



# Best Practices 1 & 2 2022-23



## **GOVERNMENT COLLEGE NEDUMANGAD**

**THIRUVANANTHAPURAM, KERALA- 695541**  
*Under Government of Kerala*  
*Accredited by NAAC with 'A' Grade*

## **Best Practice-1**

### ***Darppanam (The Mirror): An Anti-drug initiative***

#### **Objectives of the practice**

The programme *Darppanam (The Mirror)* aimed at creating awareness, preventing drug abuse, and promoting a healthy, drug-free lifestyle among the people, especially the youth. The initiative works in close contact with the Vimukthi Mission of Excise department, Government of Kerala. Vimukthi is an anti-narcotics campaign launched by the Government of Kerala to create awareness among the people. The major objectives are:

1. To spread awareness to ensure a drug free campus.
2. To engage the students in anti-drug activities and educating them about the ill-effects of drugs.
3. To create a supportive environment that empowers individuals to make informed, healthy choices and resist the influence of drugs.
4. To motivate students to become volunteers of anti-drug activities in their life.
5. To foster a culture that values health, well-being, and resilience against the challenges posed by drugs

#### **Context**

The people who persistently abuse substances often experience an array of problems, including academic difficulties, health-related problems and poor peer relationships. Mental health problems such as depression, developmental lags, withdrawal, and other psychosocial dysfunctions

frequently are linked to the drug abuse among students. Teenagers who experiment with drugs and other substances put their health and safety at risk. It is very important to prevent students' drug abuse by talking to them about the consequences of using drugs and the importance of making healthy choices. Prevention methods may focus on the individuals and their surroundings.

### **The Practice**

To work towards the goal of 'No to drugs' rallies, awareness classes, debates and street plays were organized to create such an awareness among the students.

### **Evidence of success**

1. The Project was very well appreciated.
2. N;S.S. Unit's Vimukthi project has been selected as one of the best Vimukthi projects of Kerala University.
3. The students presented a street play titled " Kathunna Kanal vazhikal" in connection with the Anti-drug campaign which got First prize in the Street Play competition organised by Government College, Malayinkeezhu.

### **Problems encountered and resources required**

Although preventing and treating drug abuse are critically important in ensuring the health and well being of the youth, the attempt to accomplish both is unlikely to accomplish completely by the anti-drug campaign. The campaign must have been focused on primary prevention which means

preventing drug abuse before it starts. Reducing demand is the key to primary prevention. But drugs are easily available in the society. It is a challenge which we faced. New drugs are intermittently developed and introduced into the drug use scene. Family focused prevention efforts have a greater impact than efforts made by the college authority. Still attempts have been made to encourage action on the part of other people who influence the lives of youth

## **Best Practice 2**

### **Kathir: A mission towards creating knowledge hub in Pottamavu, a tribal village in Thiruvananthapuram**

#### **Objectives of the Practice**

The college organised a book collection and donation programme in order to set up a library in Pottamavu, a tribal village in Thiruvananthapuram. *Kathir* is an initiative of the Kerala State Forest Development Agency which was established in the state as a public consortium in collaboration with various educational institutions. Through this project, we expect to improve reading habits among the tribal communities in Pottamavu.

- To strengthen the education system of the marginalized population.
- To establish libraries in tribal areas and to give a wide world of reading through it.

## **Context**

Millions of students in India cannot afford the books they wish to read. Bringing the world of books to many underprivileged children hailing from the tribal community, libraries are being established by the general public, universities, various educational institutions and 640 forest protection committees in Kerala. The aim of this Kathir project is to bring books to the common people of the society and expose them to the vast world of knowledge.

## **Practice**

Pottamavu is the sixth Library under the Kathir project implemented by the State Forest Development Committee with the aim of empowering the tribal groups. Government College Nedumangad NSS unit and IQAC in association with Forest department conducted a book collection Programme named as Kathir Project. It is setting up of libraries in tribal areas in Thiruvananthapuram. The book collection campaign was started in February 2022 and ended in November 2022. The campaign's aim was to collect new and used books that the project could use in its programming to improve the reading habit of tribal people in Pottamavu. The students, teachers, staff and even parents donated 2000 books to the Kathir project through the campaign. On 08/11/2022 a good library was established with more than 2000 books for the tribal people residing at Pottamavu tribal village, Madathara, Thiruvananthapuram. The library was inaugurated on 15/11/2022.

## **Evidence of success**

Our commitment to creating a new educational space where tribal children can learn, grow and explore the world is truly appreciated. Recieved the words of appreciation from the Forest department for the good work done by the students of the college. The project helps tribal children become more resourceful and imaginative, and improves their educational growth.