# POORNA DIKSHA

Holistic learning and well-being for a better posterity.

Best Practice II

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Objectives of the Practice

- To accomplish holistic development through various initiatives that engender the intellectual, cognitive, physical, spiritual, psychological, emotional, and social well-being.
- Promoting integrity, empathy, and respect for diversity to help students become socially conscious citizens who contribute positively towards nation building.
- To nurture the spirit of enquiry and scientific temper supplemented with innovative learning and skill-development to ensure global competency.
- To integrate the Indian Knowledge system into the curriculum that can address the many lacunae overlooked by the existing system
- Fostering cultural and global awareness to aid students appreciate diversity and develop a global perspective.

# The Context

True to its vision, St. George's College, Aruvithura endeavours to nurture progressive attitude towards the acquisition of life skills, spiritual growth, cultural enlightenment and physical wellness along with academic pursuits to ignite the students with vigour and enthusiasm. Set against a heterogenous cultural backdrop, with a sizable population of farmers, estate workers, scheduled castes and Tribes the institution is committed to translate its vision and mission into reality by elevating the youngsters through holistic education.

The unprecedented historical reality of covid19 brought about a rupture in the academics and lives of people and the constraints of social activities and physical movements created new psychological stressors on students. Mentoring and Counselling sessions pointed to the academic inertia and frustrations about diminishing job prospects. The college has to invent new ways to cope with "new normal" and Purna Diksha  the Gen Z version of holistic education was launched continuing into the post-covid era. The practice was launched also as an antidote to the obsessions and hazards that drain the youth of their potential.

# THE PRACTICE

Fostering holistic development in the setting involves creating a comprehensive learning environment that addresses the diverse needs of students. The various aspects include:

The Cognitive and Intellectual Wellness is achieved through:

>> Use of Student centric methods like Flip-classrooms, peer teaching, Curriculum -oriented invited talks, seminars and workshops, debates, roleplay, on the job trainings, projects, industrial visits and internships.

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>> Pixelating the academics by integrating ICT into teaching-Learning

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>> MOOCs, NPTEL and other Certificate and Value Added Courses

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>> SGC TV – Campus Community Telecasting centre with Advanced Studio Floor

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>> Placing special thrust on Capacity building programmes on Soft-Skills,Language and Communication  skills and Computing skills

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>> Walk With a Scholar, Scholar Support Programme,Young Innovators Programme

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>> A well-stocked Library

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>> Entrepreneurship Development Centre

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>> Edge, The Incubation Centre promoting  for innovation

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>> Mega Job Fairs

>> Employability enhancement Programmes

>> The institutionalisation of OBE

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>> Webinars, E-content generation, virtual labs and user-friendly online platforms for teaching-learning during the pandemic days.

## Physical and Emotional Wellness

The physical wellness is ensured through:

>> Well-equipped Fitness Centre and Open Gymnasium

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>> Yoga practice and Meditation Centre

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>> BMI check up  and maintenance drive

>> Health camps and regular health check ups

>> RTPCR testing facility in association with the Health Dept Govt of Kerala during covid-19 days

>> Sporting Competitions for students and faculty

>> Sale of Organic vegetables yielded in the poly house in the campus.

## Psychological Wellness

Attainment of  emotional intelligence is accomplished by means of :

>> Service of a Professional Counsellor

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>> Efficient Mentoring system

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>> Annual Retreat for faculty and students

>> Joydemic-the weekly  online cultural programmes during the pandemic

>> Meditation park

>> Yoga Practice

>> Annual arts fest and festival celebrations

>> Value education

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>> SGC TV Programmes

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>> The soothing green ambience and relax zones of the campus

## Social Wellness

The Social Wellness is achieved through engaging students in diverse social commitment programmes and field visits, which also benefit the common people of the locale through initiatives by NCC, Daksha–Women Cell, NSS, various cells and clubs and all the departments .Listed below is the list of some of our extension programmes.

- College Union and arts club
- NSS
- NCC
- Student volunteers for rain gauge monitoring and climate action initiatives
- Part of Meenachil River Rejuvenation campaign
- Construction of House  for a needy family.
- Awareness programme on Dengue
- Anti–Narcotic Awareness programmes
- Cleaning drive of public places like KSRTC bus station
- Digital Support To  Haritha Karma Sena
- Website designing for MRRM

- Blood donation camps
- Pulse polio immunization campaign
- Distribution of food to the destitute
- Flood Relief activities
- Care School  Programme
- Homeo medicine, covid kit and sanitizer distribution
- Hair Donation for cancer patients
- SALT programme for higher secondary students
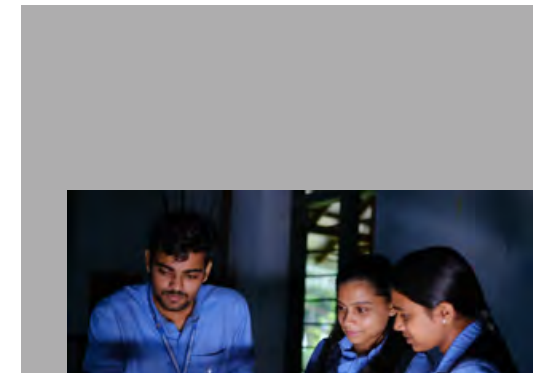
# EVIDENCE OF SUCCESS



The student involvement in the institutional outreach programmes like flood relief, covid care activities etc.

- The percentage of student progression and placement has a steady increase.

- The Institution received ISO 21001-2018 Certification

- The students enthusiastically step forward  for blood donation and the institution  was acknowledged for the same by Indian Medical Association

- A website for the NGO  Bhoomika was developed by the students of the college free of cost and was duly appreciated by the organization and the local self-government authorities.

- The NSS unit of the college was selected as the best NSS unit of the state.

- The success of the  Purna Diksha practice is very well reflected in the ……. University ranks secured by the institution in the last 5 years.



# PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:

- Resource Constraints: Limited financial resources especially for conducting social outreach programmes.

- Balancing Academic Pressure and Well-being: Striking a balance between academic rigor and student well-being is crucial. High academic expectations, intense competition, and excessive workload can negatively impact students' mental health. Ensuring a supportive environment that prioritizes student well-being is essential.

- Assessment and Evaluation: Assessing holistic development can be challenging as it goes beyond traditional examinations and grades. Developing effective assessment methods to measure personal growth, interpersonal skills, and ethical values requires innovative approaches such as portfolios, self-reflection, and peer evaluations.

SGC ARUVITHURA