

Best Practices II

1. Title of the Best Practice

Connecting all to Respect Health and Eco-friendly campus

2. Objectives of the Practice

- The objectives of the program were to emphasize the importance of good nutrition and proper diet.
- To educate staff members, students, and society on their health and mental well-being through various awareness programs and counseling.
- To develop Green zones wherever possible, primarily on the College campus
- Emphasizing saving water and conserving energy.
- To protect our existing greenery in the College campus

3. The Context

- Our college emphasis on “Health for All” and “Eco-friendly campus for All” is a commitment to health and the environment.
- Today's students are the citizens of tomorrow's nation. Their survival, protection, and development are, therefore, the prerequisite for the future development of our country.
- Empowerment of the younger generation, their individual development, and social contribution will shape the future of the students.
- Investment in health, nutrition, and the environment is the vital foundation for the development of the college, students, and the community.

4. The Practice

- The Departments, Committees, and Associations are selected by the Principal and IQAC to perform this task at the beginning of the academic year.

- The designated authorities make the plans of execution with various kinds of activities such as guest lectures, programs on commemorative days, tree plantation drives, and events to promote an eco-friendly campus.
- Sign boards in the campus environment to bring awareness to save water and energy resources.
- We distribute supplements like Iron and folic acid tablets to the students which have been given by the government to ensure their health and wellness.
- The college insists all the departments organize and allocate the work to the students by making necessary groups as per the requirements and training them accordingly to create awareness about Health and Nutrition on and off the campus.
- Staff members along with students execute the activities as per the plan and timetable and results are recorded



LIST OF PROGRAMS ORGANIZED FOR HEALTH AND ECO-FRIENDLY

S.NO	DEPARTMENT	DATE	PROGRAMME	TOPIC	JUDGE/ SPEAKER/CHIEF GUEST
1	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	08.10.2018	NUTRI EXHIBITION	HEALTHY LUNCH BOX CONTEST	ALJANAB HAJI K. ANEES AHMED SAHIB, CORRESPONDENT, M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE
2	BIOTECHNOLOGY	28.12.2018	GUEST LECTURE	SPEECH ON INTEGRATED ORGANIC FARMING	MRS.S. DEEPALAKSHMI, MANAGING DIRECTOR,SD FORMS,VELLORE.
3	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	13.09.2019	NUTRITION WEEK CELEBRATION	AWARNES ON HEALTHY LIFE BY STREET PLAY AND VILLUPATTU	ALJANAB HAJI K. ANEES AHMED SAHIB, CORRESPONDENT, M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE
4	BIOTECHNOLOGY	07.02.2020	SCIENCE EXHIBITION	HARMFUL EFFECTS OF PLASTICS ON ECOSYSTEMS,IMPORTANT OF ENVIRONMENTAL MICROBIAL WORLD AROUND YOU,MEDICAL DIAGNOSTIC TECHNIQUES AND HEALTH MANAGEMNT WITH MOBILE APP	DR. SASIREKHA, HEAD, DEPT OF COMMERCE DEPARTMENT, MRS. M. KATHY, HEAD & ASSISTANT PROFESSOR, DEPT OF NUTRITION, FSM & DIETETICS, MS. V. JYOTHIMANI, HEAD & ASSISTANT PROFESSOR, DEPT OF MATHEMATICS
5	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	12.02.2020	DEPARTMENT ACTIVITY-QUIZ COMPETITION	DISEASE CONDITION & FOOD SCIENCE	MRS. M. KATHY, HEAD & ASSISTANT PROFESSOR, DEPT OF NUTRITION, FSM & DIETETICS
6	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	27.02.2020	DEPARTMENT ACTIVITY- COOKERY COMPETITION	TRADITIONAL FOODS NUTRITION IN DIABETES MELLITUS	DR. SASIREKHA, HEAD, DEPT OF COMMERCE DEPARTMENT
7	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	27.02.2020	POWER POINT PRESENTATION	NUTRITION IN DIABETES MELLITUS	DR. PUNITHAVATHI, HEAD, DEPT OF BIOTECHNOLOGY
8	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	05.03.2021	WEBINAR	NUTRITIONAL MANAGEMENT IN OBESITY	MS. LAVANYA SUNDARAM,QUALIFIED PREVENTIVE & SPORTS NUTRITIONIST
9	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	07.08.2021	INTER- DEPT QUIZ COMPETITION	WORLD BREASTFEEDING WEEK	ONLINE
10	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	16.09.2021	INTER- DEPT QUIZ COMPETITION	WORLD FIRST AID DAY	ONLINE
11	BIOTECHNOLOGY	26.09.2021	QUIZ COMPETITION	WORLD ENVIRONMENTAL HEALTH DAY	ONLINE
12	BIOTECHNOLOGY	30.09.2021	WEBINAR	INTEGRATED ORGANIC FARMING FOR SUSTAINABLE INCOME	MRS.S. DEEPALAKSHMI, MANAGING DIRECTOR,SD FORMS,VELLORE.
13	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	16.10.2021	FOOD EXHIBITION ON WORLD FOOD DAY	DIFFERENT RECIPIES WITH MILLETS	ALJANAB HAJI K. ANEES AHMED SAHIB, CORRESPONDENT, M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE
14	BIOTECHNOLOGY	7.11.2021	AWARNES PROGRAMME QUIZ COMPETITION	NATIONAL CANCER AWARNES DAY 2021	ONLINE
15	BIOTECHNOLOGY	30.11.2021	SCIENCE EXHIBITION	PET SHOW,FANCY DRESS COMPETITION,EXHIBITION MODELS/CHARTS	ALJANAB HAJI K. ANEES AHMED SAHIB, CORRESPONDENT, M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE,DR.FREDA GNANASELVAM,PRINCIPAL,M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE

