

7.3 Give two Best Practices of the institution

Best Practice – I

1. Title:

Jamal Mohamed College Alumni Association

2. Objectives:

- Providing financial assistance to the economically backward students.
- Organizing interactive sessions with the students by the visiting alumni like businessmen, professionals, officials, researchers and sports persons to share their expertise.
- Assisting the institution in general growth for the development by providing infra-structure facilities like buildings, computers, library books, etc.,
- Helping the students past and present with placement opportunities.

3. The Context:

Education in the modern context, among the mushroom growth of institutions everywhere, has become costly. As this scenario poses a challenge to the economically weaker students, cost effective quality education has to be offered to them.

Both first generation learners and poor students find it difficult to pay even the nominal fees due to their financial background. To address the challenge, plenty of scholarships have to be offered in support of their educational expenditure.

As the number of programmes offered and the student strength increases every year, adequate infrastructural facilities such as class rooms with all basic amenities, state-of-the-art laboratories, and other facilities for administration and extra-curricular activities have to be provided.

4. The Practice:

The college has an alumni association, established in the year 1963. Nine Chapters of the association have been so far formed in Tiruchirappalli, Chennai, Bangalore, Kerala, Singapore, Malaysia, Jeddah, UAE and Kuwait.

Every year, 15th August becomes a red letter day for us, marking the union of our alumni for a get-together in our college. In this occasion, a few alumni are identified and recognized for their commendable contribution and outstanding performance in their chosen field, and presented with the prestigious Distinguished Alumnus Award.

The Distinguished Alumnus Award winners for the year 2016-17 are:

S.No.	Name & Address	Field
1	Dr. Anwar Pasha, Ophthalmologist Dr. Anwar Pasha Medical Clinic, Sharjah, U.A.E.	Medical Service
2	Mr.V.Janartham, Assistant Manager (Retd.) Tamil Nadu Civil Supplies Corporation, Tiruchirappalli	Public Service
3	Haji. A.Allapichai, President, Anvarul Muslimeen Mathiya Sangam & Educational Institutions, Samayapuram, Tiruchirappalli	Administration
4	Mr.Ananthkrishnan, Chartered Accountant,Dindigul	Auditing
5	Mr. N. Balakrishnan, Advocate , Tiruchirappalli	Law
6	Dr.M.I.Fazal Mohamed,Head,Department of Nutrition & Dietetics Jamal Mohamed College (Autonomous), Tiruchirappalli	Higher Education
7	Dr.S.M.Mazhar Nazeeb Khan, Controller of Examinations Jamal Mohamed College (Autonomous), Tiruchirappalli	Higher Education
8	Mr. M. Rafi Ahmed,Trinity Mirror, Chief of Bureau, Coimbatore	Journalism
9	Sahibudeen Bin Haji Abdul Kader, Director & Consultant, Financial Affairs, Malaysia	Administration
10	Mr.V. Pandiyan, Manager, State Bank of India, Chennai	Corporate Sector

11	Mr.P.Viruthachalam, Superintending Engineer Tiruchirappalli Electricity Circle,Metro Tiruchirappalli	Public Service
12	Ayesha Era. Natarasan, Principal, Sahitya Academy Awardee Krishnasamy Memorial Matric Hr. Sec. School, Cuddalore	Journalism
13	Mr.Izaz Ahamed, Senior Executive (Sales) National Trading Co. For Contracting, Jeddah, Saudi Arabia	Administration
14	Mr. Ajmal Khan Mohamed Buhari Managing Director (Food & Beverage), Kuala Lumpur, Malaysia	Corporate Sector
15	Mr. Hidayathulla Mohamed Ali, Internal Auditor, Singapore	Corporate Sector
16	Mr.A.Abdul Hakim, Delivery Manager, IBM, Chennai	Corporate Sector
17	Mr. M. Arun, Chief Executive Officer , Orchard Schools, Trichy.	Education
18	Captain. Dr. S.Abideen, Head, Department of Zoology Dr.Zakir Hussain College, Ilayangudi	Higher Education
19	Mr. Selvaraj Nickson, Project Manager, Infor, Singapore	Administration
20	Dr. A. Hyder Ali, Associate Professor in Zoology The New College, Chennai	Higher Education
21	Mr. M. Alikhan, Director, Bizz Solutions Pvt Ltd, Tiruchirappalli	IT
22	Mr. Riaz Ahamed Khan, Project Manager / IT Manager A. Rajab and A. Silsilah Company, Jeddah, Saudi Arabia	IT
23	Mr. Musthaq Ahamed, Finance Director, Culligan Middle East FZE,Dubai, U.A.E.	Finance

