

## SREE NARAYANA TRAINING COLLEGE

### Institutional Distinctiveness

Sree Narayana Training College is committed to build a group of enthusiastic teachers for leading the future generation of the country. We provide the holistic education with a view to enrich and empower the multifaceted talents of the future teachers. The experiences provided to the student teachers equip them to meet the challenges and changes in the global educational scenario. The Institution tries to fulfill the responsibilities with utmost care and co-operation of the Faculty members and student teachers of every academic year in an admirable way. No effort will be successful if the institution lacks the selfless service and dedication of its members including Management, PTA, Alumni, Staff and students. The innovative strategies including curricular and co-curricular measures instigated by the college confirms that the firsthand experience learning for the prospective teachers will surely empower and enrich themselves with qualities of social responsibility and dedication towards the profession.

In this context, the College strives to uphold its motto and make it more sound and distinguished. In addition to the excellent academic activities, the value based educational practices help the young generation to rejuvenate and bloom the future generation. These programmes are in tune with the Vision and Mission of our Institution.

#### 1. Vision of the Institution :

"ENLIGHTENMENT THROUGH EDUCATION"

#### 2. Mission of the institution :

1. *To provide value embedded quality oriented education.*
2. *To nourish the potentials of the future nation builders.*
3. *To equip the student teachers to meet the challenges in the global education scenario.*
4. *To strengthen the society through unity.*
5. *To render selfless service to the humanity.*

Hence by implementing certain unique practices along with the prescribed syllabus of Teacher Education Programmes, the College has proved to achieve in letter and spirit the Vision and Mission spelled out by the institution with a specific focus to realize the preaching of our guiding Spirit, Sree Narayana Guru.

EDUCATIONAL PROGRAMMES ORGANIZED BY SREE NARAYANA TRAINING COLLEGE FOR POPULARISATION OF INDIAN INTELLECTUAL TRADITIONS OF VEDIC MATHEMATICS AMONG MULTILEVEL LEARNERS OF KERALA As part of SPONSORED RESEARCH STUDY [F.No: Gen.-23/ICSSR/2014- 15/RPS Dated 19/02/2015]

Popularization of Indian Intellectual Traditions of Vedic Mathematics through Effective Education Programmes among Multilevel Learners of Kerala Calculations using Vedic

Mathematics can be done with less mental energy and in less time. But, at the same time there is full involvement. This is very important. Calculators do give answers in less time and with still less mental energy. But our involvement in the process of calculation is nil. This is highly dangerous in the long run, as we lose our ability to calculate. Vedic Mathematics, on the contrary, helps us sharpen our calculating ability. With the view of spreading Vedic Mathematics, the intellectual contribution of India, to the world, the Sree Narayana Training College, Nedunganda has done the popularization extension activities

#### PRACTICE OF YOGA FOR PERSONALITY DEVELOPMENT

The process of education for the development of personality is a continuous function. The greater the development of personality, greater will be his educational implications and greater will be the unfoldment of perfection in him. In the future education, we need not bind ourselves either by the ancient or the modern system but, we have to select only the most perfect and rapid means of mastering knowledge. The past is our foundation, the present our material, the future our aim and summit. Each must have its due and natural place in a national system of education.

Sree Narayana Training College is very particular in the personality development of Student teachers. Being future teachers, they should be able to lead our nation through their “appropriate” and “socially right” behaviors. It is widely believed and many researches proved that, yoga may contribute to healthy development and good mental health promotion for youth needs to include improvement of their attention, self-esteem, empowerment, and self-regulation. In order to achieve the aim, College provides opportunity to the prospective teachers for the regular practice of Yoga under the supervision of the Physical Education Faculty of the college who is a well-trained academic expert of Yoga practice. The College has included ‘Yoga’ as a routine activity in the timetable itself. Every Week, in addition to the normal academic hours, students are getting twelve hours of physical practice including Yoga. Students are provided with Yoga mat and suitable dress for practice. Practice timing is either in the Morning, before the beginning of academic hours or in the afternoon, after the academic hours. Student teachers do devote time to teach yoga to the students of neighboring village level schools.

Vedic Mathematics can be done with less mental energy and in less time. But, at the same time there is full involvement. This is very important. Calculators do give answers in less time and with less mental energy. But our involvement in the process of calculation is nil. This is highly dangerous in the long run, as we lose our ability to calculate. Vedic Mathematics, on the contrary, helps us sharpen our calculating ability. With the view of spreading Vedic Mathematics, the intellectual contribution of India, to the world, the Sree Narayana Training College, Nedunganda has done the popularization extension activities

### PRACTICE OF YOGA FOR PERSONALITY DEVELOPMENT

The process of education for the development of personality is a continuous function. The greater the development of personality, greater will be his educational implications and greater will be the unfoldment of perfection in him. In the future education, we need not bind ourselves either by the ancient or the modern system but, we have to select only the most perfect and rapid means of mastering knowledge. The past is our foundation, the present our material, the future our aim and summit. Each must have its due and natural place in a national system of education.

Sree Narayana Training College is very particular in the personality development of Student teachers. Being future teachers, they should be able to lead our nation through their "appropriate" and "socially right" behaviors. It is widely believed and many researches proved that, yoga may contribute to healthy development and good mental health promotion for youth needs to include improvement of their attention, self-esteem, empowerment, and self-regulation. In order to achieve the aim, College provides opportunity to the prospective teachers for the regular practice of Yoga under the supervision of the Physical Education Faculty of the college who is a well-trained academic expert of Yoga practice. The College has included 'Yoga' as a routine activity in the timetable itself. Every Week, in addition to the normal academic hours, students are getting twelve hours of physical practice including Yoga. Students are provided with Yoga mat and suitable dress for practice. Practice timing is either in the Morning, before the beginning of academic hours or in the afternoon, after the academic hours. Student teachers do devote time to teach yoga to the students of neighboring village level schools.



A handwritten signature in green ink, consisting of several loops and a long horizontal stroke.

**Principal**  
**Sree Narayana Training College**  
**Nedunganda.**