



ST. GREGORIOS COLLEGE KOTTARAKARA

7.3.1 – Institutional Distinctiveness



7.3 Institutional Distinctiveness

Quality Higher Education through Holistic Training and Skill Development

“Intelligence plus character – that is the goal of true education.” Martin Luther King. Jr

St. Gregorios College is driven with the agenda of nurturing an individual's holistic development to make an effective contribution to society in a zestful environment. The institution functions with the maxim of “Study, Serve, Sanctify in God.” We focus on offering affordable quality education to a diversified learning community, working on the principles of accessibility, affordability, inclusivity and academic flexibility to nurture young generation in an amicable environment with a mission to ensure their “Intellectual, Emotional, Psychological, Physical, Economic, Spiritual and Cultural well- being”. Our curriculum seeks to bring out their hidden talents and help them identify their skill set in order to groom a successful personality. A continuous support system is offered to each and every student at all point of time. Students' potential is aptly identified and they are properly channelised by offering effective career management programs. The vision is designed to develop sportsmanship, integrity and inculcate values to students so that they become strong and healthy pillars of the society in all aspects. Our college conducts a multitude of activities to develop the academic and overall personality of the student, making him and her socially responsible citizens.

Intellectual Well-being

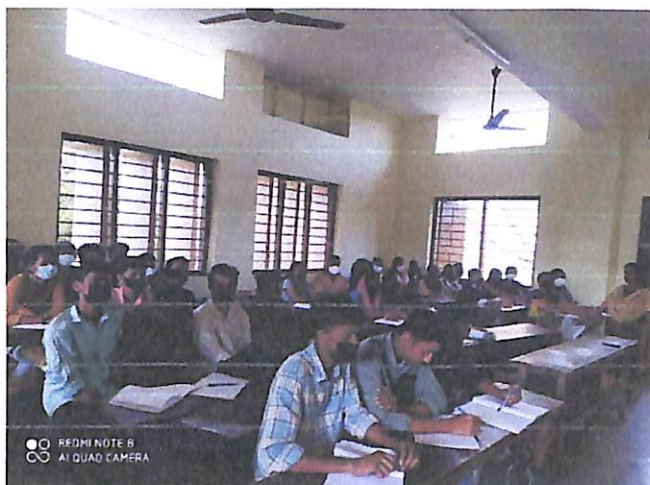
“Successful leaders see the opportunities in every difficulty rather than the difficulty in every opportunity.” – Reed Markham

The tutorial programme offered by our college helps in enriching the extra-curricular skills of students. The main objective of the programme is to inculcate social awareness among students and polishing their language skills by encouraging them to speak up. The class aims to provide a

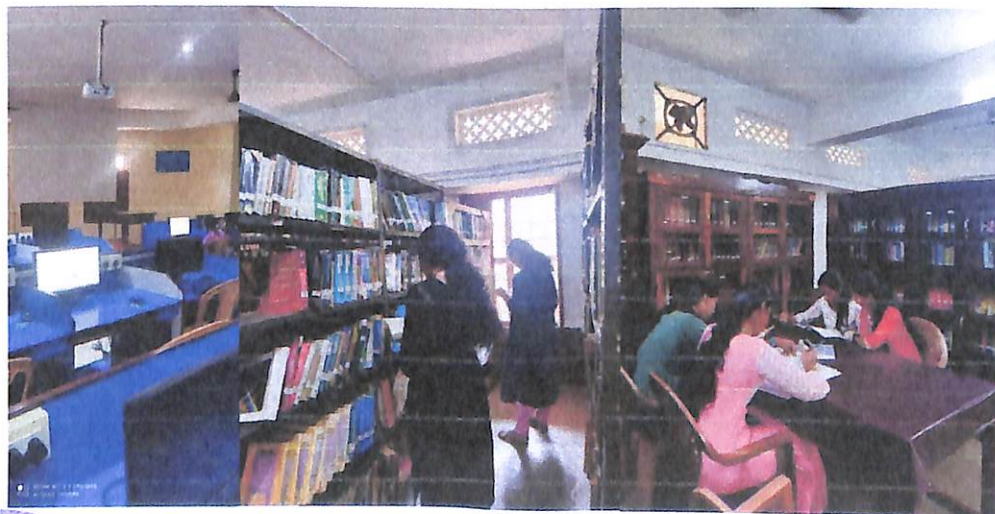



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platform for the students where they can freely express their thoughts and perspectives on various subjects. The programme is held once in a month, one hour is allotted and the students discuss selected topics in the classroom under the guidance of their class teacher.



Academics encompassing Choice Based Credit System for Arts, Commerce, Humanities, Management and Science streams cater to the needs and interests of students. Our college also facilitates compatible learning methodologies for slow learners. Our college is currently a member of the N-List (National Library and Information Services Infrastructure for Scholarly Content) programme of UGC Infflibnet. The N-List project provides access to e-resources to students, researchers and faculty from colleges and other beneficiary institutions through servers installed at the Infflibnet Centre. It is a huge repository of academic e-resources, consisting of thousands of journals and books, including back-volumes of journals.