5. Evidence of Success:

The alumni, who are occupying eminent positions in India and abroad, have close links with the college and are contributing to the growth and development of the college in a substantial way. They generously contribute a sum of around Rs.30 lakhs in the form of scholarships every year to the economically backward students of the college. This year they have provided financial assistance to the tune of Rs. 32,14,809/-. Around 600 students were benefitted by this generous contribution. The beneficiaries are in turn motivated to reciprocate the same gesture when they occupy vital positions in their career. It is evident from the list of scholarships that most of the donors are those who get educated from this institution by receiving scholarships for their studies. Former students are encouraged to provide Scholarship under the motto of "Each one Educate at least one".

Endowment Scholarships sponsored by Alumni:

1.	Mr. Dawood Batcha Scholarship
2.	Dr. Rahman Scholarship
3.	Mrs.R. Fathima Bi (Janab Haji. K.A. Khaleel Ahamed) Scholarship
4.	Mr. Alamgeer Endowment Scholarship
5.	Er. T.N. Sheik Mohamed Endowment Scholarship
6.	Mr. E. Ilangovan, IAS Scholarship
7.	Mr. P. Panneer Vel, IAS Scholarship
8.	Mr. K. Nainamalai Memorial Endow.(N. Govindan IAS, Ph.D) Scholarship
9.	Mr. A. Aboobacker M.B.A, C.H.A, Endowment Scholarship
10.	Mr. S. James Fredric Endowment Scholarship
11.	Mr. K.S.M. Sadak Abdul Cader, Singapore Scholarship
12.	Mrs. Badrunisha Zackriya (Dr. M. Basha, Thennur, Tiruchirappalli) Endowment Scholarship
13.	Founder Treasurer Janab. Abdul Samad Sahib Endowment (Janab K.A. Khaleel Ahamed Sahib & Children Scholarship
14.	Haji Janab N.M.K. Abdul Kader Endowment (Janab. A.K. Khaja Nazeemudeen) Scholarship
15.	Dr. Aleem Endowment Scholarship
16.	Prof .K. Abdul Gafoor M.A. (Former HOD of Tamil) and Dr. K. Mohamed Mohideen Endowment Scholarship
17.	Dr. A.R. Mohamed Ismail and Family Endowment Scholarship
18.	Mr. T.S.K. Thajudeen, Thuvarankurichi Endowment Scholarship
19.	Dr. M. Sheik Mohamed, Principal Endowment Scholarship
20.	S. Shafiqur Rahman, Advocate, Dindigul Memorial Endowment Scholarship

21.	Major M. Aravandi's Diamond Jubilee Year Endowment Scholarship
22.	Dr. K. Santhanam Memorial English Literature Scholarship
23.	Thiru J. Raja Khalifullah Endowment Scholarship
24.	MCA STAFF (SF) Endowment Scholarship
25.	Dr. A. Abdul Jameel Endowment Scholarship
26.	Taj Memorial (Haji T. Mohamed Kaleemuddeen B.Sc FCA) Endowment Scholarship
27.	Hajee Mohamed Saifudeen, Retired Commerce Professor Endowment Scholarship
28.	Hajee Dr. Mohamed Sindhasha (Former Principal) Endowment
29.	Marhoom.M.J.M.Abdul Gafoor (Former Seceretary & Correspondent) Endowment Scholarship
30.	Justice B.M.Akbar Ali Endowment Scholarship
31.	Mr. A. Zahir Hussain Endowment Scholarship

