



ST. ANNE'S COLLEGE OF ENGINEERING AND TECHNOLOGY

(Approved by AICTE, New Delhi. Affiliated to Anna University, Chennai)

Accredited by NAAC

ANGUCHETTYPALAYAM, PANRUTI – 607 106.

7.3 Institutional Distinctiveness

Title of the Practice: The Invocation

Objectives of the Practice

- To keep the mind and the soul peaceful
- To reduce anxiety, increase calmness and peace
- To increase non-religious spirit towards the students
- To create the cultural habit among the students
- To promote discipline and responsibility among the students
- To encourage students to come together with lots of energy and have a pleasant day.
- To inculcate moral and ethical values for developing their behaviors
- To enhance team spirit, self- confidence, leadership quality for strengthening personality
- To be with God and genuine self through morning prayer
- To foster a culture that values and respects religious belief
- To promote a stimulating environment that encourages spiritual reflection and reaction
- To foster gratitude and thanksgiving towards God and man
- To obtain involvement in an individual's life and the life of worshipping community
- To help students maintain their composure and clarity of thought in order to make better decisions

Optimism

Prayer is important because it helps us to stay close with god. When we pray, we are opening up our heart to him and he is able to work in us and through us. In this aspect, SANCET has a practice to do prayer every day before the commencement of regular classes. Prayer is meditation in disguise. Praying doesn't necessary mean calling out to God but it can be perceived as reaching out to each individual's faith. Prayer gives us true faith, love, hope and makes these grow in us day by day.

Prayer also creates positive feelings like feelings of gratitude, compassion, forgiveness, and hope among all the students and staff. Prayer enriches student's attention to the Holy Spirit, cultivates the life and character of god in them, and strengthens their love for God and others.

When that becomes sincere, what comes next is optimism. When students pray before starting their day it is necessary, they lookforward to the day. A few minutes of prayer can bring that sort of energy which helps students contemplate life and balance what comes forth. Students are constantly underpressure and their young minds need to deal with it positively. Praying here in silence helps to gain the confidence to deal with any negativity of life.



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Weekly Prayer

SANCET assembly is meant to fulfill the purpose of conventional gathering and for good on Mondays. All the students and staff participate in the weekly prayer. The prayer starts with reading from the Holy Books of Bible, Bhagavad Gita and Quran. The objective of weekly assembly is that the college should focus on achieving for the sake of the development of students and the growth of the institution. SANCET motivates the students with appreciation and rewards on performing well in academics, curricular and co-curricular activities at the end of the prayer. Moreover, after the prayer one of the staff members narrates moral talk with anecdotes that give that give insight and experiential moments.

Morning Prayer

Morning Prayer conducted every day by 9.10 a.m to 9.15 a.m, so that the staff and students come to class in time before the commencement of prayer, which promotes discipline and interpersonal skills among the students in SANCET. Morning Prayer connects the students with an open mind to God that creates a deeper spiritual relationship. Every week each department has the responsibilities to conduct the prayer. Thought for the day is read out in the prayer in order to make positive interpersonal connections. The students begin their regular work with God's blessings. SANCET has a unique feature, wishes students and staff on their birthdays, filling their hearts with hope and joy.

Hourly Prayer

SANCET encourages hourly prayer in the classroom to develop unity among the students and staff. It also creates an environment of unity and familiarizes the students with the common rules, morals and ideals of the institution. The hourly prayer makes the students to get rid from their stress, anxiety and to keep their mind at peace. It also helps them to feel inner happiness and concentrate in a better way to have a joyful learning experience.

Participative Worship

In participative worship, the students are encouraged to become independent learners. Before St. Anne's Feast, Novena celebration is organized for 9 days by the staff and students of each department in the month of July. Every day prayer is offered with any one of the following theme: Honesty, Duty Consciousness, Concentration, Self Esteem, Human Dignity, Truthfulness, Time Management, Environmental Preservation, etc. For example, if prayer conducted with the theme of '**Honesty**', the importance of honesty will be educated to all the students and staff of SANCET. Honesty helps students in developing good attributes like kindness, discipline, truthfulness and moral integrity. Likewise, the theme of '**Duty Consciousness**' will



