



CANARA COLLEGE

Managed by Canara High School Association, Mangaluru
Re-accredited by NAAC with 3.21 CGPA at 'A' Grade (Cycle IV - 2022)



Recognized under Section 2(f) and 12(B) of U.G.C. Act, 1956 & Affiliated to Mangalore University

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INTERNAL QUALITY ASSURANCE CELL (IQAC)

ANNUAL QUALITY ASSURANCE REPORT (AQAR) 2021-22

Criterion 7 : Institutional Values and Best Practices

Key Indicator 7.2. Best Practices

Metric 7.2.1. Two best practices successfully implemented by the Institution as per NAAC format

Response :

BEST PRACTICE-1

Title of the Practice

Students' Quality Assurance Cell (SQAC) - Augmenting Quality Assurance : Moving from Conventional Accountability to Shared Responsibility

Objectives of the Practice

With the idea to meet the quality assurance standards, the practice aims to :

- Improve the academic and administrative performance of the Institution by incorporating students' perspective in all academic matters.
- Facilitate greater permeation of quality initiatives amongst the students.
- Promote a learner-centric environment, internalize the quality culture and institutionalize the best practices that are followed by the Institution.
- Assist the IQAC in important decision-making processes and in organizing important activities for the students of the College from time to time.
- Sensitize students towards instilling quality culture, emphasizing more on the role of a student as a stakeholder.
- Familiarize the students about the NAAC process, its accreditation and its benefits to the students.
- Build creative, competent, responsible and socially conscientious citizens, thereby empowering the students for their holistic transformation and development.
- Specify the framework and modalities for Quality Enhancement and Quality Assurance at the Institute through students' participation as 'Think Tanks'.
- Reap the benefits of the progressive and out of the box thinking of the zealous student leaders through its regularly convened meetings, deliberating on the matters concerning quality melioration.



The Context

The Internal Quality Assurance Cell (IQAC) is a UGC mandated body formed with the goal of quality creation, sustenance and enhancement in the Higher Educational Institutions (HEIs). In order to augment the quality framework of the Institute and facilitate greater representation of students in the quality process, the IQAC in one of its brainstorm meetings resolved to constitute the Students' Quality Assurance Cell (SQAC) as a constituent student body of IQAC.

The Practice

In consonance with the framework and guidelines laid down for the purpose, 25 students were selected and designated as the members of SQAC for the Academic Year 2021-22. The 25 students comprising the SQAC team of Canara College represent all the Under Graduate and Post Graduate streams. The composition is as follows :

- Nomination of the Student Convener through IQAC.
- Nomination of four students designated as Ex-officio Members by the virtue of being the Office Bearers of Student Welfare Council.
- Selection of ten students, excluding the Office Bearers of SWC, who had filed nomination for the same.
- Nomination of five students to the SQAC based on the recommendation received from each of the Programme Heads.
- Nomination of five other students through IQAC.

Its Inauguration

The newly constituted SQAC for the Academic Year 2021-22 was formally inaugurated on January 10, 2022 in the College Seminar Hall. Prof. Dr. M. S. Moodithaya, Pro-Vice Chancellor, NITTE Deemed-to-be-University, Mangaluru was the Chief Guest and Inaugurator. Mr. CA Sujay Kamath M. was the Alumni Guest of Honor. Principal Dr. Premalatha V. presided over the programme.

Befittingly, the SQAC was inaugurated by paying floral tributes to Swami Vivekananda in commemoration of the celebrations of National Youth Week. Further, the SQAC Webpage was digitally inaugurated on the Institutional Website. Besides, the Instagram Account of the Institute was inaugurated by the Alumni Guest of Honor Mr. CA Sujay Kamath M.

The inauguration was then followed by a Quality Sensitization Workshop on “Students’ Engagement in Quality Assurance for Institutional Excellence - A Roadmap” facilitated by Prof. Dr. Sudhir M., Professor, Department of Business Administration, Justice K. S. Hegde Institute of Management, Nitte, Udupi. The workshop shared the roadmap for contributing to the Institutional excellence and sensitized the students towards their indispensable role and responsibilities as student leaders. Inculcating value system and eliciting quest for excellence among students, the workshop further enriched the students on the various aspects of the 21st century skills and competencies that are the prerequisites to one’s success.

Its Functions:

The SQAC functions under the able guidance of the IQAC Coordinators of the Institute. The purpose of the cell inception is to -

- Work as a ‘Think Tank’ for IQAC, giving ideas on areas ranging from academics to administration, co-curricular and extra-curricular to over all working of the Institution.



