

Criterion 7 - Institutional Values and Best Practices

7.1 Institutional Values and Social Responsibilities

7.1.1

Institution has initiated the Gender Audit and measures for the promotion of gender equity during the last five years.

Describe the gender equity & sensitization in curricular and co-curricular activities, facilities for women on campus etc., within 500 words

Response:

Active Women Empowerment Cell (WEC), Internal Complaints Committee (ICC) Equal Opportunities Cell, Grievance Redressal Cell play a pivotal role in ensuring Gender equity through conduct of various activities and awareness programmes

The institution is affiliated to Kakatiya University, Warangal and adopted Gender Sensitization and made compulsory as part of Skill Enhancement course under CBCS IInd semester to all streams and is taught in discussion mode as class room instruction. This course deals with Gender, Socialization: making women, making men, Housework: the invisible labor, Missing Women: Sex selection and its consequences, Knowledge: through the lens of Gender, Gender spectrum: beyond the binary, Just relationships: Being together as equals and other chapters.

Students are motivated and attended various seminars, webinars and workshops aiming at women issues.

WEC aims and bringing about a positive change in the attitude of students, teachers and stake holders towards gender issues and promote gender equity.

WEC conducted awareness seminars and invited talks on Women Rights, Health issues of adolescent girls, Legal awareness, Health and Hygiene.

WEC conducted various programmes on International Women's Day, Savitri bhaiphule Birth anniversary and Telangana State festival Bathukamma every year.

Entrepreneurship Development centre at the college promotes girls students to be entrepreneur and help in project assistance and technical issues.

WEC Notice board PRERANA displays various women news makers, achievers and women empowering issues covered in various newspapers to motivate the girl students.

Girl students and women lecturers are represented on all Academic and Administrative committees constituted every Academic year.

For convenience of the girl students and women staff separate timings are maintained at Gymnasium.

Internal complaints committee (ICC) is established as per guidelines of UGC and is placed on the college

website. ICC organized awareness programmes on various issues of sexual harassment for students, teachers and non-teaching staff.

ICC placed Complaint Box and ensures privacy of the complainant for free expression

Redressal of grievances is given top priority and counselling by senior lecturers and non-teaching is ensured.

File Description	Document
Upload Additional information	View Document
Provide Link for Additional information	View Document

7.1.2

The Institution has facilities and initiatives for

- 1. Alternate sources of energy and energy conservation measures**
- 2. Management of the various types of degradable and nondegradable waste**
- 3. Water conservation**
- 4. Green campus initiatives**
- 5. Disabled-friendly, barrier free environment**

Response: A. 4 or All of the above

File Description	Document
Policy document on the green campus/plastic free campus.	View Document
Geo-tagged photographs/videos of the facilities.	View Document

7.1.3

Quality audits on environment and energy regularly undertaken by the Institution. The institutional environment and energy initiatives are confirmed through the following

- 1. Green audit / Environment audit**
- 2. Energy audit**
- 3. Clean and green campus initiatives**
- 4. Beyond the campus environmental promotion activities**

Response: A. All of the above

File Description	Document
Report on Environmental Promotional activities conducted beyond the campus with geo tagged photographs with caption and date	View Document
Policy document on environment and energy usage Certificate from the auditing agency	View Document
Green audit/environmental audit report from recognized bodies	View Document
Certificates of the awards received from recognized agency (if any).	View Document
Provide Links for any other relevant document to support the claim (if any)	View Document

7.1.4

Describe the Institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and Sensitization of students and employees to the constitutional obligations: values, rights, duties and responsibilities of citizens (Within 500 words)

Response:

The college inculcates values of inclusion and respect for people from all strata and makes the students' key agents in the process of empowering youth through education. TTWRDC (G) is a milieu of social and cultural backgrounds. The social breakup of the currently enrolled students show that 90% of the students at the college hail from SC,ST,BC,MM which indicate the institution cater to all sections of the society and in particular to the disadvantaged.

College strictly adheres to the rules and circular G.O's and forwards Post-matric Government scholarships to all eligible SC, ST, OBC &Minority students. Uniform is strictly implemented to bring oneness and discipline at the campus. Special concessions and facilities are provided to the disabled persons

IGNITE FESTis conducted every year by the college a platform to show case the academic and cultural excellence. Students exhibit their cultural talent and participate in several events like folk songs, folk dance, mime, traditional dance, classical dance and other events. This on campus fest is a very good opportunity to students to know diverse cultures of others and promote harmony.