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create the importance of roles and responsibilities of each and every one. The theme '**Concentration**' will make the students to pay attention in their studies. The Theme 'Self Esteem' has impact on decision making process, relationship, emotional help and overall well being among the students. The theme '**Human Dignity**' creates a stronger relationship between a human's basic worth and student's proper obligations to society. The theme '**Truthfulness**' will make an individual growth by realizing misinterpret i.e., learning from the mistakes. It also makes a social bonds and hypocrisy break between them. The theme '**Time Management**' helps everyone in SANCET to achieve bigger goals. Effective time management reduces overwhelm and helps all to prioritize, ensuring all to work smarter and achieve goals faster. The theme '**Environmental Preservation**' will promote healthy ecosystems, maintain the soil fertility, regulate the climate and recycle the nutrients.

The Context

Prayer, an act of communication by humans with the sacred or holy Gods, the transcendent realm, or supernatural powers found at times in all religions. Prayer may be a corporate or personal act utilizing various forms and techniques. Prayer has been described in its sublimity as "a frequent conversation held alone with the Beloved". It might seem obvious, but prayer is an excellent way of getting closer to God. Prayer reduces anxiety and experience calmness. Prayer increases gratitude and thankfulness. Prayer shifts our focus from self to other centeredness and brings about miracles.

Every week one of the departments of SANCET is responsible for organizing the monday prayer. It is conducted to provide opportunities for the student to make arrangements for prayer and execute. The college focuses on unity and team building quality through prayer by the students. During the prayer, students offer quotes from the holy books to build communal harmony among the students. The faculty gives motivational talk to the students for enhancing morality. The prize winners of various competitions where as in technical, sports and cultural activities are appreciated and encouraged in the assembly. Technical talk has been given on the day to enrich students in the recent development in engineering field. In Daily prayer- bible reading, college prayer, and thought for the day were practiced in the morning. Everyday wishing students and staff on their birthday were also practiced.



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The Practice

Every Monday, the prayer sessions are organized to improve the quality of education through devout thoughts of numinous. The prayer committee guides and encourages students to plan and conduct prayer on a regular basis. Department wise prayer is conducted on every Monday. A minute silence is observed to create calmness and a sense of integrity. The habit of reading holy books is developed among the students. The principles of self discipline and self confidence are inculcated to the students and they are regularized in their academic work. The practice of prayer improves attitudes towards sustainable life style.

Evidence of Success

The prayer assembly offers opportunities to the students to improve communication skills and overcome from the stage fear. Prayer brings inter religion faith development, equality, zero tolerance among the students. It also educates human values, psychological discipline and harmony among the students. Prayer also helped students, gather with lot of energies to be good in their day. The prayer supports the students to have calm and reflective mind. Prayer creates a sense of pride among the students. It instills self confidence. It molds students to have friendly approach with neighbors, family member and the society. Also through prayer a sense of togetherness is developed. Through prayer, moral, social, and spiritual values are inculcated successfully. By way of conducting the prayer by department wise, the daily and routine activities are completed successfully. The prayer practice in our college on all Monday consists of selected verses from the several holy books of Hinduism, Islam and Christianity. Thus, we inculcate the spirit of harmony among all religions in the young minds of our students.

Thought for the day is said to give new thoughts for all the students and staffs. The students and staff birthday has been wished, and celebrant feels happiness and togetherness as a family. In Every function, programs and meetings conducted in the college are always started with prayer, which is one of the positive sign in making the event a grand success.

Praying is a form of meditation that helps students gather up for every adventure they're going to take up, have persistence to rationalize before plunging into a decision and stop themselves from harming someone. Prayer gives them strength to avoid inclination. Prayer aligns their will with God's will. Prayer helps them to find direction in their life. Prayer helps them gain an understanding of God's loving nature through staff and friends.



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Problems Encountered and resources required

Conducting the prayer on every Monday is one of the distinctive features of SANCET from neighboring colleges. Common prayer is not conducted if the corresponding Monday is declared as holiday. Instead, Common prayer must be held on the first working day of the week.