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Emotional well- being

“A mind dominated by positive emotions, becomes a favourable abode for the state of mind known as faith.” – Napoleon Hill

To promote a sense of empowerment to develop emotional literacy, a center for counselling has been functioning effectively in the college. The center was established to equip the students to be resilient and to build up a value-based student community. Mr John S K Lukose renders a valuable service in this regard, with an aim to help them generate their emotions to adopt and adapt to the changing circumstances in their lives. The grievance and Counselling Committee offers constant supervision and manages to resolve all the student related issues. It manages to tackle issues like unfair evaluation, classroom instruction, unavailability of financial aid, improper admission procedures, caste and creed discrimination, complaints from disabled students etc. with a view to break the gender, social and cultural barriers and to ensure the emotional well-being of students. Regular meetings are held by the mentor with the ward and monthly interactions are held with their parents. This kind of effective mentor mentee system establishes an amiable and secure learning atmosphere in the college. Effective practices to develop emotional literacy are practiced in the college. The NSS unit of the college has conducted a cycle rally, a seminar on gender sensitivity, a defense training session and has released a short film on POSCO Act to sensitise the students on gender and women empowerment.



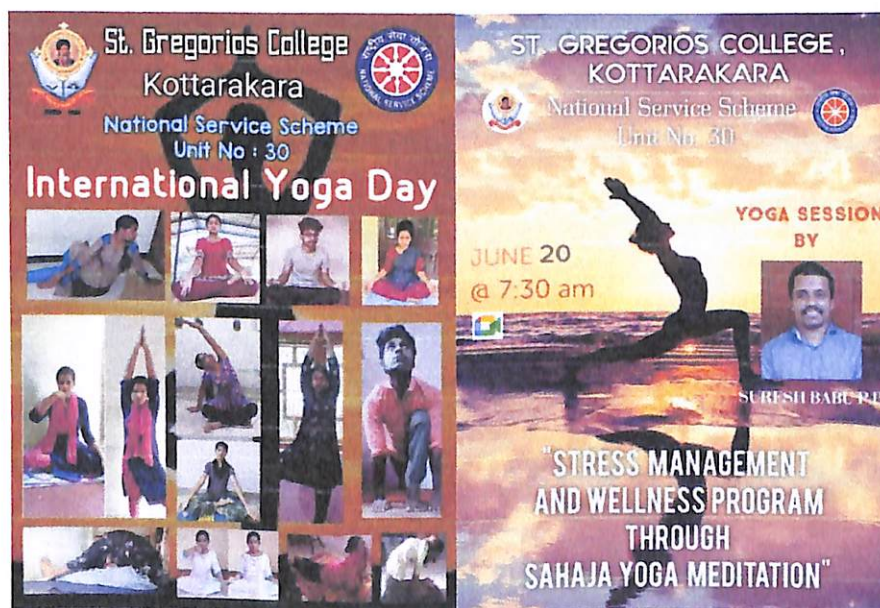

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Psychological well-being

“If positive psychology teaches us anything, it is that all of us are mixture of strengths and weaknesses. No one has it all, and no one lacks it all.”- Christopher Peterson

Psychological well-being is a core feature of mental health. A mentally balanced personality, along with emotionally stable and culturally rich aspects is a holistic health requirement. The utility of health club requires active involvement, which helps to create a healthy society and responsible citizenship. Health Club is an association of students that prescribe ways and activities for students to possess mental, physical, emotional and social well-being. Club meetings are conducted on a regular basis and a continuous support system is offered to all students.

To promote the mental well-being, International Yoga Day is celebrated every year in the college. The theme for the International Yoga Day 2022 was “Yoga for Humanity”. Yoga is a powerful tool for individual and communities to improve mental and physical health and is the reason why it is strongly promoted in the college.



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Physical well-being

"Our bodies are our gardens - our wills are our gardeners" - William Shakespeare

A session on a daily basis, allotted to sports and games within the non-academic curriculum is meant as a chance for attaining both physical and mental stimulation for our students. In addition to obtaining physical stamina, it is an opportunity for them to develop the principles of sportsmanship required in their lives as they move on to carry out the roles of being stronger pillars in our society. The gymnasium enables them to stay fit while encouragement and participation in regional and national events aids in growth of career as well as a boost in personality development.

