

Best Practice - I

1. Title of the Practice: Promotion of Health Consciousness

2. Objectives of the Practice:

- * To create awareness about herbs with medicinal values among the students.
- * To familiarize the young minds about the benefits and uses of potent medicinal Herbs for common ailments.
- * To make them healthier and reduce their risk of disease and disability.
- * To Educate the Students about the impact of diet on their health.
- * To create awareness on traditional food system which can contribute to create on Health society to build strong nation.
- * To enable the students to practice mental hygiene.
- * To educate them about the benefits of exercise and the consequences of inactivity.
- * To create social and physical environments that promotes good health for all.

3. The Context:

During the covid-19 Pandemic period, most of the rural areas faced a major problem in getting the treatment for basic illness and health issues. Our institution created an awareness on promotion of health consciousness among the students through the Department of Chemistry. Health promotion was the process of enabling student to increase control over, and to improve, their health. It is the communication of information that enables the student to make decisions about health-related activities at all stages of the disaster-management cycle.

4. The Practice:

Best practices are the agents of change for a particular educational institution and society as well. During the Covid-19 pandemic period, people have reduced the frequency of going out, and need to engage in health behaviours at home. Health consciousness has a significant positive effect on home-based exercises and home-made medicines which aroused people's attention. The medicinal plants and herbs play an important role to boost our immune system during the pandemic period. It provides enlightenment for students to adopt

health behaviours. Through the best practice, the department of chemistry shared the health tips regarding the knowledge of herbal medicines, traditional food system, the usage of green leaves, the benefits of body exercise etc in whatsapp group of the students. This helps the students to update their knowledge and keep pace with rapid scientific development.

The students were acquainted about the method used in the maintenance of different natural resources. It teaches the students with both scientific knowledge and a multifaceted, personal understanding of medicinal plants, empowering them to bridge the gap between traditional herbalism and modern science students have been motivated and created social and physical environments that promote good health for all. The students are equipped with the basic knowledge of health tips in order to use these skills in day –to-day life.

5. Evidence of Success:

All the students of our institution from various disciplines are well trained in the promotion of health consciousness by the department of chemistry. As the awareness grows among the students about the use of each medicinal plants for different diseases. They inculcate the habit of using this knowledge wherever and whenever it is necessary in their day -to-day life. They generate the skilled manpower to meet the present and future requirement of human resources in the field of medicinal herb resources development. They have given the positive feedback about their improvement of health promotion.

6. Problems Encountered and Resources Required:

Some of the students could not get acquitted with immediate transformation through digitalisation .Some of the students could not be reached regularly to give awareness on the importance of promotion of health consciousness during the covid-19 pandemic period. It Requires to indulge them to take part in various program through online and regular efforts are required in this direction.

7. Notes (Optimal)

In future, the institution is to continue rich practice of promoting health consciousness in their day-to-day life and encourage the students to know about the medicinal values and the importance of keeping our environment healthy.

BEST PRACTICE - II

1. Title of the Practice: Being Proactive – Physiological and Psychological

Approach during Covid-19.

2. Objectives of the Practice:

- *To cultivate their own empathy skills.
- *To prepare the students to be active global citizens by engaging them in Service activities that enhance the quality of life for others and themselves.
- *To make them emotionally, mentally physically healthy through social Outreach activities.
- *To develop and strengthen leadership skills among the students.
- *To provide resources for care gives to help engage with stds positively and Effectively
- *To equip the student with practical skills to help cope with stress.

3. The Context:

In the midst of a global pandemic one of the most valuable ways to help other is by staying home to prevent the spread of covid-19. During this period, the institution created awareness on being proactive-physical and psychological approach during Covid 19 among the students through the various departments. The Students can build by engaging meaningfully with others being aware of other people's needs and being kind to others.

4. The Practice:

Service learning is a strategy that integrates academics and community services. This unique educational approach not only benefits everyone involved but also provides a way to explore their careers. The institution adopted set of innovative & productive practices to engage student community in academic swell as for their well being and mental health during COVID 19 pandemic period. All the departments have prepared attractive and information posters and videos for COVID 19 which we shared through the student's whatsapp group to create awareness.

During working days, the institution provided Hand sanitizer, Hand wash, Mask & more safety materials for community to staff and students for free .As part of its social responsibility it is also distributed to some local areas by our students. The institution conducted awareness programs regarding COVID 19 pandemic. As one part of these activities, some of our institution was undertaken by the government for used as Quarantine centre during the pandemic period. Our Students have put in maximum efforts to help community to fight against COVID 19 and to work for the betterment of society by the encouragement of the staff. This activity helps students to improve their social skills or emotional learning by processing their daily activities through a virtual interaction and also motivate and develop the habitat for humanity.

5. The Evidences:

During the pandemic period, students were assigned different areas and everyone worked enthusiastically with the help of institution. Students created awareness to the people regarding the spreading of COVID 19 and its preventions in their respective areas. Through this social service, students are able to connect with others, share their ideas and skills, learn more about themselves and gain practical experience. This activity helps students to navigate and shared with parents for at-home learning opportunities. The institution appreciated their work and motivates them to excel in their areas of expertise. The Practice would ensure continuous improvement in their performance as per the quality policy to achieve the vision and mission of the institution.

6. Problems Encountered and Resources Required:

Some of the parents afraid about the spread of COVID 19. So they did not allow their wards for social outreach service and regular efforts are required in this direction.

7. Notes (Optional)

The institution is to continue the practice of promotion the students for their involvement in responsible public activities and also motivate & encourage the students to engage in social outreach services.