College has been transforming remote agency students in to mainstream competitors. College students also hail from remote villages such as Nereda, Ballarat, Gudur, Mulkalpally, Nellikudur, Kesamudram,and Kothagudaand agency area belonging to Koya, Lambadi and Nayak Pode and other tribes. They joined as first generation learners and after completion of graduation showed academic progression to higher education got placement. Some excelled as potential sportsperson representing at National level.

Department of Political science celebrates Constitutional day and brings out awareness on Preamble and constitutional provisions.

UGC sponsored Remedial classes were conducted for slow learners hailing from SC/ST/BC

Equal Opportunities Cell conducts different activities, Coaching and training programmes, 'World Humanitarian Day' & 'World Tribal's Day' every year.

The college arranges Aid to needy economically poor students and help in payment of examination fees and text books.

Department of Hindi, Botany and Economics supplies prepared course material free of cost. Various departments have been conducting Free P.G Entrance coaching to students who secured seats at various Universities and P.G centres.

WEC conducted several orientation programmes on regional, cultural and religious diversities from a gender perspective.

College celebrates Telangana State Cultural Festival BATHUKAMMA. Women staff and girls students of all faiths including Christian and Muslim faith decorate Bathukamma and participate in the 9 day cultural festival.

College offers a course on Human values and Professional ethics as compulsory paper to orient students towards Tolerance and Oneness.

File Description	Document
Upload Additional information	View Document
Provide Link for Additional information	View Document

7.2 Best Practices

7.2.1

Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual

Response:

TITLE OF THE BEST PRACTICE: MEDITATION

Meditation is a practice in which an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

OBJECTIVES OF MEDITATION

The objectives of meditation are to

- Build awareness
 - Increase peace and calm
 - Live more fully in the present moment
 - Enhance empathy and compassion
 - Lessen reliance on external sources of happiness
 - Improve sleep
 - Unlock your subconscious mind
 - Reduce stress and anxiety
 - Help increase both physical and mental peace and calm
 - Help you to realize the nature of your true self
- . Helps in better working memory
- . Stress relief

THE CONTEXT OF MEDITATION

This is a study of the role that social and cultural context play in Buddhist meditation techniques, especially those that fall under the category of vipassana and related practices. It argues that such contexts inform not only practitioners' explicit understandings of their practice of these techniques, but also their pretheoretical, tacit, implicit orientations, and even the experiences the practices generate. This is a historically and anthropologically informed philosophical project, but one that also draws upon field-based studies of meditation in particular communities. After discussing some of the basic issues involved in the study of Buddhist contemplative practices, I will discuss several examples of vipassana practices in different cultural, social, and historical contexts, addressing the ways such contexts have shaped the meanings and purposes of the practices. These practices have spanned well over two millennia and have occupied vastly different systems of meaning, from ancient India, where they emerged as techniques of transcending the phenomenal world toward a timeless, ineffable, transpersonal state, to modern North America, where they are taken up by professionals attempting to mitigate stress or to cultivate heightened awareness and compassion. This project traces certain paths that such techniques have taken into the modern world, where they have been reconfigured to take on new meanings and significance, addressing the anxieties, projects, and potentials unique to modernity.

THE PRACTICE OF MEDITATION

Meditation is a technique used for thousands of years to develop awareness of the present moment.

It can involve practices to sharpen focus and attention, connect to the body and breath, develop acceptance of difficult emotions, and even alter consciousness. It's been shown to offer a number of physical and psychological benefits like stress reduction Trusted Source and improved immunity.

While many spiritual traditions include meditation as a part of their teachings and practices, the technique itself doesn't belong to any particular religion or faith. Though ancient in origin, it's still practiced today in cultures all over the world to create a sense of peace, calm, and inner harmony.

Meditation may offer a solution to the growing need to reduce stress in the midst of busy schedules and demanding lives.

Although there isn't a right or wrong way to meditate, it's important to find a practice that meets your needs.

Not all meditation styles are right for everyone. These practices require different skills and mind sets. How do you know which practice is right for you?

BEST PRACTICE II

RESIDENTIAL EDUCATION ,PG COACHING AND EMPLOYBILITY.

