

Describe at least two institutional best practices

BEST PRACTICE 1: COMMUNITY REACH PROGRAM

OBJECTIVE OF THE PRACTICE:

To create awareness among the people and educate them about health, nutrition, and hygiene so as to enable them to lead a better quality of life.

NEEDS TO BE ADDRESSED AND CONTEXT:

Students of the Department of Nutrition and Dietetics are capable of working with different groups such as school children of nearby schools, parents, and women SHGs and creating awareness on healthy living. This practice is a part of community service.

THE PRACTICE:

It is a need-based initiative evolved after consultation with local voluntary organizations and community groups. The following activities form a part of the practice.

1. Conducting classes periodically in nearby government, government-aided and private schools on healthy diet and nutrition.
2. Organizing orientation programs for the women's SELF HELP GROUPS about the nutritive value of the foods and diet for different types of patients, and on how to lead a hygienic and healthy life.

Evidence of Success:

Good feedback and appreciation from SELF HELP GROUPS, Heads of the schools and community leaders reflects the success of the program.

Best Practice 2: VALUE EDUCATION

OBJECTIVE OF THE PRACTICE:

To impart ethical, social, national, and universal values among students.

NEEDS TO BE ADDRESSED AND CONTEXT:

Education without values is meaningless and sometimes dangerous. All students should be imbued with moral and ethical values so as to become good and responsible citizens of the country. It is essential in the context of emerging intolerance, discrimination and cross cultural outlook.

THE PRACTICE:

The college conducts a daily assembly of staff and students before the commencement of classes. Every day a good message is given to all students pertaining to the values to be adopted by them in life, in addition to the events and activities of the college.

1. National songs in Tamil, Urdu, and Hindustani are sung every day to promote patriotism and nationalism.
2. Special invited talks of illustrious personalities are arranged periodically on national leaders, social reformers and so on.
3. Value education is integrated into the curriculum as a part of the subject of study.
4. Competitions are held among students such as quiz, oratorical, essay, and debate on national and universal values, and prizes and certificates are given to the winners.
5. Students visit to old-age homes and orphanages are arranged as a part of the value education program to develop affection, empathy and respect to elders.

Evidence of Success:

Students who hail from rural areas have become compassionate, responsible and humane.