

Best Practices

Care for People and the Planet

Stella Matutina College of Education maintains a set of high principles and criteria for spreading environmental consciousness and community development. The mission of the institution is to train Emotionally Mature, Socially Responsible Teachers with Ethical Values. The institution is deeply committed to making a difference in the lives of people and the conservation of the planet by making substantial contributions to society and the Nation.

Objectives - Social Responsibility

- To raise awareness among student teachers and impart knowledge on society's goals.
- To make the student teachers respond to the moral obligations of society.
- To encourage the student teachers to fulfill their civic duty.
- To facilitate the achievement of the goals of society with integrity.
- To encourage the prospective teachers to take actions that benefit society.

Outreach Programs – Service to Humanity.

One of the notable best practices of the institution is the effort to reach out to the community. Stella Matutina College of Education prepares every teacher trainee for a more meaningful and purposeful life with constructive public engagement and contributing to society productively with a spirit of service. Various programs are conducted to bring positive changes in student teachers' attitudes. They are trained to show respect and be empathetic feelings toward fellow human beings. Student teachers of the college regularly volunteer for various organizations and NGOs to build a culture of learning through collaboration and sharing. It cultivates a sense of responsibility towards society and encourages the students to do community work that adds value to human life and supports the vision and mission of the institution.

i) Support to AIDS Patients

The student teachers regularly visit patients affected by AIDS, provide emotional support, and motivate them to lead fruitful lives. They also visit AIDS patients during Diwali. They are entertained by cultural programmes. The student teachers share with them a lot of sweets and essential items with the joy of giving. In addition, the teacher trainees give awareness programmes on AIDS and prevention from HIV to the public by conducting several awareness programmes.

ii) Music Therapy to Cancer Patients

Student teachers act as volunteers to give music therapy to cancer patients in order to relieve them from stress, and pain and make them enjoy their life with pleasant music. Student teachers help cancer patients to improve their mental condition and come out from depression and anxiety through music therapy given at regular intervals of time.

iii) Unnat Bharath Abhiyan

The student teachers also visit the Gypsy Community People residing in rural areas like Kothimangalam, and Thirukazhukundram regularly and create awareness of hygiene and its importance for a healthy life. The student teachers also make an effort to make the people realize the importance of education. Education is the only instrument that can transform society. So, the student teachers underline the avenues of education, especially for the womenfolk and children, and empower them, which can lead to the nation's socio-economic development. The student teachers volunteer to teach the children of the Fishermen Community residing in North Chennai. They offer learning assistance and prepare the children to develop the right study habits.

iv) The Leadership Brigade - Training the Trainer Program

Stella Matutina College of Education aims to develop individuals with twenty-first-century capabilities as stated in National Education Policy, 2020. It enables the student teachers to be thoughtful, well-rounded personalities with strong leadership qualities through several training programs. The Leadership Brigade Program is conducted by the college. It trains the teacher trainees to be mentors with strong roots and powerful wings. The student teachers are given sessions on meditation, time management, anger management, career guidance, and community hygiene. They are also trained in SWOC analysis to develop Self-Awareness, Self-Management, and Self-Discipline and reflect upon them. The student teachers are rigorously trained in storytelling and public speaking. After the training, a genuine endeavour is made to fill the gaps between the ideal and the real. The teacher trainees are allowed to implement the School Leadership Program in the respective schools where they go for an internship during their teaching practice period. The school students are exposed to experiential learning through various activities. Life skills are taught to them through which they can attain holistic development.

Empowering the teacher trainees with strong leadership skills will churn out a bigger social responsibility to produce a sustainable ecosystem. Teachers with progressive and

adaptable leadership qualities can play a significant role in fostering values among the student community who are future global citizens. Effective skill-based training can be given by the teachers to the students to take on new challenges in the ever-demanding world. This will eventually create individuals who are capable of Setting, Seeking, and Meeting the Goals and Aspirations of the Nation. This will transform our country to become a superpower and a global leader.

STUDENTS' LEADERSHIP PROGRAMME (2018)



v) **Sensitising community needs- Visiting old age homes /destitute children's homes/Slums**

Teacher trainees visit old age homes, destitute children's homes, and Slum areas often to create awareness of diseases, health, and nutrition. Basic needs such as food items, clothing and soap, and groceries are distributed. They are also entertained through cultural programs. This enables the teacher trainees to be sensitized to societal needs and become aware of the needs of society.

A one-day seminar is organised every year for the school students from the cooperating schools on awareness of drug-free community, and career guidance.

2. Environmental Consciousness – Care for the Planet -Swachh Bharat Mission

Objectives - Environmental Consciousness

- To make the individuals to be aware of their surroundings.
- To make the surroundings cleaner and greener for the present and future generations.
- To promote environmental awareness and solve environmental problems.

- To encourage environmentally responsible behaviour and suggest measures for resource conservation.
- To develop environmental ethics that facilitate an understanding of ecological interdependence.

Initiatives such as Swachh Bharat Mission for building a Clean India, and Green India are given due importance in the institution. Tree plantation drives are organized by the college regularly to maintain a clean and green environment. The student teachers take up the responsibility of watering the plants in the garden and cleaning the campus regularly.

Solar panels have been installed on the campus for energy conservation. The student teachers are instructed to switch off the electrical appliances when not in use to save electricity and switch on the power only when required. The use of single-use plastic has been banned on the campus.

The second Friday of every month is declared as Pollution Free Day. Vehicles are not allowed inside the campus and student teachers are encouraged to come by bicycle on that particular day.

