



NALLAMUTHU GOUNDER MAHALINGAM COLLEGE

(AUTONOMOUS AND AFFILIATED TO BHARATHIAR UNIVERSITY)

Re-Accredited with 'A' Grade by NAAC

An ISO 9001 : 2008 Certified Institution

Aided by the Government of Tamilnadu

POLLACHI - 642 001.

Estd : 1957

Phone : 04259 - 234868, 234870

Fax : 04259 - 234869

E-Mail : ngm@ngmc.org

INSTITUTIONAL DISTINCTIVENESS

DATE: 2018-2019

Yoga Therapy Centre

In keeping with the vision of the college to make the students ethically strong and spiritually evolved, the college has instituted Yoga Therapy Centre with the objective of application of Yogic practices to persons to achieve physical, social, psychological and spiritual benefits. It is the integration of mind, body and spirit. It is a natural way of healing. Yoga Therapist treats a person according to the needs of the patients with consideration of age, physical and mental strength. The application of yoga therapy has broad perspectives such as, the gaining of muscular and intellectual power. Yoga is also used to cure certain physical and psychological maladies. Yoga therapy includes Asanas, Meditation, Exercise, Psychological Counselling, Spiritual Awakening, Diet suggestion and elements from both physio therapy and psycho therapy. This Yoga Therapy has proved to be a unique way of improving the mental and physical health of our students. This therapy also establishes the efficacy of yoga as a clinical treatment.



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DATE : 2019-2020

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Navarathiri Kalai Vizha

Fine Arts occupies a prominent place in the educational field as it not only enhances students' learning but also creates culturally conscious citizens. Participation in Fine Arts activities helps the students to have a critical appreciation of art forms, refines their perception of the world, develops their imagination, and reduces their stress levels. The College follows this conceptualization and conducts Navarathiri Kalai Vizha competitions during Dussehra week. The competitions are organized every year by the College in association with the Hindu Religious and Charitable Endowments Department of the State. Students of local Schools and Colleges in the nearby areas are invited to take part in the competitions. Each competition is conducted on the College campus on the respective dates mentioned in the invitation. Staff from various departments of the College is appointed as judges to assess the performance of the student participants. Certificates and prizes are awarded to the winning students during the Navarathiri Celebration held at Pollachi Mariamman Temple in the presence of officials from the Hindu Religious and Charitable Endowments Department and the Principal of the College. These Fine Arts competitions provide the students with the opportunity for self-expression and lived aesthetic experience. Since the competitions are closely linked with Navarathiri celebrations, they help nurture a sense of pride in the students' minds in their culture and heritage and stimulate their spiritual growth.



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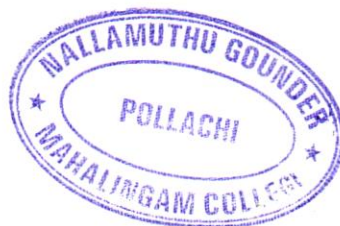
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DATE : 2020 - 2021

INSTITUTIONAL DISTINCTIVENESS

COVID-19 pandemic was raging as a severe threat in the world throughout the academic year 2020-2021. And college closure during lockdown meant more than just online classes to NGM students. The college engaged in various interventions designed to increase awareness, and psychological and social well-being of the people during stressful COVID-19 times. As part of the Part Five-Extension Activities students reached out to the community by raising awareness on COVID-19 protocols. They did corona awareness drawings on village roads and launched a publicity vehicle that travelled around the town announcing the preventive measures to be followed to combat the deadly disease. In a time when there was no effective therapy or vaccine against COVID-19 students donated medical masks, soaps, and hand sanitizers to needy people. The Department of Chemistry prepared and distributed organic soaps, hand sanitizers, and phenyl. The Department of Human Excellence conducted physical activity-based online intervention programs that addressed stress and health-related problems. The students also supported the local community at the Tamil Nadu Legislative Assembly elections by volunteering as poll workers. They provided the voters with hand gloves, sprayed sanitizer, and checked their body temperatures before letting them into the polling booth.



Principal

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INSTITUTIONAL DISTINCTIVENESS

DATE: 2021-2022

Uzhavu Bharatham

Our Institution is conducting Uzhavu Bharatham certificate course to make the students understand the significance of farmers and agriculture. The students can get knowledge of various farming, like sericulture, millet crop cultivation, medicinal value plants, and organic ways to do them in a better way. Agriculture helps to sustain life by providing the food we need to survive. It also contributes money to the Indian economy. Agriculture also provides opportunities for economic equity and helps people prosper around the world. In Uzhavu Bharatham certificate course, financial support provided by government schemes and marketing techniques is also explained to the students which motivates the students to get involved in agriculture in the future. At the end of this course, students have to go for internship in Agriculture based companies and have to successfully complete their allotted project work. Students of various programmes are learning Agriculture in this Uzhavu Bharatham certificate course. If a student is really having skills and knowledge in this field, that unidentified skill is identified by this course and it helps them to start their career in their interested domain area. So many students of our college is really attracted toward this field and stated their career in this field, so it is confirmed that this course sow the seeds for students career development.



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DATE : 2022-2023

Nurturing Social Responsibility through Curriculum Integrated Extension Activities

Incorporating extension activities that foster social responsibility in the curriculum is a key aspect of education at NGM College. These activities are designed to turn students into socially committed citizens. With fifteen extension programs offered as one-credit courses under Part-V, every undergraduate student is required to participate in one of these activities for a minimum duration of two years (4 semesters). The evaluation of student performance is carried out by the Faculty Coordinator of the Extension Program, taking into account factors such as attendance, participation in camps, involvement in community activities, and recognition through awards, certificates, or prizes.

By awarding credits for extension activities, the College acknowledges the significance of these pursuits and motivates students to explore their interests beyond their academic commitments. Whether students choose to join a sports team, engage in community service, or participate in cultural programs, they are exposed to experiences that not only contribute to their personal growth but also shape their character, offering them a holistic education.

These extension activities provide opportunities for students to develop vital skills that are often overlooked within the confines of the traditional classroom environment. For instance, participating in Entrepreneurship Development Cell can foster critical thinking, innovative thinking, and persuasive skills. Joining the Student Guild of Services, on the other hand, can enhance leadership skills and time management abilities. By recognizing the value of these activities through credits, the College actively encourages students to hone these skills.




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