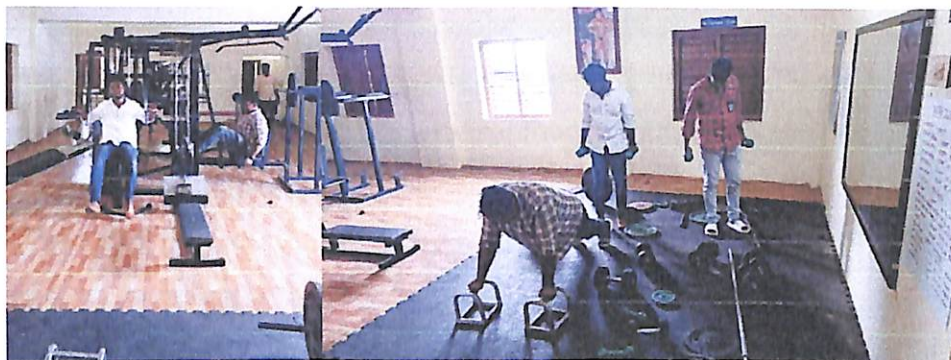


The college had been granted a Multi - Gymnasium, funded by the Department of Youth Affairs and Sports, Government of India. It has a 12-station provision along with weight and strength training facilities. It is a matter of pride, that Anceesh K, an alumni of this college, has received "Mr. Kerala University" award for Best Physique in the years 2007 and 2008. Later he




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represented the University of Kerala in the All India Inter University Best Physique Competition and he secured the 7th position.



Economic well-being

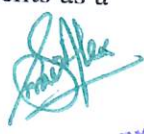
“The ultimate purpose of Economics, of course, is to understand and promote the enhancement of well-being.” Ben Bernanke

The core curriculum for the students consists of employability skills and soft skills required to make them ready for employment in their respective career choices. Towards the end of the final semester, placement training programs are conducted in order to increase the chances of them getting enrolled into services at an early stage. There is an effectively functioning placement cell in the institution that plays a vital role in providing aid to students with regards to employment to various organisations and companies whilst helping them prepare for various competitive examinations. Additionally, Vocational programs and courses offered by the Community College supplement more exposure and opportunities in the arena of employability and entrepreneurship.



"Earn while you Learn" is a scheme provided by the college to enhance their chances in career development. Our college also offers Fashion Designing classes to interested students as a




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self-employment option. Additionally, economically challenged students are provided with free lunch, every working day, as part of the free noon meal scheme.

Interest free micro loans is a financial assistance rendered to those students in the college who excels in a sport category and has bagged prizes for the same. This aids them to meet essential academic and non-academic needs, including funds to buy books and other educational materials, funds to participate in paper presentations and conferences. They could also utilise this fund to further foster their interest in sports by participating in sports meets. A set of students who are deemed to be deserving are granted the amount as an interest free micro loan from the corpus loan. This initiative aims at the holistic development of students by encouraging them to participate in sports and games.



Spiritual well being

“The world is full of magic things, patiently waiting for our senses to grow sharper.”

– W. B. Yeats

Spiritual well-being relates to our sense of life, its meaning and purpose. The authentic spiritual ambience and the geographical location of the institution establishes religious tolerance and helps develop spiritual realization among young students. It culminates in spiritual awareness and spiritual well-being among students. This nurtures a connection to one's own culture, community and spirituality and enriches the beliefs and values that we hold as a community.



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Mar Gregorios Orthodox Christian Student Movement (MGCOSM) is the student wing of the Malankara Orthodox Syrian Church, with the motto "Worship, Study, Service". In the early 20th century, with a view to offer spiritual support and resources to the students in various high schools, colleges and universities, a group of students and teachers belonging to the Orthodox Church in Madras took the initiative for the establishment of a fellowship in the campus of Madras Christian College. Thus, the Syrian Student Conference was founded in 1907 and the first conference was convened on January 1, 1908 at Thiruvalla, Kerala. This organization started as a conference transformed into a student movement, MGOCSM, in 1960, under the prayerful patronage and intercession of St. Gregorios of Parumala. Since its inception it has been a spiritual shelter for the students away at campuses. Through regular meetings, conferences, retreats, leadership camps, service projects, inter disciplinary sessions and discussions, MGOCSM members are inspired to live for God. This institution has had a profound impact on the spiritual development and devotion of students. MGOCSM Unit of our college congregates for prayer meetings in college chapel every Friday during lunch break. In spite of the hectic schedule and challenges/distractions, the students irrespective of their religious denomination, come together for a 40-minute spiritual experience, solace and for intercession of St. Gregorios, our patron saint, after whom the college is named. MGOCSM organises various programs annually which helps the students to grow spiritually.



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Cultural well-being


"A nation's culture resides in the hearts and in the end of us people" -Mahatma Gandhi

Institutional practices include daily prayer and the commemoration of festivals like Onam, Christmas, Bakrid (Eid-al-Adha), Ramadan (Eid-ul-Fitar), and Muharam which instigate the nation's distinctive tradition. Yearly cultural, spiritual, and musical events support the students' amiable personalities. Every student who leaves our college would be a fine feather as they build an empowered standing in their families and communities. The college hosts a number of events that contribute to improve cultural harmony among the students on days that are significant to the nation as well as on days that coincide with cultural festive like Onam, Christmas, Holi, and Bakrid.



With the help of the College Union, students will have the chance to focus their talents and efforts in positive directions. Along with several departments, they organise a variety of literary and cultural events on campus each year. The College Union, with the assistance of the relevant professors, organises and oversees all co-curricular activities at the college.




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