



SARASWATHI NARAYANAN COLLEGE
(Autonomous Institution Affiliated to Madurai Kamaraj University)
(Reaccredited with Grade B^(2.78) by NAAC)
(DST-FIST Funded Institution)
Perungudi, Madurai - 625 022

PRACTICE I: SENSE OF CARE FOR ENVIRONMENT

a. Objectives

1. To preserve the exiting greenery on the college campus and the surrounding area.
2. To promote environmental consciousness among all the stakeholders of the institution and the society at large.
3. To drive for environmental solutions towards a sustainable future
4. To aspire for innovative solutions to environmental challenges

b. Context

Pollution has gone beyond control in the today`s world of science and technology, our mother earth is smothered with environmental pollution in the form of air, water and land pollution. Quality of Human Life has become miserable in the face of climate change, global warming, and increasing quantum of greenhouse gases. In short, for the earth to survive, the pollution must be abated. Thus, there is utmost need to rejuvenate our blue planet for the sustainable development.

c. Practice

The College demonstrates the intensive care for environment consistently and continuously to keep the college environment friendly. All the activities in respect of environmental protection instill green consciousness among students. Planting of sapling has been a regular and committed practice of the institution because trees are instrumental in purifying air by absorbing the green houses gases and giving out oxygen. For instance, planting of sapling was effected on 06.09.2015 and 28.07.2017. Many programmes to cause Environmental Awareness including rally on Adverse Effects of Plastic Use (02.11.2016). Rally on Cleanliness (28.07.2017), Rally on Environmental Awareness (08.02.2018), Programme on Clean India at adopted villages (11.03.2017), Cleaning of Meenakshi Amman Temple premises (04.10.2017) and Govt. Rajaji Hospital premises (05.10.2017), Awareness Programme on Noise Pollution at Madurai International Airport (22.09.2017), One-week Awareness Camp on Environmental Degradation (from 22.03.2018 to 28.03.2018) had been organized by the institution.

Limited use of air conditioner, energy efficient lights, proper disposal of waste materials, economical use of water resource and electric energy, keeping reduced carbon footprints with

isolated vehicle parking, maintaining good ecosystem to have a good interaction with flora and fauna in a healthy environment keep the campus green rich.

d. Evidence of Success

The efforts of preserving environmental health have resulted in achieving clean and oxygen rich campus, rich profile of flora and fauna, rich water resources, reduced pollution level, fresh air, concrete and good green cover, economic use of electric power.

e. Challenges

Maintenance of planted saplings off the campus poses difficulties. However, this limitation is outsmarted with the help and support of local students, hence the preservation of the saplings. Generally, environmental programmes organized in adopted villages face a great deal of difficulties, particularly in involving all the villagers. The institution takes steps to attract more number of people through the influencing hands of the village to participate and get benefited of the programme.

PRACTICE II: CONSCIOUSNESS OF WEALTH OF HEALTH

a. Objectives

1. To enable the students to understand the benefits of Yoga for health life
2. To provide a platform to exchange of information, scientific knowledge, best practices and advocacy programmes on pandemics impacting human life.
3. To create awareness on need for food safety and food security
4. To make the students understand detrimental effects of consuming narcotics substances, highly processed food and fast food.

b. Context

Health is the first and best wealth. It is the state of physical and mental wellbeing. A balanced diet, regular exercise and good hygiene habits are needed for the wellbeing of human-beings. Having good health improves longevity, prevents diseases, enhances mental health and leads to productive life. Knowledge on epidemics and pandemics is also essential to learn the devastating effects of these outbreaks on human life, economic development and social upliftment.

c. Practice

The institution is very keen on creating awareness on physical and mental healthiness of all the stakeholders and the society at large. It has been organizing various awareness programmes on health as detailed below:

S. No.	Programme	Date
1	Workshop cum Training Programme on Yoga and Meditation	19.06.2015
2	Medical camp organized for Staff and Students	10.12.2015
3	Awareness Programme on Detrimental effects of Narcotic and Psychotropic substances	28.01.2016
4	Awareness Programme on Food Security	28.01.2016
5	Medical camp at adopted villages	25.03.2016
6	Yoga Training for Health	21.06.2016
7	Awareness Rally on Prevention of Dengue	13.10.2016
8	Mental Health awareness Programme	30.12.2016
9	AIDS awareness Programme	10.03.2017
10	Dengue awareness Programme	12.10.2017
11	Seminar on Importance of Coconut oil for Skin hygiene	23.01.2018
12	Seminar on Food Hygiene	16.03.2018

d. Evidence of success

Through continuous and constant observations, the institution comes to know that the students avoid highly processed foods and fast foods after gaining knowledge on detrimental effects of these food items. It has also been learnt through interaction with the students that they do not skip breakfast, particularly girl students after their participation in the various health awareness programmes organized by the college. Students are determined not to consume Narcotic and Psychotropic substances.

e. Challenges

Health profile of an individual is highly complex involving a great deal of aspects. Covering the entire aspects of health in various programmes organized by the institution in the interest of all its stakeholders and the society at large is a challenge. However, the challenge is overcome by utilizing the expertise of professional of health sector.