- Maintain overall discipline on the campus
- Work as a facilitator between the students and the Institution.
- Co-ordinate all the co-curricular, extra-curricular activities of the Institution.
- Follow a well-organized approach towards quality sustenance and skill enhancement in the Institution.

In short, SQAC at Canara aims at building and ensuring a quality structure for the all-round excellence of the students of Canara.

The very first endeavor of the SQAC, after its formation, was the ‘Shark Tank Contest’. It was an event to promote innovation and ignite the spark of entrepreneurship among the students. The event witnessed the zealous participation of 09 teams comprising three members each that pitched their novel ideas and also creatively showcased their business acumen, thereby unleashing the entrepreneur within. The event was totally managed by the student members of SQAC, and was, all in all, a success.

Evidence of Success

- The working of SQAC has augmented the Institute’s efforts to achieve its strategic promises, ensure quality outcomes and meet its statutory and regulatory obligations.
- The real goal of higher education is to serve the primary function of nation-building and to create the next generation of positive leaders rather than to merely produce inert repositories of knowledge. Through SQAC, Canara College is rightly grooming the leadership skills of its students.
- Strengthened the communication and collaboration skills, developed resilience, and prepared the students for the competitive world.
- Provided a platform for shared governance, which is one of the key principles for good governance in higher education, along with dispersed leadership and participative management
- Creativity, innovation, enthusiasm, positive thinking among others are some of the facets of transformative outcomes seen through students’ participative engagement
- Broadened horizons and lucrative opportunity to excel have enabled the students to possess the ‘X-factor’.
- Evidenced zealous participation and committed involvement of the student leaders in the Institutional accreditation process while extending shoulder to shoulder support along with the staff.
- Words of appreciation explicitly expressed by the Audit Peer Team, Mock Peer Team, and the actual NAAC Peer Team about the SQAC, its rationale and its remarkable functioning, says it all.
- More than anything else, during the NAAC interaction, the feedback and the perspective of the students about the overall institutional performance has, undeniably, gone a long way in accomplishing the historic feat of ‘A’ Grade with 3.21 CGPA for the Institute - A milestone pointer of the SQAC’s success.
- Constructive inputs were contributed by the student leaders in the formulation of the Institutional Strategic / Perspective Plan 2022-27 which can go a long way in improving the

Institution and thereby serve the students community more effectively.

- Key initiative was taken by the SQAC towards chalking out of the activities for preparing the Commemorative Golden Jubilee Manifesto for the year-long Golden Jubilee Celebrations of the Institution.
- Worthwhile to note that the said practice is being emulated and institutionalized by other HEIs in the region.

Problems Encountered and Resources Required

The task of incrementally improving the quality of students' overall learning experience is being accomplished through the SQAC. However, it comes with its teething problems and certain constraints.

- Success of such Cells purely depends on the willingness and self-interest of the students.
- Given the nature of work and goal assigned to the student members of SQAC, with lack of experience it becomes a challenging and onerous task for them.
- At times, to adhere to the scheduled programmes as per date alongside the tight schedule of the University academic calendar is yet another problem faced.
- As most of the meetings and events are scheduled beyond the regular class hours, students commuting from far off places find it difficult to stay back late in the evening.

Notes (Optional)

We, at Canara, firmly believe that students are at the centre of all that we do and also value the need and importance of students' participation and engagement in assuring the quality of the Institution. Moreover, student leaders are significant resources for the growth of the campus atmosphere in education, culture and community. Student engagement, therefore, can empower students to shape their own educational experience. Besides, the initiative of student-driven participation and democratic practice by realigning the student-teacher nexus and moving from conventional accountability to shared responsibility has, undeniably, opened up new possibilities and opportunities for students to explore and experience. The sincere and collaborative efforts of the SQAC in this direction can, indeed, bring the desired metamorphosis.



