments by various departments, awareness camp for life style diseases, awareness regarding symptoms, causes and management of cancer, measurement of various blood group parameters of public as well as students were employed. Various models of light harvesting, waste management, water conservation etc., were also included in the exhibition.

5. **Evidence of Success**

   Whole hearted participation from nearby schools and colleges were observed. External organizations like Planetarium , Santhigiri (free health check up), ICFOSS and Kerala Start Up Mission could set up their stalls. Various companies demonstrated their objects.

6. **Problems Encountered and Resources Required**

   No problems encountered.

BEST PRACTICE-2

1. **Title**

   Screening for lifestyle diseases among general Public.

2. **Objective**

   To create awareness among the people about life style diseases (LSD) caused by lack of physical activity, unhealthy food habit, alcohol consumption, smoking etc. Screening helps to identify if the person is at risk of a disease that was not previously known about. This helps in the prevention and timely treatment of diseases.

3. **Context**

   Even though the state of Kerala has 94% literacy rate, the prevalence of LSD like diabetes, heart disease, high blood pressure and obesity is high and it result in very high mortality and morbidity from malignant heart disease. The occurrence of premature coronary artery disease (CAD) in Kerala is due to increasing modifiable risk factors related to lifestyle in teenagers like high consumption of alcohol, unhealthy diet along with very high intake of saturated fat, lack of physical activity, sedentary lifestyle and air-pollution. Moreover, Kerala is known as the diabetes capital of India. Cancer incidence among the Kerala population also very high. This scenario motivated us to conduct screening of LSD amongst people in our locality.

4. **Practice**

   Blood glucose level (measured using glucometer), blood pressure level (measured using a blood pressure monitor) and body mass index (BMI) of the people were taken. This practice helped the people to recognize life style as the best medicine by doing physical activity, reduction in salt consumption, stress relieving strategies, eating a healthy diet etc.

5. **Evidence of Success**

   Students actively participated in all activities related to LSD screening among people and thereby they themselves became aware of LSD and its serious consequences.

6. **Problems Encountered and Resources Required**

   More sophisticated resources and facilities are required to monitor the health status of the people periodically as continuous monitoring of LSD will definitely improve the health status of the society.

BEST PRACTICE-3

1. **Title**

   Model examination conducted to prepare students for the public examination

2. **Objective**

   Students does not have an idea of the pattern of the university examination especially the first semester students. In order to equip them for the exams, to get an idea of the pattern, timing, style of answering, marks allotted etc., model examination in the same pattern as the university examination conducted every semester.

3. **Context**

   Although the students listen to the classes most of them do not have the ability to write the answers properly according to the marks or they the lack the way to approach the questions properly. Also they cant keep the timing in examinations. In order to tackle all these issues model examination in the same pattern as university examination is regularly conducted.

4. **Practice**

   The students are given time to prepare for the model examination. With the financial help from PTA, the model exam coordinators collect questions from all the department, take copies, arrange teachers for invigilation and provide sealed answer sheets for the students.

5. **Evidence of Success**

   The students find the model examination very helpful as they get tackled easily with the questions and timing of the exam. Because of this they could reciprocate well in the public examination.

6. **Problems Encountered and Resources Required**

   No problems were encountered. Both the students and teachers community cooperated well.

BEST PRATICE-4

1. **Title**

Support for first year students through bridge course.

2. **Objective**

The Eligibility of the BSc Computer Science program includes Mathematics as one of the subjects in their higher secondary course. Though most of the students have studied Computer Science in their school, a few students will be admitted each year who have not studied Computer Science as one of their papers in 12th standard, since it is not mandatory. These students find it difficult to cope up with Logic development and Programming skills in the beginning of their degree. The Bridge course plays a vital role to bridge the gap caused and to help students by giving special attention to them by taking extra hours in logic development and the covering the basics of the programming language paper included in First Semester.

3. **Context**

Students with non-CS background are identified for the course. The main challenges faced are:

1. They should not feel they are poor in logic development

2. Time for the course need to be identified, since this can be done only during extra hours.

Both these were tackled by giving classes by the concerned teachers during lab hours by giving extra concentration on those students. Since all students are there in the lab, these students will not feel down. Classes were handled during free hours too. The progress of these students was assessed by giving home assignments and asking them to solve new problems each day.

4. **Practice**

The following advantages of the course make it unique.
1. It is Fast – done during the first semester of the student
2. Easy to understand – Handled by their own teachers and explanation to the students' level.
3. Flexible – no fixed timing, can be changed based on convenience of the attendees.

5. **Evidence of Success**

The university results of students for programming paper in first semester

6. Problems Encountered and Resources Required

Resources required- books and computers. The books in the library and computers in the computer lab were utilise for the course.