OBJECTIVES OF GURUKULA EDUCATION

Telangana Tribal Welfare Residential Educational Society (TTWREIS) is a registered society committed for the cause of quality education of Tribal students.

Out of 165 institutions, Eighty four schools are sanctioned in the integrated state of AP (55 Schools and 29 Mini Gurukulams) and Residential Institutions and Degree Colleges (60 Residential Schools and 21 Degree Colleges) 01-Law College sanctioned by Government of Telangana after formation of a separate state.

The society has been a trend setter since then.Many new colleges have been started like Law College,Fine Arts College,Armed forces preparatory college to encourage its children to be substantial contributors in Society and hence Nation building.

To create vibrant centers for learning which provide a congenial atmosphere for students to excel academically and develop into ethically strong and morally elevated individuals.

Our mission is to partner effectively with the efforts of our students and ensure that they succeed and turn out to be responsible citizens of our country, good resources for the development of the nation and faithful family members. Our mission is to empower the child use his/her own academic, physical, mental, spiritual and emotional potential and channelize them for the welfare of the individual and the society as a whole.

Our vision is to outreach and help every child outperform in the best possible way and extend our contribution in actively serving and improving our community for a better tomorrow.

. II.AIMS & OBJECTIVES:

To impart quality education to the tribal Children in the state of Telangana from KG to PG? Facilitating the meritorious students .Our achievements this academic year i.e. 2016-17, we have got 23 seats in IITs, (12) seats in NITs, (01) in AIIMS, (03) seats in IIIT, (01) in Central University. Total we got (40) seats and got number of seats in good Engineering University Colleges. ? We are providing Non-Veg. (Healthy food) as one of the Hostel menu.

Conclusion

So should one start a regular meditation practice? Absolutely! Meditation has endless benefits which clearly outweigh the demerits. Rather than looking it as the answer to your problem, look it as a way to feel relaxed. Try out a meditation that best suits you and you'll surely see some positive changes in you. Giving a few minutes of your day to improve the quality of life will always be a big YES!

EVIDENCE OF SUCCESS

Students of TTWRDC(G),MAHABUBABAD has practice meditation and yoga 3 days in a week from morning 6 am to 6:30 am .It gives them peace of mind and relaxation.

Its helps them to reduce negative feelings and to be more patience.

File Description	Document
Best practices as hosted on the Institutional website	View Document

7.3 Institutional Distinctiveness

7.3.1

Portray the performance of the Institution in one area distinctive to its priority and thrust within 1000 words

Response:

QUEST : Quest programme by Teachers and Principal to interact with students Families

To understand the social, cultural and financial background of the Students who are deprived and are meritorious but struggling for timely educational support. A program was designed under the guidance of Dr.Praveen Kumar Sir, The Secretary – Gurukulam which is known as Quest. During this program teachers visit Students home and interact with parents to discuss the programme undertaken by Gurukulam and also seeking the suggestions and opinions of parents for further improvement. The findings from the Quest are helping the principals and teachers in many ways, in particular, improving administration and making academic plans and thus improve the performance of Students.

The quest program is conducted at the time of vacation. The main motto of the quest is to interact with the parents in their localities,

- To understand the social, cultural and financial background of the Students who are deprived and are meritorious but struggling for timely educational support.
- To know how much knowledge they have about the activities going on in their Ward's institution and educating the parents regarding the importance of education to their children and the facilities provided by the society.

The faculty is asked to visit a few houses of their students to extract information from the parents and educate them if they are ignorant about the functioning of the Gurukulam. Through the quest program, faculty gets a chance to know the family background of the students, social status, their culture and the challenges they have been facing.

Faculty from our college went on quest during vacation and were well received by the students parents. They had an awesome experience interacting with the family members and educating them about the value of education and the activities of the Society.

During this program teachers visit Students home and interact with parents to discuss the programmes undertaken by Gurukulam and also seeking the suggestions and opinions of parents for further improvement. The findings from the Quest are helping the principals and Lectures in many ways, in particular, improving administration and making academic plans and thus improve the performance of Students.

VILLAGE LEARNING CENTRES (VLCs)

This covid 19 pandemic situation has promote to establish innovative learning institutions which can be helpful to build and establish a link between knowledge and learners in this initiative village learning centre are emerge across telangana with the initiation of gurukulam.

