

BEST PRACTICES

SOCIAL RESPONSIBILITY

POTHICHORU AND STUDENT AID PROGRAMME

The institution has put a step forward to initiate social and ethical values and to promote philanthropical thinking in the minds of children by involving in community services. Following activities paved the way to increase the sense of adoration and commitment to the society.

- College Union '370' with the financial aid of teaching faculty distributed learning materials like books, pens, pencils, bags, umbrellas etc. to the students of Midayikkunnu L.P. School, Thalayolaparambu. The Panchayath President was the Chief Guest of the auspicious gathering.



Learning kits arranged by union members and distribution to students by Union advisor

- Members of College Union planted saplings in the ground of Midayikkunnu L.P. School to spread the message of the to treat trees as boon in connection with environmental day celebrations
- “370” College Union with the support of teaching staff did a best practice of distributing food parcels to the needy and poor on every Friday by collecting food packets from students. The practice of giving ‘*Pothichoru*’ once again affirmed progress of the youth towards socially responsible citizens. This practice was continued till the closing of College due to lock down.

WOMEN EMPOWERMENT

Human dignity which forms an integral part of human rights as mentioned in Indian constitution is given special emphasis in the college. Catering to the need of the hour and the empowerment of female students, three gender equity programmes were undertaken in the institution.

OBJECTIVES

- **To prepare female students to consciously think and act against gender based discrimination**
- **To build self-confidence so that they can contribute meaningfully to their own protection, development, to shape their own destiny and thereby enabling them to defend against any type of physical assault.**
- **Giving awareness on legal obligation and to counteract according to the situations in life.**

PRACTICE

Our college take special care in empowering girl students and staffs and at the same time creating awareness among male students and staff in enhancing their understanding of issues related to women in the society and to face the challenges with great courage. Our aim is to bring about the advancement, development and empowerment of women. Vanitha VEDI conducted various initiatives like workshops and talks to implement the goals. In collaboration with Kerala Police Department various programmes were organized to develop the skill of SELF DEFENSE among the girl students and making them aware of the rights, provisions and safeguards entitled in the

constitution for empowering women of our nation. In order to empower the female students embroidery classes were organized.

Shri Indu K.S, Associate professor, Department of English of our college is resource person in “Nirbhaya” programme of Kerala Government and is actively engaged in rendering motivating sessions to girls students of School along with Police officers.

HEALTH IS WEALTH

- **Teachers’ Fitness Challenge (TFC)**

Physical fitness is the measure of the body’s ability to go ahead with its full capacity. As physical and mental fitness play very important roles in our lives, the fitness center of our college under physical education department organized TFC to encourage a healthy life style among the teachers and students of our college. The classes were conducted for 1 hr. during the evening hours from 4-5pm in college Gym



- **Yoga**

Yoga classes were conducted for students on all days from 8 am to 9 am. This helped students to reduce stress, anxiety, and depression also improves over all life. It also improves overall life. A half hour or so of physical activity daily can yield better benefits. This also facilitated to improve flexibility to their Physic and helping them to maintain mental balance.

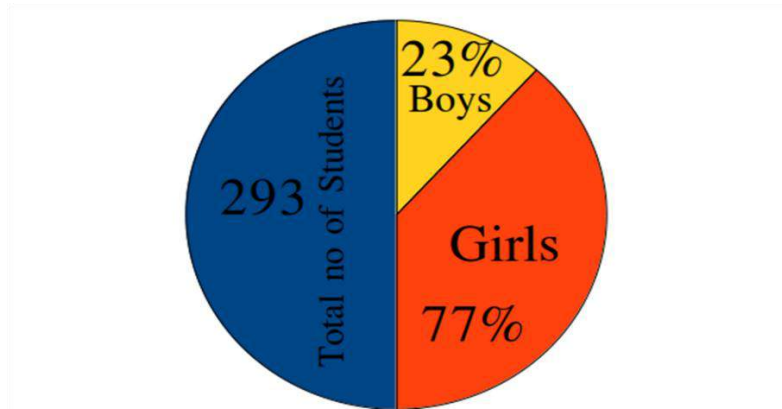
The Department of Physical Education celebrated International Yoga day, with more than 55 students and 30 teachers participating, in the special day session.



- **Health checkup**

Health status of First year PG and UG students was assessed with assistance from Govt. Nursing School Ernakulam. A total of 293 students participated in the programme with total strength which included 77% girls and 23% boys. The evaluation implicated that a great majority belonged to the underweight category. The students were given Health cards and proper advice were given to them by health experts to take sufficient healthy and

nutritious food and not to rely on fast food. They were also asked not to skip food especially breakfast.



Pictorial representation of Health check-up status in the First Year students 2019-2020