BEST PRACTICE-2

Title of the Practice

Awareness-Raising Initiatives - Touching All Spheres of Life : A Tool For Self-Empowerment and Social Change

Objectives of the Practice

In consonance with the Motto, Vision and Mission of our Institution to create and sustain a learning environment which is value-centered, intellectually challenging, aesthetically inspiring, socially empowering and culturally vibrant, various awareness-raising activities were conducted in our Institute. This best practice aims at achieving the following :

- Sensitize students and the public at large on social issues.
- Strengthen the ability of students to empathize and be compassionate and also build their teamwork spirit which embody respect and strong communication.
- Educate and increase awareness of a particular philanthropic cause, medical condition or social issue.
- Maintain social cohesiveness through its several community outreach initiatives.
- Create awareness to keep the students abreast with the latest technological, economical development and the newly launched governmental schemes and initiatives.
- Embellish / Augment students' Intelligence Quotient, Emotional Quotient and Spiritual Quotient and thereby bring about their holistic development.
- Acknowledge and value our cultural rituals, customs and traditions; and preserve and promote our rich language and heritage.
- Ameliorate mental health and help achieve emotional stability.
- Bridge the knowledge gap on specific issues and thereby provide the right message to the target audience.
- Defy negative perceptions, misconceptions; and steer clear of any doubts.
- Awareness-raising initiatives are specifically aimed at producing profound societal change and triggering new sustainable behavior.

The Context

Social awareness or socialization is an important skill for students to develop in order to build positive attitude, improved relationships, pro-social behavior and make responsible decisions. In addition, social awareness is also important for our own emotional well-being.

Maslow's hierarchy of needs shows that each one of us needs to feel loved and fulfill his or her sense of belonging. Dr. Nicki Lisa Cole shares, "During socialization, a person learns to become a member of a group, community or society, therefore fulfilling the need for the sense of belonging." So, with the aim to inculcate the youth with the values of empathy, compassion, spirit of nationality and teamwork; and also to equip them with the skills and competencies expected in the 21st century, the different Cells and Associations of Institute organized numerous activities during the academic year 2021-22.



The Practice

The UNESCO (2006) states, “Education plays a crucial role in raising awareness.” In formal education, students at schools and in colleges are taught topics like environment conservation, public health, disaster management and the like, as young students are, reportedly, better capacitated to apply the knowledge they have learnt; and moreover, inculcating awareness and sensitivity during the formative age is much easier than bringing changes in the crystallized personality of adults.

Education is, therefore, an important factor in awareness-raising and can be quite effective if it addresses necessary changes in attitude and corresponding behaviors. Two types of education are relevant to awareness-raising campaign namely, formal education in which content and skills are included in curricula; and informal education through workshops, seminars, presentations, competitions, campaigns and other co-curricular activities designed primarily to generate awareness; and impart knowledge and skills to students. The Institute, in its endeavor to meet these objectives of education, engages in organizing awareness generating initiatives.

CANARA - The very seeds of this prestigious educational institution were sown with the deep concern towards social upliftment and also with the revolutionary cause to encourage the education of girls. Canara from its very inception till now has been unceasingly striving to prepare graduates as agents of social good who are educationally empowered, culturally vibrant, globally competent and socially conscience.

In the pursuit of realizing this noble vision, the awareness-raising initiatives play a vital role by facilitating the holistic formation, where the abilities and qualities of the Canarite find harmonious development.

The Institute maintains its social cohesiveness through its in-house and extended activities which sensitize students and promote participation of students and faculty members in socio-friendly programmes through its various cells and activity centres. The plethora of activities undertaken by the Institute during the academic year 2021-22 has covered issues ranging from health problems to wealth problems; social causes including environment to women empowerment; drug addiction to human rights violation.

These activities not only motivate the stakeholders but also the public, in general, to change their lifestyles in an attempt to avoid the health issue entirely; and make them aware of the employment avenue opportunities. The awareness campaigns drive people to change their perception about the problem and teach them innovative effective ways of tackling it. These initiatives inspire the target audience to voluntarily join hands with groups or organizations in community cleanup efforts, conservation drives and enthusiastically be a part of the social change.

For accomplishing the desired goal a balance of active events such as guest lecture, classroom discussion, themed poster contest, PPT presentation, essay competition etc. and passive initiatives like sharing images or hash tags on social media to involve others outside of Institute, pledge administration drives as during Voters’ Day or Constitution Day, reach out to local news outlets to share prevention initiatives etc. has been struck.

- **Environmental Consciousness and Sustainability Initiative**

There is an inextricable relationship between man and environment. The destruction of environment is the annihilation of man. But man due to his insatiable hunger for power and materialism is exploiting nature and thus nailing his own coffin. It's high time we mend our



ways before it's too late. In this regard, emphatically recalling Mahatma Gandhiji's words - "There is enough for everybody's need and not for anybody's greed", and as enlightened citizens of this global village, we at Canara consider it as our bounden duty and do our best to save Mother Nature.

