Thunchan Memorial Govt. College, Tirur
Accredited by NAAC with CGPA 2.99 & B++ Grade
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Criteria - 7

7.2.1

Best Practice - 1
Thunchan Outreach Programme

Best Practice 1

Thunchan Outreach Programme (TOP)

1. **TITLE OF THE PRACTICE:**

   Thunchan Outreach Programme (TOP)

2. **OBJECTIVE OF THE PRACTICE:**

   The institution promotes and supports humanitarian service rendered to the underprivileged to achieve its vision of a just and vibrant society, through its mission of providing socially relevant education. Over the years, the college has shouldered its social responsibility for elimination of social disparities with the cooperation of the government and local bodies by providing financial assistance and human resources, especially in times of distress. The objective of the practice is to provide voluntary service and assistance in areas such as health, education, medical care and basic amenities to support and empower the marginalized.

3. **THE CONTEXT:**

   Situated in a socio-economically backward coastal region, the college was the fulfillment of a long-cherished dream of the local community. During the inception of the college, they selflessly contributed land, labor and money and this institution owes its existence to their enthusiasm and efforts. This legacy is remembered and rekindled in every endeavor of the institution to make a positive contribution to individuals and society. The college has made effective interventions in providing assistance to deserving students, employees, the immediate community. Thunchan Outreach Programme is a platform to transform the learners into socially conscious citizens, by providing them opportunities to engage with the larger concerns of our society.

4. **THE PRACTICE:**

   - **Hunger Free Campus** was initiated to meet the nutrition needs of the student community and to foster social equity among students in the post-pandemic scenario. The college provided midday meals to beneficiary students with the collective contribution of all stakeholders. The project was appreciated by the state government and applied it state wide in the colleges. The college continues providing the midday meals to needy students in 2023-24 academic year also.

   - The directorate of Physical Education of the college introduced a project named **"Theeram Se Tharom Thak"** to mentor the students having physical capabilities from coastal areas of Tirur Taluk to uplift their physical fitness and to train them different types of games and athletics. Under this project, number of players and athletes were selected to national, state and university teams.

   - **Blood Donation Camps** were organized with the support of Government authorized blood banks and NCC and NSS units of the college.

   - Students took part in a foot rally to spread public **awareness against drug abuse**.

5. **EVIDENCE OF SUCCESS:**

   - Hunger Free Campus witnessed increasing demand from the students and garnered

immediate support from the local body representatives. The practice also attracted media attention and positive reviews from the public. The success of the programme led to government funding of the programme and it is now sustained through the Kudumbashree unit in charge of the college canteen.

- The cooperation of the general public in programmes organized by the college like anti-drug awareness rallies, and public surveys indicate the goodwill of the local community towards the institution.
- The eager participation of our students in the outreach programmes through NSS, NCC, College Union and other clubs itself is a proof of success

5.   PROBLEM ENCOUNTERED AND RESOURCES REQUIRED

- Initially in the implementation of Hunger Free Campus, catering to the needs of the beneficiary students without hampering their self-esteem was a substantial challenge.

- Since no readily available fund is there for the institution to conduct most of these programmes, each time funds have to be raised through sponsorship and individual contributions. It is a time-consuming process and sometimes results in a delay in execution.

- Identifying potential beneficiaries in a timely manner, especially if they are students, is at times difficult as they may be reluctant to seek help.

- Since the faculty and students have to keep up with the hectic academic schedule, to put in the required time and effort to coordinate and contribute to these programmes is an exacting task, although a very fulfilling one

1.   Hunger Free Campus Project

2. "Theeram Se Tharom Thak"

Achievements (Team)

1. **CALICUT UNIVERSITY INTERZONE SOFTBALL CHAMPIONS 2023-24**

2. UNIVESRITY INTERZONE RUGBY

CALICUT UNIVERSITY MEN RUGBY RUNNER-UP 2023-24

TEAM TMG @ AIU RUGBY VENUE

3. RUGBY WOMEN 7s

College women Rugby team entered in the Semifinals of Calicut University rugby championship 2023-24 held at Calicut University Stadium on 18th to 20th December 2023 .Varsha G (11 Bsc Maths) selected to Calicut University Team to participate All India Inter University Rugby championship held at Chandigarh University Mohali ,Punjab.

TMG COLLEGE WOMEN RUGBY TEAM 2023-24

4.   **CALICUT UNIVERSITY INTERZONE   BASEBALL (M) - RUNNER UP**

COLLEGE BASEBALL TEAM 2023-24
CALICUT UNIVERSITY INTERZONE BASEBALL RUNNER UP

5.   Calicut University Interzone Kho-Kho Championship

University Kho-Kho championship was organized at Christ college Irijanalakkuda on 3rd & 4th December 2023.Our College Team showcased remarkable performance and Adil A, Manas Sanju ,Midhun KP and Bichu SS were selected to Calicut university team which won All India Inter University Title.