General Scholarships sponsored by Alumni:

1.	Mr. A.K Hussain Scholarship
2.	JMC Alumni, Kuwait Scholarship
3.	JMC Alumni, Singapore Scholarship
4.	Mr. A. Shahul Hameed, Deputy Collector Scholarship
5.	Parthibanoor Mrs.Ameena Beevi (Dr.A. Nagoor Gani, Dept of Math
6.	JMC Alumni, UAE Scholarship
7.	A.M.Z. Ziaudeen, UAE Scholarship
8.	Mrs. Dil Nawas Scholarship
9.	Er. M.S. Javid Ahamed Scholarship
10.	Mr. E.G. Mohamed Ibrahim, Erode Scholarship
11.	Janab Abdul Rahaman Rahamathullah, Jeddah Scholarship
12.	Mr. Anwar Basha ETA, UAE Scholarship
13.	Mr. Ameer Ali, Malaysia Scholarship
14.	Mrs. Nourose Banu Munaffer Scholarship
15.	K. Basheer Ahamed, Managing Director, N.M. Kamal & Co
16.	Janab Syed Sherfudeen Scholarship
17.	M. Sulthan Mohideen for Hajee P.S. Md. Mohideen Memorial Scholarship
18.	Mr. T. Rengasamy Scholarship (Dr. R. Ravikumar)
19.	Mr. T. Ramasamy Scholarship. (Dr. R. Ravikumar)
20.	Mr. G. Jayathungan, Sengaraiyur, Lalgudi Sch.
21.	JMC Jedda Alumni Scholarship
22.	A. Mohamed Anas, I B.Sc Maths, Roll No.036 Scholarship
23.	Treasurer, Staff Association Scholarship
24.	Dr. Riaz, MBA Scholarship
25.	R. SanthanaKrishnan Tiruchirappalli towards S. Badrinarayanan Scholarship
26.	Mr.Muhammed Zaim , Malaysia Scholarship
27.	Ziyavudeen B.Com FCA, Scholarship
28.	CA.R.Murugan, Chartered Accountant, Scholarship
29.	1983-85 Physics batch Scholarship
30.	Hajee.S.Thasthakeer Chittarkottai Scholarship
31.	B.Sc Physics 1989-92 Batch Scholarship
32.	Ms. Haziya Janaba Zahitha Subhan, W/o Er.K.R. Syed Abdul Subhan Scholarship
33.	Mr.Abdul Latheef, Sengulam, Madurai Scholarship
34.	Abdul Samad, Commercial Manager, Drake & Scull Intl, PO Box : 65794, Dubai- UAE

