



## Best Practices – 2021-22



### GOVERNMENT COLLEGE NEDUMANGAD

**THIRUVANANTHAPURAM, KERALA- 695541**

***Under Government of Kerala***

***Accredited by NAAC with 'A' Grade***

## **BEST PRACTICE - 1**

### **1. SPARSHAM : PALLIATIVE CARE ACTIVITIES**

### **2. OBJECTIVES OF THE PRACTICE**

Government College Nedumangad is one of the notable academic institution in the capital city of Kerala. It delivers good quality education to the society and also works as an effective organization for formation of civic culture in the society. The institution has undertaken many socially useful activities to make ensure community involvement and social transformation. Institutions of higher learning are considered as centres of social transformation. They have to build up good and able citizens who has to acquire intellectual and social learnings. . It is in this context Government College Nedumangad implemented SPARSHAM. As part of this programme, the NSS volunteers has provided medical equipments, medicines, clothes and food kits for the deprived sections of the community. It means that the college and its advantages stand for the different sections of the community. The purpose of the institution is to serve the community. The following are the specific objectives

- To ensure student involvement in palliative care
- To instill compassion and empathy among students
- To encourage community participation in the palliative care activities
- To organise awareness campaigns to familiarise palliative care among students
- To gain knowledge and skills in the assessment and management of patients
- To maximise the quality of life of patients

### **3. THE CONTEXT**

People are predisposed to various diseases based on their way of living and occupational habits. A group of students of Govt.College,Nedumangad conducted a survey to obtain the basic socio-economic and health conditions of the people residing in Perethukonam, Kalluvaramb,Kacheri and Koppam. The students collected data regarding the palliative care patients by conducting a questionnaire based interview with the Asha workers and Ward Councillors in the selected Wards of Nedumangad Municipality. It is found that the palliative care is important as it helps people manage physical symptoms and emotional stress. It improves the quality of life of patients and that of their

families who are facing challenges associated with life-threatening illness. Thus as a team, the palliative care unit of the college started addressing practical needs of the patients. Since palliative care is explicitly recognized under the human right to health, palliative care unit of the college engaged in organising affordable support programme for the needy people in the locality. The unit is instrumental in ensuring consistent involvement of students in spreading awareness on palliative care, material and financial resources.

#### **4. THE PRACTICE:**

The palliative care unit of the college took advantage of every opportunity to meet and interact with patients and their family of the selected Wards of Nedumangad Municipality through the home care visits which gave hands-on training to these students. Regular home visits helped them understand how to help patients, physically and psychologically. Engaging in palliative care helped the students to understand the spirit of care which has a positive effect on the attitude of the students themselves. The unit has initiated several awareness programmes, orientation classes and field visits. Equipments like walker, air bed, water bed, diaper and under pads were given to the patients. Clothing items such as shirts, Sarees, nighties, inner wears, sanitary pads, and diapers were also supplied to eight families of the palliative care patients. In addition to this cleaning items like dettol, lizol, lotion and sanitizer were also given to the selected families.

#### **5.EVIDENCE OF SUCCESS**

The palliative care unit of the college has been contributing a major role in achieving the social aim of education, that is, to develop the individual's ability to contribute to society. In the beginning, when the unit was started there were only a few volunteers. But now, more than 100 volunteers registered which makes a real difference to the environment of the college itself. The palliative care activities keep students moving and thinking at the same time. It is decided that the unit to expand activities to more places in Thiruvananthapuram by 2024. The unit has actively participated in supplying medicines, clothes, food, and care to needy persons. Giving them moral support, showing humility and respect makes them aware that someone really cares about them. The patients and their family members were satisfied with the concern and caring of the student volunteers. The quality of the palliative care service can be measured based on views and satisfaction of patients and their relatives.

#### **6. PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED**

Insufficient knowledge and poor awareness regarding health care, negative attitudes and beliefs of the patients and their relatives, lack of financial support were some of the problems and challenges faced by the palliative care unit of the college.

## **BEST PRACTICE - 2**

### **1. PARITHRANAM : TREE PLANTATION DRIVE**

#### **2. OBJECTIVES OF THE PRACTICE**

The mission is to sensitize and empower people to give back to nature and live in an environment conducive to their health and well-being. Trees inspires the students to spare some time and work towards making their places greener and nurture the nature. The specific objectives of the programme are :

1. To instil eco-consciousness and commitment to promote environmental sustainability among students and community.
2. To apprise the students and community about the urgent need to protect the environment.
3. To promulgate a model of environmental sustainability in small pockets to create a continuum of cumulative green practices- making way for a cleaner, healthier and prosperous environment.
4. For the maintenance the cycle of the nature for up-gradation of the environment.

#### **3. THE CONTEXT**

Since the college is situated in the Nedumangad municipality, which is a part of Western Ghats environment plays a crucial role in the sustainability of the entire region. It is in this context that the Government College Nedumangad has initiated the PARITHRANAM : a tree plantation drive which will inculcate the values of the importance of environment specifically trees among the students and the wider communities. Trees play a significant role in maintaining the equilibrium of the environment. Many ecological processes like rainfall patterns, monsoon cycles, soil cover, balancing the level of greenhouse gases, and oxygen production are governed by trees. Vegetation protects wildlife and provides habitat. Besides, trees have social, spiritual, commercial, medicinal significance. It has been observed by the people that nature has been changing itself very tremendously as we are responsible for this change because of building and constructing more and more cities and town. So, nature has unbalanced and disturbed that's why the combination of oxygen has ruined.

#### **4. THE PRACTICE**

It is very important to plant more and more trees, herbs and climbers because these are the carriers of rain and cloud. Only the nature has capacity to turn up the balance of nature to produce more and more oxygen, but it is only possible when our surroundings are full of trees and plants. Such type of programme is only possible when our new generation become more & more sincere and active towards plantation programme. Conscientising students and society about the urgent need of environment friendly practices by adopting, facilitating and disseminating them. The imperative need for the nation to create ecologically conscious citizens imbued with ethical and human values. If our programme of plantation makes the points of success, it is sure and certain that our nature will be in balance and the life of the people can be happy & prosperous. So, we should plant more & more trees and protect them for the future of our people and planet.

#### **5. EVIDENCE OF SUCCESS**

Currently we are having more than 200 Trees planted in the campus and surrounding areas and it is well grown and key impact in the climatic change control and more oxygen is there inside the campus and the carbon limit is very minimized in the Campus . The College Campus and surrounding communities are enriched with a variety of plants. Our efforts of planting trees provoke the heart of the students and inspired them to go quickly on the path of plantation for the balance of the nature & up-gradation of environment. It is the result of the programme that majority of the students participated in the programme of the plantation started by college.

#### **6. PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED**

Due to some heavy rain few trees branches are broken and few students avoid the programme and deny such types of activities, but our experienced faculties convinced them and ultimately they agreed for the plantation work for the next year they too realized the value and importance of the nature and environment. The senior students are convincing the junior students like the chain and more number of students are coming forward to plant more trees as a part of NSS activities.