



**PSN COLLEGE OF EDUCATION
TIRUNELVELI**

7.2 Best Practices

Describe at least two institutional best practices Upload details of two best practices successfully implemented by the institution as per NAAC format in your institution website, provide the link

1. Environmental Awareness Programme

The Eco Club along with the Science Club conducted an environmental awareness programme on 22.04.2017 (world Earth day). The programme was conducted in the college Auditorium. The event kicked off with a graceful dance which moved on to depict the relationship between mother earth and humans. The choreography made the students aware about the consequences of the human actions in exploiting the Earth's resources. Earth was correlated to a parent who forgives and continuous to provide irrespective of every cruel act the child has committed. The increase in pollution, dumping of wastes and overexploitation are major causes for natural disasters. The properties used for the promotion was made from recycled waste. The major prop made was a blue whale which is an endangered species. It depicted the major harm done to animals due to dumping of plastic wastes. It reminds about the urgent need for protecting the environment. The students also represented various animals using face paint and showcased the harm done to animals. The promotion ended by reminding us our responsibility to protect the environment and to create a world free of pollution.

2. Health Awareness Programme

A Health Awareness programme was organized on 7th April 2017 (World Health Day) at Multipurpose Hall. The Coordinators of the programme were PSN College of Education. They conducted the awareness program upon Health and Security by arranging session of Dr.Martin, MBBS, Siddha Hospital, Gopalamudram. The interactive session was regarding the awareness of Life Style Diseases and Mental Stress.

The ultimate goal of health awareness programme is:

- To improve the health of the individual and community level
- To reduce the incidence of disease.
- To cut down the rate of reduction of disabilities and deaths



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- To inform and educate the mass about their certain health issues
- To raise awareness regarding the targeted health issues
- To create awareness about the available wellness resources
- To share the adequate information upon health
- To achieve a much higher level with broad objectives
- To help listeners and their close ones choose a lifestyle that knocks down unhealthy ambience
- To combat diseases like stress, mental unhealthiness,

OUTCOME For all the participants at the programme were encouraged to incorporate healthy habits and also take various preventive measures so that in the upcoming times they can stay safe and sound. In addition, people present there are also spurred to boost up their daily nutrition intake. They are also given information on how to integrate and maintain hygiene in their lifestyle. This programme is focused towards addressing issues of personal health care, vaccination, hygiene, and illness prevention. The key challenges in the health care domain are poor accountability, low-quality care, lack of health awareness and limited access to health facilities.