35.	K.Fathima Bibi (Former Prof. of IT)
36.	Zohra Wahab Education Foundation Scholarship
37.	Dr.Abdul Hamid Khan Ghori, USA Scholarship
38.	BCA 'C' 2012-15 Batch Scholarship
39.	4(TN) Girls NCC Scholarship
40.	2(TN) Armed SQN NCC Scholarship
41.	2(TN) BN NCC Scholarship
42.	JMC Alumni Welfare Ass. Committee JMC'88 C.S. Batch Scholar
43.	Haji.Janab.A.R.Mohamed Iqbal, Kayalpattinam Scholarship
44.	FSM Hyper Mall Scholarship
45.	A.K.N. Jaseena Thara (D/oMr.K.N. Abdul Kader Nihal, Dir. (SF)
46.	Mr.Nazeer Ahmad Syed Scholarship
47.	Dr.R.Khader Mohideen ,.Former Principal, MBA H.O.D, Scholar.
48.	Mr.Sathik jaseen , Asst. Prof, Dept of Maths, Scholarship
49.	Dr. S. Ismail Mohideen Addt. Principal, Maths H.O.D, Scholarship.
50.	H.Q.Najumudin Scholarship
51.	Dr.S.Mohamed Salique ,The Principal, Scholarship
52.	Mrs.Mubeen Hamid ,D/o Prof.M.K.R.Shakir , Hyderabad Scholar.
53.	Haji. M.J. Jamal Mohamed Jaffar, Kuwait Scholarship
54.	Ms.J.Asmaan Saliq Scholarship
55.	Mr.M.H.Nousath Ali, Parangipettai, Scholarship
56.	S.Abdul Kareem Alumni (2000-03 Batch) Scholarship
57.	Mohamed Mahatab Ansari Scholarship
58.	Dr. R.Nazerullah UAE Scholarship
59.	Janab Dr. A.K.khaja Nazeemudeen, Seceretary & Correspondent, Scholarship
60.	Mr. Mohamed Farook, Manager- HRMS,Saudi Arabia Scholarship
61.	Jailani Basha & Majeed Rawther Scholarship
62.	T.Balakumar , Ministry of Public Health , Qatar Scholarship
63.	Mr.P.Muralidharan (1990-93 Batch) Scholarship
64.	Mr. Musthaq Ahamed, Dubai, UAE Scholarship
65.	Mr.Anver Shaikh, Adirampattinam Scholarship
66.	Ilayangudi WellWishers Scholarship
67.	Mr.Amanullah Singapore Scholarship

Alumni sponsored buildings in the campus:

Year	Name of Alumni Sponsored Buildings
1966	Founder Treasurer K.Abdul Samad Memorial Block – Ground & 1st Floor
1980	Jailani Basha Memorial Building
1985	Parking Shed for the two-wheelers.
1991	Syed Hussainuddin Hall
1992	Thanjavur Hajee M. M. Ismail Memorial Block
1995	Krishnaswami Naidu Memorial Basket Ball Court
1997	Haji Minna Noordeen Block
2000	Dubai Alumni Block
2001	Hasan Rowther Library Hall in the Khajamian Hostel

2004	Palani Keeranur Haji. K.N.S. Abdul Rahman Labbai Sahib Memorial MBA Hostel
2004	Women Prayer Hall in the Mosque Campus
2004	Women Prayer Hall in the College Campus
2006	Jeddah Alumni MBA Block
2006	Kilakari IR8 Seyed Mohamed Memorial Block
2007	Kilakarai Alhaj M.A. M.A. Abdul Karim Endowment Building
2007	SRM Group Endowment Block
2008	NB Abdul Gafoor Auditorium - Renovated and Air Conditioned
2010	Al Manhal MBA Block
2010	Dr.M.Sheik Mohamed Hall
2010	Irumeni OSM Mohamed Ibrahim Memorial Hall
2010	Rajaghiri Haji.S.A.Abdul Malik Memorial Hall
2011	Kulalumpur Mariam Ismail Hall
2011	Palani Keeranur Janaba Kulsum Beevi Hall
2011	Singapore Alumni Hall
2011	Kuwait Alumni Hall
2016	Nagore A. Mohamed Yusop Hall

6. Problems Encountered and Resources Required

We are very proud to have nexus with our passed out students by having Alumni Association all over the globe and it has been a fruitful venture of our institution in connecting the students with their alma mater. Though we face hiccups in organizing and connecting the out gone students on a single point, we have been working hard to create an application which can be used to bind them all on a single knot. We know it is a hard task but indeed it is a joy for us to take each attempt in uniting them all and recognise their efforts in various fields and for being instrumental in being an inspiration for our current students.

Best Practice - II

1. Title:

Students Counselling Centre

2. Objectives:

- Assessment of various mental health problems of the students and also to deal with their personal problems.
- Assessment of the student's memory status, level of intelligence, personality, anxiety, stress, depression, etc. by conducting various tests and counselling them appropriately.
- Providing counselling to the needy general public residing in the nearby areas of the College.
- To conduct surveys to assess the effectiveness of services provided to the students.