COLLEGE KHO-KHO TEAM 2023-24

TMG COLLEGE KHO-KHO PLAYERS WITH
ALL INDIA INTERUNIVERSITY KHO-KHO CHAMPIONSHIP TROPHY

6. **Kerala State Senior Kho-Kho Championship (Runner Up) & District Kho-Kho champions for the year 2023-24**

TMG players for State Senior Championship

Senior State Runner-Up

7. **Calicut University B Zone Football**

TMG football team entered quarter final of University Zonal Championship held at EMEA College Kondotty on 12th to 15th October 2023

8. **University Zonal Cricket Championship**

9. Calicut University Athletics championship

TMG Athletes were participated in almost events of the Calicut University Athletics Meet held at University Synthetic Track on 6th to 8th December 2023.Most of the athletes were entered in the final round track event .Our college 4x100 M Relay team showcased marvelous performance in the final

10. Senior State Soft-Base Ball Championship –Winners

Kerala state Senior Soft Base Ball Winners 2023-24

Individual Achievement

Our All India Inter University & National Level Players

1	ADIL A 1 MCOM KHO-KHO		8	MIDHUN KP 11 MA MALAYALAM KHO-KHO	
2	AMAL ANAND 11 MA MALAYALAM SOFTBALL/ BASEBALL		9	AKSHAY VP 111 BA MALAYALAM SOFTBALL/ BASEBALL	
3	MOHAMMED ASHIQUE V 1 IP ENGLISH RUGBY		10	MOHAMMED SHIBHAN 11 MCOM RUGBY	
4	SOORAJ K 111 BCOM SOFTBALL		11	MOHAMMED YASIR 111 BA MALAYAM SOFTBALL & BASEBALL	
5	BICHU S 11 BSC PHYSICS KHO-KHO		12	MANAS SANJU 1 MCOM KHO-KHO	
6	MOHAMMED JASIM EP 1 IP ENG RUGBY		13	HARSHAD V 1 IP ENG RUGBY	
7	MOHAMMED ASIM 111 BA ARABIC RUGBY		14	ANJANA C 11 1 BSC PHYSICS RUGBY	

Events Conducted by the Physical Education Directorate

1. Kerala State Senior Baseball Championship

Department of Physical education in collaboration with District Softball Association organized Kerala State senior Soft-baseball Championship 2023-24 for both Men and Women category at college ground on 4th to 6th January 2024. The championship was officially inaugurated by Tirur MLA Sri. Kurukkoli Moideen. Around 300 players were participated in the championship from all over the districts of Kerala. Malappuram District becomes the winners in both Men and Women category. Out of 18 players of men winners team,12 players were from TMG College Tirur. Winners tropies distribute by College Principal Dr. Ajith MS and Vice Principal Dr. Anil Kumar.HOD of Physical Edcuation Capt.Shukkoor Illath was the organizing secretary of the championship
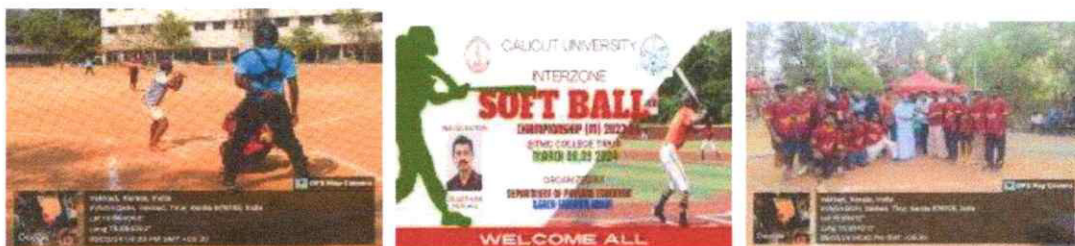

2. TMG Jump Academy

The aim of College Jump Academy, under the Physical Education department, focusing on training coastal-based local students and job aspirants, could be multifaceted. To engage with the local coastal community, fostering a sense of pride and ownership in their coastal heritage, while also promoting healthy lifestyles and career opportunities. Also conducting coaching camps near by school students in Softball ,Rugby, baseball ,Football and athletics .Providing ground facilities and equipments for practice and organizing sub district level ,district and state level completion and coaching camp. Under Jump academy ,Department provides jumping mate to local self govt (Vettom panchayath) for conducting Keralosavam .

3. Calicut university Inter-zone Softball Men Championship

University Men Softball Championship Men was held at TMG College ground on 8th & 9th March 2024.Official inauguration was done by college Principal Dr.Ajith MS.in he history of college it is the first time we are conducting University Soft ball in College campus itself in renovated softball
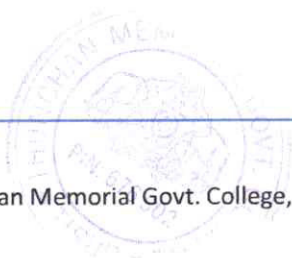
court.TMG College Tirur becomes the winners in the championship. Farook college and ZGC Calicut secured runner up and second runner up trophy respectively. College Alumni President Sri.Meharsha Kalarikkal distributed the Trophies and medals to the winners .HOD of Physical Education Capt.shukkoor illath was the organizing Convener of the Championship. Seven player from TMG College were selected to Calicut University Team coaching camp.

4. Annual Athletic Fest 2023-24 (Dangal 2023-24)

TMG College Annual Athletics Meet (**DANGAL 2023-24**) for the academic year 2023-24 was held on 27th & 28th February at College Ground .The event was inaugurated by Indian International Junior Hurdler(110M) Hav.Muhammed Hanan,Indian Army Soldier . College Principal presided over the function. All the staff members were presented in the inauguration of College Annual Athletic Meet 2023-24.Athletics Meet started with march past led by College NCC unit commanded by Under officer Anal K followed by various department team in deferent jersey allotted to Them

Principal,
T.M. GOVT. COLLEGE
TIRUR