Environmental consciousness is ensured by the Institute through on the campus and beyond the campus environmental protection initiatives. To list a few : Campus Cleaning, Cleanliness Drive, Beach Cleaning, World Environment Day Celebration, Poster Making on Environmental Awareness, Class to Field Activity, Sensitization Activity on Conservation of Nature and Natural Resources, Plastic Free Ocean, Save the Soil, Swachchata Programme, Bird Nest and Bird Feeder Competition.

The educational talks, seminars, extension activities and visits not just boost the environment consciousness of the students but also provide them with the much needed experiential learning environment thereby enhancing their knowledge and awareness about our natural habitat, the rich and diverse flora and fauna and their significant role in maintaining the ecological balance. The need to protect Mother Earth's green cover, the benefits of planting saplings, and the ideas to lead a greener eco-friendly and pollution-free environment are also reinforced through these numerous awareness initiatives.

The environment awareness raising campaigns are often planned and executed by the Institute as a mixture of mitigation, energy efficiency and sustainability measures rather than only focusing on adaptation measures.

- **Gender Equity Promotion/ Women Empowerment Programme**

Gender sensitization is the process of transforming men and women's stereotype mentality, a mindset that strongly believes men and women are unequal creatures that must operate in separate socioeconomic spaces. It aims to educate people on the differences between sex and gender, and gender stereotypes.

Gender is a socially learned behavior based on male and female social expectations. Women and children are the most vulnerable members of society under the situation. Girls are subjected to unjustified social control, discrimination and dominance. Gender equity promotion programmes provide a clear and exact vision of gender, assisting in the understanding that GENDER is not about 'Women' but rather 'People'.

Gender Equity is a human right and a need that has been felt and recognized by Canara College and actively promoted through several committees and cells. We aim at delivering gender sensitization to the community as part of the grass-roots gender intervention.

The efforts of the Institute in the direction of gender parity are supplemented by co-curricular activities that regularly hold discussions, talks and capacity-building programs in the College.

As rightly said "There are two powers in the world : One is the sword and the other is the pen. There is a third power stronger than both : that of women." - Malala Yousafzai

Achieving gender parity will not happen overnight. That's why Canara is leading the way with measurable action. The issues of gender inequality addressed are in these areas: cultural change, safety, education, empowerment, rights, health and well-being, and economic security.

The various programmes - Women and Child Rights, International Women's Day, Gender Awareness and Sensitivities, Awareness on Human Trafficking, Women's Health and Wellness, Women Wealth of the World, Talk on Cervical Cancer - conducted by our College not only address the need to develop the broader understanding of women's health through physical, social and political environment, but also encourage students to research and document feminist concern issues. These activities considerably enhance the self-confidence of young girl students and also sensitize them to address there unequal and exploitative conditions.

In many ways, these awareness raising drives are one of the contemporary methods of social work.

- **Social Cohesiveness / Community Engagement**

Believing in a greater cause and fulfilling a greater purpose are strong morals. Putting these into action, many consider helping others in their own ways. Being socially aware, an overwhelming number of people opt to provide support. Their deeds remind us to be humble enough and partake in our own little way to help one another in building and creating a new world in which cooperation and kindness are recognized and acknowledged.

The community engagement programmes like Visit to Krishnanugraha - Children Fit Institute and Adoption Centre, Catch Them Young were conducted aiming to help uplift and support those who are deprived of certain services and rights. It involves imparting education, conducting recreational activities, providing healthy tips for leading a positive and happy life.

Through these various types of programmes, the Institute provides Bayanihan to the needy and deprived. For volunteers and organizers alike, an outreach programme relieves them from a lot of stress. Volunteers feel more at peace and fulfilled knowing they have done their part; while recipients feel they are not alone in their journey. No matter the main purpose of such endeavors is to give back to those in need, we only arrive at one key goal: to build more ways and paths for the betterment of our society.

Participation in outreach programmes provides an enhanced educational experience for students and increases their material retention by reinforcing lessons in creative and innovative ways. These programmes foster learning by helping students make connections between classroom curriculum and real world impacts. Promoting civic engagement, generating awareness about the condition of less privileged and arousing social altruism among the students is the main purpose of these initiatives.

- **Awareness-Raising Initiatives**

Sayers (2006) maintain that to raise awareness of something good bad or indifferent - is to promote its visibility and credibility within a community or society. Raising public awareness is not the same as telling the public what to do- it is explaining issues and disseminating knowledge to people so that they can make their own decisions.