3. The Context:

The student life is getting complex day by day. The manner in which students spend their non-class hours clearly affects their success in achieving both academic competence and personal development of all types. A positive direction to students should be provided by influencing how they can use those non-class hours.

Majority of the students lack a sense of direction, a sense of purpose and a sense of fulfilment. Counselling helps the students deal with day to day problems, issues, crises and trauma. Some of the common issues are problems in studies like lack of concentration, absenteeism, memory, examination fear, adjustments, coping skills, decision making, self confidence, self esteem, self worth, assertiveness, anxiety, extreme fears, obsessions, depressions, suicidal intention, confusions, addictions of various types, handling relationships in personal and family life, social initiation, motivation and enrichment.

In a rapidly evolving country like India the rate of college drop outs is surprisingly high. It is here that a college student counsellor is required and can provide a solution to such problems.

4. The Practice:

The Students Counselling Centre has been established separately with a view to provide specialized counselling services to the students. The centre has a team of specialized counsellors besides a full time Psychiatric Social Worker as the counsellor. The centre also has a team of visiting counsellors specialised in different areas of counselling.

The centre is working in collaboration with "Athma- The Mind Centre". The centre provides basic psychological counselling and gives psycho - social support to the students. Meanwhile educational guidance is also provided to the students. The centre also conducts various programmes for the students to create awareness about mental health. By conducting mass counselling sessions and sample surveys, the students with psychological problems are identified and counselled. Mr.A.M.Sahabar Sadik Ali, family counsellor and president, Happy Kudumbam visits the centre on all Tuesdays and Thursdays. Every Monday, Mr. G. Aravindan and Mr. S. Pragadeeswaran, Psychiatric Social Workers from Athma- The Mind Centre visit the centre. The Students Counselling Centre is not only for the students but also for both the teaching and non-teaching staff members in the college. Besides, people in and around the college can also make use of this centre.

5. Evidence of Success

Programmes Conducted:

Date	Topic	Resource Person	Beneficiaries
16.09.2016	Creating Awareness about Suicide Prevention	Dr. K. Rama Krishnan Psychiatrist & Director, ATHMA Hospitals and Research.	Final Year UG Women Students
02.03.2017	Physical and Mental Well being of Adolescence	Dr. S. Shwetha, Guest Lecturer, Government Arts College, Tiruchirappalli	150 Women Students
03.03.2016	Problem Solving Techniques for Adolescence	Ms. J. Haseena Begum, Counsellor IRCA, Khajamalai Ladies Association, Tiruchirappalli	120 Women Students

Sample Survey

The Students Counselling Centre conducted a sample survey for the III Year UG and II Year PG Students from July 2016-October 2016 using an inventory called DASS (Depression, Anxiety, and Stress Scale). 2778 students participated in that sample survey. It was found that 390 students had high depression, anxiety and stress. Suitable psychological counselling and regular follow-up were carried out for these students.

The students were classified into two categories

Category-1: Students who need immediate counselling.

Category-2: Potential Cases which require attention by their tutors.

Students	No. of students participated in the survey	No. of students classified into	
		Category-1	Category-2
Men	1734	247	308
Women	1044	143	183
TOTAL	2778	390	491

From January 2017 –March 2017, the centre conducted a survey among II UG and I PG students. The centre used the same tool for the survey and found out the problematic students and also gave psychological counselling.

Students	No. of students participated in the survey	No. of students classified into	
		Category-1	Category-2
Men	604	66	115
Women	1040	104	165
TOTAL	1644	170	280

The centre has given training to the students of first year MSW of our college to undertake their concurrent field work activities from December 2016 to February 2017.

6. Problems Encountered and Resources Required

The centre identifies and gives continuous counselling for students with high depression, stress and psychological problems. However, recent advances in electronic media and mobile phones create a subculture within the culture and that leads to communication break among the students. Most of the students are hesitating to accept their psychological problems and follow up activities from students as well as parent side is very poor. More initiatives and awareness are required to understand the seriousness of their problems and recover them completely.