Gurukulam has taking responsibility to establish village learning centre with the help of students. school children to college going students are forming groups in their respective villages. They are selecting some a common place where they can sit and read and write. some of the students are using their home as learning centers, and some of them are using anganvadi schools panchayat office etc. even fields are also used for learning centers.

Students are sharing information with each other and helping younger students to practice learning.

File Description	Document
Appropriate web in the Institutional website	View Document

5. CONCLUSION

Additional Information :

- **FAS – Financial Accounting System** developed by NIC-National Informatics Centre, is being utilized for the maintenance of accounts to avoid discrepancies.
- **SAMS- Student Academic Monitoring System** is being utilized to monitor the attendance & performance of the students & teachers.
- Uniforms, bedding material, and towels have been provided to all the students of the college.
- Annapurna Software is being utilized to monitor the stock issued at the institution level and also monitor the diet being provided to the students every day.
- **E-Plus club activity** has been carefully designed to increase the confidence of the students and give them a platform where they can practice and communicate without any inhibitions.
- Accountants of TTWRD Colleges have been trained in the implementation of FAS, HAS, SAMS & Annapurna Software.
- **SUPER NOVA program** conducted by Gurukulam Society to ignite passion and competition among the students.
- **Constitution of College Council** - The college Council is constituted to empower students thereby empowering the entire institution . Each council constitutes a Captain, Vice-Captain, House Captain, House Vice-Captain, Literary Secretary, Sports Secretary and Cultural Secretary.
- **Impact** - All the Residential Colleges organize the Impact Program thrice a year on a grand scale to create awareness about the art of parenting, the importance of education, the due importance of regularity to the school, storming career opportunities, for education of dogmas like early child (girl) marriages, etc., among the tribal parents (population).
- **QUEST Program** has been introduced in which either the head of the institution or the selected lecturers will visit the native village of their student/s to establish an interaction with the parents of students.
- **PANACEA Health Services 24x7** - Round-the-clock monitoring the health of all students from a Centralized Command Centre in Hyderabad to address, direct and route the queries related to the health of the students of the Society.
- Medical equipment provided to all the Colleges for the health & safety of students.
- Television sets provided to all the TTWR institutions for the implementation of MANA TV Programs to enable students to equip presentation skills in various subjects.
- Outdoor play equipment has been provided to the institution.

Concluding Remarks :

Thanks to the global vision of the Secretary sir, under whose supervision and guidance our students are scaling the heights of world's highest mountain peak to measuring the depth of the oceans. Some students going over the cosmos, Horizons of the nation and there are no limits, visit to various countries made them transforming into global leaders. Some students are proving themselves in the national arena in the games and sports front. students have been cultivating their dreams of transforming themselves into the future entrepreneurs.

We are proud to share that the functioning of Gurukulam could attract the research team of Harvard University recently to make a visit to the institutions run by Gurukulam.

Telangana Tribal Welfare Residential Degree College, Mahabubabad was established in 2017. We started our college with limited strength today it is running with nearly 480 students with 14 UG courses through CBCS system. The college follows the standard guidelines in maintaining transparency in all aspects such as online admissions, digital classrooms for ICT enabled teaching, consistent academic initiatives, well equipped labs, well stacked library, organized mechanism, gym, Secured hostel facility with good menu and 24/7 first aid facility. Our college is functioning with qualified faculty with adorable mentor-mentee system.

College has a well-established structure and system for encouraging sports, co-curricular and extra-curricular activities, besides head office initiatives like QUEST, IMPACT and SUPERNOVA. Faculty and students of the college actively participate in outreach and community development programs with environmental consciousness. Students are provided with coaching for PGCET, JAM, CAT and MAT in the subjects of their choice and they are also given employability skills coaching for competitive exams. First year students are given bridge courses for enhancing their skills which are helpful in completing bachelor's course.

The college encourages its faculty to upgrade their knowledge and skills by attending Orientation programs, Faculty Development Programs, Short term courses/seminars/conferences/workshops. Teachers are encouraged to use ICT tools. College has structured feedback mechanism from all the stake holders. IQAC and academic and examinations committee look after effective curriculum delivery. Covid-19 pandemic made everyone to upgrade their skills in using digital initiatives.