The primary purpose of awareness raising campaigns is to inform a community's attitudes, behaviors and beliefs with the intention of influencing them positively in the achievement of a defined purpose or goal. Attitudinal and behavioral changes are highly complex and complicated process, which requires understanding of human behavior and then meticulously chalking out steps to bring about the desired change in the behavior of the people.

For wide dissemination of information, mass communication using mass media is apt. The internet is the recent but the most powerful and cost effective medium of creating awareness say through Websites Emails, Instagram. Also mobiles are a ubiquitous media technology of the present age. SMS, You Tube, WhatsApp have been gaining popularity as effective tools for spreading messages including social issues.

Social work values such as service, social justice, the importance of human relationship, dignity and worth of the person, integrity, cultural sensitivity, patriotism, responsibility and commitment form the foundation of awareness-creating activities.

Here are the names of a few programmes organized by the Institute - Language Awareness - Promoting Konkani Language, Culture and Customs; Misleading Ads; Medical Negligence; Investors' Club; Awareness Poster; Talk on Tulunadu Daivaradhane; Voter Helpline App; Consumer Education; Online Shopping; Visit to Rani Abbakka Tulu Adhyayana Kendra; Street Play at City Centre Mall on World Consumer Day.

Additional Skill Acquisition Programmes

The Institute has been conducting a variety of skill-creating workshops, interactive sessions and activities to keep the students abreast with the latest technological development happening around; and to raise awareness about the better employment opportunities offered by the Government, banking and IT sectors. Job Interview Demo, Five Days UNDP Entrepreneurship Development Training Programme, Orientation on Government Jobs, Seminar on Financial Planning and Awareness.

Evidence of Success

The Institute has been ceaselessly evolving conscious efforts to ensure that each student imbibes values commensurating with cultural, ethical spiritual and environmental realities; and also to implement healthy and best practices which undeniably go a long way in enhancing the quality of education.

- Students are provided the fruitful opportunities to work towards strengthening communities and forging better futures.
- It has promoted civic-engagement among students and influenced behavior change.
- Participation in outreach programmes has increased material retention by reinforcing lessons in creative and innovative ways. These programmes have fostered learning by helping students make connections between classroom curriculum and real-world impact.
- Contributed to national development, fostered global competencies and inculcated a value system among the students.
- Awareness and health promotion campaigns have definitely dispelled many misinformation and myths from the minds of masses and thus helped them to lead a healthy and positive life.
- Instilled in students the Institutional motto to lead a righteous life.
- A good message motivates and energizes the public. The positive and appreciable response from the volunteer students and the public is an evidence that the messages were carried to other succinctly and successfully.
- The programmes organized by the Institute have engaged maximum youth participation rather than just documentation and conventional talks and rallies.

Problems Encountered and Resources Required

Awareness raising initiatives, however, meticulously planned encounters certain problems and thus may not lead to the effective and sustainable success of the campaign.

- Media being saturated with messages and attempts to raise awareness about countless causes, the messages of many worthy awareness campaigns can be lost.
- Right communication is the alpha and omega of successful campaign. Creating a message that tailor-fits and resonates with the target audience is not an easy thing.
- Campaigns are often too complicated and incomprehensible and are not oriented towards target groups. As a result, the hoped-for change is not accepted and not implemented.
- Finding the apt resource person or a youth icon whom students could emulate is easier said than done.
- Intense devotion of time, energy, patience and commitment to qualitatively perform the work is expected.
- Without a call to action a message may never deliver the desired change. So to ensure success of social campaigns, they must be designed in tandem with actionable steps, the execution of which is a herculean task.
- The entire design of awareness campaign revolves around the target audience. Knowledge about the socio-cultural and psychological aspects of the target audience as well as their attitudes and belief systems on the issue is the essential prerequisite to design the awareness campaign program and therefore a challenging and onerous task.


Notes (Optional)

The Institute has been tirelessly evolving conscious efforts to ensure that each student imbibes values commensurating with cultural, ethical, spiritual and environmental realities; and also to implement healthy and best practices which undeniably go a long way in enhancing the quality of education.

‘Guided social change in the positive direction’ is the aim of awareness campaign. The campaigns designed should lead to holistic and positive change among all the sections of the society and should not be on ad-hoc basis or should not be confined to the betterment of select few. A well-planned and thoughtfully presented awareness raising campaign can arguably be one of the most efficient and effective means of contributing towards the amelioration of the society.

Thus, being stewards of inspiration and encouragement, CANARA contributes to building empowered **Stewards of Change!**




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