

Best Practices

Best Practice II: 'Jeevamrutham'

Objectives of the Practice

This is a best practice developed around the adage 'a healthy mind in a healthy body'. It is aimed towards introducing not only students but also the immediate community around the college to healthy practices, raising awareness of the significance of physical and mental health.

The Context

The importance of developing and promoting good health practices cannot be underestimated. During the COVID-19 pandemic, it became clear that mental health is as significant as physical wellbeing. 'Jeevamrutham' has been designed to make students aware of the importance of healthy living, and give the students an opportunity to be involved in community activities and share the knowledge they gain with the society.

The Practice

Under Jeevamrutham, the institution has launched several health initiatives, conducted awareness campaigns, and introduced good health practices that create a positive impact on the college and community.

The Programmes include:

- Awareness Against Suicide was provided by National Service Scheme on 16th March 2024
- Blood Donation Camp was organized by NSS volunteers on 11th March 2024
- Awareness session on Women and Blood Donation on 1st March 2024
- Ten Days Yoga Workshop conducted by the Economics department from 14th to 27th February 2024.
- Talk on Women's Health by the Department of Economics on 14th February 2024.
- Expert talk on Women, Chemicals and Health by The Department of Chemistry on 18th January 2024.
- Cancer Awareness session was conducted on 6th February 2024 for NSS volunteers
- Cleaning of wards and premises at General Hospital by NSS volunteers on 29th December 2023
- Talk on Reproductive health and hygiene conducted by National Service Scheme units on 27th December 2023
- Health Camp At 'Pakalveedu' by Department of Home Science on 30th November 2023
- Mini Health Analysis for the staff by the Department of Home Science on 20th November 2023.
- Expert talk on Protective Self against substance abuse on 9th November 2023.
- Medical camp conducted by National Service Scheme on 3rd November 2023.
- Cleaning of wards and premises of Mental hospital by NSS volunteers on 28th October 2023

- Cleaning programme at Women and Child Hospital,Thycaud by NSS volunteers on 22nd October 2023.
- Breast Cancer Awareness session by the Department of Home Science on 10th October 2024.
- AIDS Awareness session organized by National Service Scheme on 20th September 2023.
- Medical camp organized by NSS units near college premises for the local community on 9th September 2023.
- The International yoga day was celebrated at college in collaboration with the Physical Education Department on 21st June 2023.
- Palliative training for NSS volunteers on 3rd May 2023

Evidence of Success

Health camps conducted annually help identify health issues of students, who are directed for further consultation and treatments.

Awards received by the NSS units in Palliative care and community support initiatives are proof of success.

Problems Encountered and Resources Required

One of the major limitations encountered while carrying out the Jeevamrutham initiative is the lack of enough financial support and facilities to create a larger social impact. Activities had to be limited to adopted villages, the college and a few institutions within the city. Fund raising activities were successfully conducted within the college and in the immediate locality, but our efforts would have led to a larger impact had we been able to obtain larger amounts from corporates or NGOs.