



ST. IGNATIUS COLLEGE OF EDUCATION
(AUTONOMOUS)
Accredited with 'A' Grade by NAAC (Second Cycle)
Palayamkottai – 627 002

Best Practice: 1

Incubation Centre: A Centre for Entrepreneurial Development

1. Objective

- To develop entrepreneurial skills among the prospective teachers.
- To train the entrepreneurs in developing their businesses.
- To support the marginalized sectors of the society to startup businesses during this pandemic period.

2. The context that required the initiation of the practice

- Today's society is under the grip of covid-19, and most of the families struggling to meet their economic needs.
- Through the incubation center, student teachers gain hands-on experience in innovation and entrepreneurship while being nurtured and encouraged by faculty, management and industry experts.
- To bring forth a revolution in how and what students learn and achieve, while in studies.
- To assist the needy humanity, the institution decide to function Sr.Raphaela incubation centre for the benefit of the prospective teachers and common people.

3. The Practice

Through the incubation center the following activities are carried out:

- Organized an online workshop on 'Making of Thread Jewelry and Floating Diya in collaboration with Fevicryl Pidilite Industry Ltd, Mumbai on 17.11.2020.
- Online workshop on Chudidhar- Cutting and Stitching was held on 20.03.2021
- Online workshop on producing washing powder and phenoyl on 13.03.2021
- A workshop on preparation of washing powder was held on 04.05.2021.

4. Evidence of Success

- The prospective teachers participated in all the workshops organized by the institution with interest and all were well motivated.
- They motivated their parents and friends to participate in the training and start to prepare washing powder and phenoyl.
- With the support of the workers and the interested people of the institution 'Ignis Washing powder' was prepared.

5. Resources Required

Well organized infrastructure, human resources and financial support were essential resources required to strengthen the practice.

Best Practice: 2

Aerobics for Promoting Physical and Mental Fitness

1. Objective

- To boost the physical fitness among the staff members.
- To stimulate mental wellness among the staff members.
- To inculcate the awareness of physical and mental fitness for the energetic routine.

2. The context that requires the initiation of the practice

Aerobic exercise reduces the risk of many health conditions, ranging from heart disease to dementia.

- Although all forms of physical activity provide some benefits, aerobic exercise is particularly effective, because it causes the heart and lungs to work hard than usual.
- It helps to prevent all the physical and mental ailments.
- The prevailing pandemic situation, online classes create stressful environment and collapse mentally the faculty members.
- Realizing the necessity of physical and mental fitness of the staff members, the institution started the aerobic classes with the consent of the staff members, to do their activities systematically and happily.

3. The Practice

- Proper awareness about the benefits of aerobics was given to the staff members.
- Every day the aerobics class was conducted from 3.30 p.m. to 4.30 p.m.

- Regular motivation was given to the teaching faculty to participate the class without fail.
- Simple and useful steps with warm-up and stretching exercises were taught by the Director of physical education of the institution.

4. Evidence of Success

- The staff members were well motivated and enthusiastically participated in the aerobics class regularly.
- They felt comfortable with the simple exercises and got rid of back pain, leg pain and body pain.
- The feedback from them was positive and it removed stress and physical discomfort.
- We could see the happy and energetic faces of the faculty members during the pandemic period.

5. Resources Required

Separate room for aerobics class was the specific resource required.



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