

Best Practices for the year 2020-21

1. Title of the Practice: *Supply of Covid fighting materials*

Goal: To assist the health workers of family health centre, Rajakumari in their activities against Covid-19 pandemic.

Context: The local people in Rajakumari area were severely affected with Covid-19 pandemic. The family health centre were in short of necessary Covid-19 fighting materials like sanitizer, face mask, PPE kits, gloves, face shield etc.

The practice: The above mentioned materials worth Rs. 10000/- were collected by our institution and contributed to the family health centre to support the fight against Covid. The health workers were very much content with the timely help offered by the college at the time of such a pandemic situations.

Evidence of success: The materials were very much essential for the health workers to deal with the affected public. During that period the infected people were attending the health centre in large numbers and the safety of health workers was of great importance.





2. Title of the Practice: *Palliative Care*

Goal: In order to provide better living standards to the inmates of nearby old age home.

Context: The students visited the nearby Good Samaritan old age home and had communication with the inmates. They identified that the aged people are facing a natural feeling of loneliness and lack of entertainment. Also their living standards need improvement.

Practice: As an effective and healthy means of relaxation, it was proposed to offer reading material to the inmates. The N S S volunteers sought the active participation of the students for collecting the books. They contributed generously and about 100 books have been collected and handed over to the old age home and constituted a mini library. The students visited the palliative patients of the old age home and “Onam kit” worth Rs 1000/- each were contributed to the inmates.

Evidence of success: The inmates were very happy to spend their time in reading the books. This was an eye opener for many of our students and it helped to strengthen the social commitment of students. N S S unit continued this practice for the following academic years.



