



BEST PRACTICE - 1

1. Title of the Practice

EDUCATORS' CANVAS AND EDUSPARK: Fostering Creativity and Collaboration through Intercollegiate TLM Exhibition and Fundraising.

2. Objectives

- To promote creativity, innovation, and collaboration among student-teachers and faculty members.
- To provide a platform for sharing effective Teaching-Learning Materials (TLMs) and best educational practices.
- To raise funds to support further educational initiatives, including intercollegiate competitions.

3. The Context

Recognizing the need for experiential learning and interaction among future educators, the NKT Student Union initiated the Educators' Canvas as a fundraising and collaborative event. The platform was designed to bring together teacher-educators, student-teachers, and schools for a TLM exhibition, food and game stalls, and networking, supporting the vision of holistic development and community engagement on 7th January 2025 and 19th February 2025.

4. The Practice

- Event Planning: Conducted via virtual meetings and coordinated through digital platforms. Invitations were extended to multiple Colleges and schools.
- TLM Exhibition: 32 exhibits prepared by students from different batches were evaluated by invited judges from partner schools. The exhibition welcomed over 290 visitors from 9 Institutions.

- **Stalls & Activities:** Various food, games, stationery, and fashion stalls were set up, managed by student volunteers, promoting entrepreneurship and teamwork.
- **Fundraising:** All proceeds were directed towards organizing 'Eduspark,' an intercollegiate competition, demonstrating financial planning and resource mobilization.
- **Feedback Mechanism:** A dedicated feedback desk collected responses from participants, judges, and visitors for continuous improvement.

5. Evidence of Success

- Successful organization with participation from 9 Institutions and over 290 visitors.
- Raised Rs. 13,000/- to support subsequent educational events.
- Positive feedback received from participants, faculty, and visitors, acknowledging the creativity and organizational skills of students.
- Recognition and appreciation certificates were distributed to winners, participants, and volunteers, fostering motivation and a sense of achievement.

6. Problems Encountered and Resources Required

- Acquiring sponsorships was challenging; most expenses were managed through internal support and resourcefulness.
- Event planning and execution required significant time and effort from both faculty and student volunteers.
- Coordinating multiple activities simultaneously necessitated strong teamwork and communication.

BEST PRACTICE - 2

1. Title of the Practice

Memorandum of Understanding (MoU) with the Digital Sapiens Foundation (DSF) for Promoting Digital Well-Being

2. Objectives

- To provide industry-oriented skill development programmes in digital and emerging technologies for students.
- To organize workshops, seminars, and certification courses to enhance technical knowledge and practical skills.
- To facilitate internship and placement opportunities for students through industry collaboration.
- To promote innovation, research, and project-based learning in collaboration with industry experts.

3. The Context

In the present digital era, the extensive use of smartphones, social media, and internet-based technologies has significantly influenced the academic and personal lives of students. While digital technologies provide numerous opportunities for learning, communication, and access to information, excessive and unregulated usage can lead to several challenges such as digital addiction, cyberbullying, reduced concentration, and mental health issues. Continuous exposure to screens and online platforms may also affect students' emotional well-being, sleep patterns, and social interactions. Recognizing the growing need to promote responsible digital behavior and healthy digital habits among young learners, the NKT De-Addiction Centre of N.K.T. National College of Education for Women, in collaboration with Digital Sapiens Foundation, initiated awareness programmes on digital well-being. As part of this initiative, an outreach awareness programme was organized for the students of N.K. Thirumalachariar National Girls' Higher Secondary School, Chennai, on 9th September 2024. The programme aimed to educate students about digital well-being, cyber safety, responsible use of technology, and the importance of maintaining a balanced

relationship with digital devices, thereby encouraging them to develop mindful and healthy digital practices in their daily lives.

4. The Practice

The outreach programme included the following activities:

Awareness Session: Dr. Nidhya Balasubramaniam, DSF, Chennai from Digital Sapiens Foundation conducted interactive workshops on digital well-being, highlighting the signs of digital addiction and the importance of mindful digital consumption and explained about the key focal points such

- ✧ Understanding Digital Well-being: Definition and its relevance in contemporary society
- ✧ Screen Time Management: Strategies to reduce device dependency and establish digital boundaries
- ✧ Cyber Safety and Digital Etiquette: Emphasizing safe and respectful behavior in online spaces
- ✧ Mental and Physical Health: Highlighting the impact of prolonged device use on sleep, vision, and attention span
- ✧ Mindfulness in the Digital Age: Techniques to cultivate mindfulness and reduce digital stress
- ✧ Resource Distribution: Educational pamphlets and infographics on digital well-being and cyber safety were distributed to all participants.
- ✧ Q&A and Counseling: Students were encouraged to ask questions and share their experiences regarding digital usage. On-the-spot counseling was provided for those needing support.
- ✧ Pledge for Healthy Digital Habits: All participants took a pledge to adopt safe and healthy digital practices in their daily lives.

5. Evidence of Success

- NKT De-addiction Centre and the Digital Sapiens Foundation, Chennai, on 9th September 2024 to create an Awareness on Digital Well-being for promoting digital – wellness among the students of our model school, N.K. Thirumalachariar National Girls' Higher Secondary School, Chennai.
- Over 200 students participated enthusiastically in the event.

- Feedback collected from students and teachers indicated improved understanding and a positive attitude towards digital well-being.
- Several students voluntarily reached out to counselors for guidance on managing screen time and coping with digital stress.
- The programme was appreciated by authorities, who expressed interest in organizing follow-up workshops.

6. Problems Encountered and Resources Required

- Limited time for one-on-one counseling due to the large number of participants.
- Some students were initially hesitant to discuss personal digital habits openly.
- More trained counselors for future sessions.
- Additional digital resource materials in regional languages for wider reach.