Moral Talk on Monday Prayer

Significant moral talk includes stories one of the most effective ways to instill moral values in the heart of the students. The moral talk teaches students how to act, behave and make decisions in real life. It also teaches them how to be a good citizen to develop empathy and recognize their own strengths and weaknesses. The extent to which moral stories influence us cannot be quantified. Almost any story has the potential to entertain, teach valuable lessons, motivate, inspire, and instill moral values. Moral stories passed down through generations have the power to change our lives, as they teach us lessons through experience, impart wisdom, and inspire us to take the right path in life.

Moral Talk





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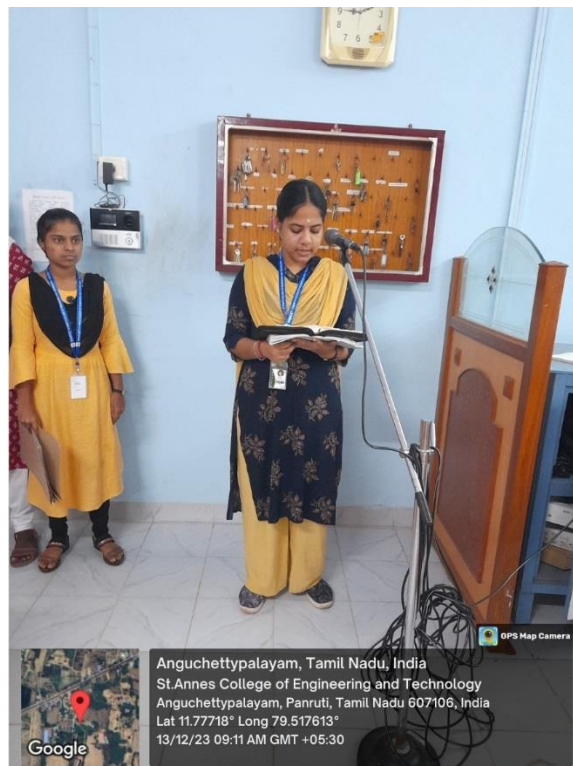
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Weekly Monday Common Prayer



Daily Prayer





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Prize Distribution in Monday Common Prayer



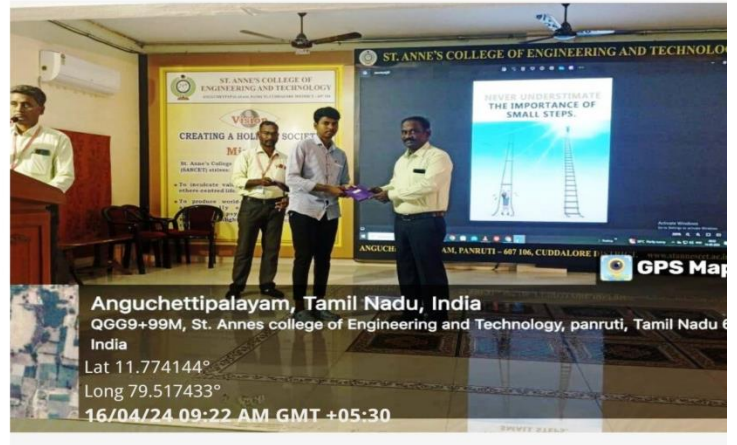
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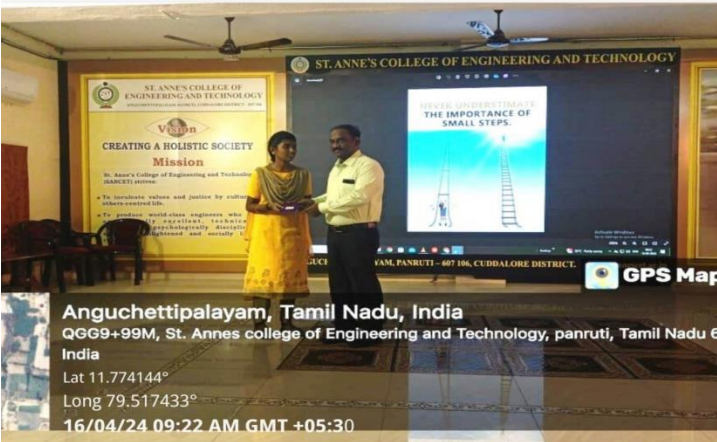
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