16	BIOTECHNOLOGY	30.11.2021	CLEAN AND GREEN CAMPUS AWARENESS PROGRAM	CLEAN AND GREEN CAMPUS AWARENESS PROGRAM	DR.FREDA GNANASELVAM,PRINCIPAL,M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE
17	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	01.12.2021	AWARENESS PROGRAMME- MIME, SPEECH & DRAMA ON WORLD AIDS DAY	AWARENESS ABOUT AIDS - MIME, SPEECH & DRAMA	ALIJANAB HAJI K. ANEES AHMED SAHIB, CORRESPONDENT, M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE
18	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	15.12.2021	DEPARTMENT ACTIVITY- QUIZ, COOKWITHOUT FIRE & SPEECH	"EAT RIGHT BITE BY BITE"	MRS. SHAMILA, HEAD, DEPT. OF B.COM(CA),Mrs.M.KATHY,HEAD, DEPT OF NFSMD, MRS. RASUL BEGUM, HEAD, DEPT. OF TAMIL
19	BIOTECHNOLOGY	28.02.2022	AWARENESS PROGRAMME	NATIONAL SCIENCE DAY	DR.FREDA GNANASELVAM,PRINCIPAL,M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE
20	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	24.03.2022	NUTRITIONAL AWARENESS PROGRAM	WORLD TUBERCULOSIS DAY	MRS. SANTHANALAKSHMI, M.SC, NET.,, CDPO(CHILD DEVELOPMENT PROJECT OFFICER, CHEYYAR BLOCK THIRUVANNAMALAI DIST.
21	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	07.04.2022	WORLD HEALTH DAY	IMPORTANCE OF HEALTHY BREAKFAST	ALIJANAB HAJI K. ANEES AHMED SAHIB, CORRESPONDENT, M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE
22	BIOTECHNOLOGY	12.05.2022	NUTRITION AWARENESS PROGRAM	WE CARE FOR YOUR HEALTH ,NOURISHES AND NURTURES CHILDREN JOINT ACTIONTO PREVENT STUNTING AND OBESITY	NIL
23	BIOTECHNOLOGY	30.08.2022	AWARENESS PROGRAM	SCIENCE ADVENTURE	DR.FREDA GNANASELVAM,PRINCIPAL,M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE
24	BIOTECHNOLOGY	16.09.2022	AWARENESS PROGRAM	WORLD OZONE DAY	MRS. R SARITHA ,ASSISTANT PROFESOR, DEPT. OF BIOTECHNOLOGY,M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE
25	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	23.09.2022	OUTREACH PROGRAMME WITH ICDS RANIPET DISTRICT- NATIONAL NUTRITION MONTH	ANAEMIA AWARENESS PROGRAMME	MRS. VASANTHI, DISTRICT PROGRAMME COORDINATOR, ICDS, RANIPET DIST. MRS. GIRIJA, CHILD DEVELOPMENT PROJECT OFFICER, RANIPET.
26	BIOTECHNOLOGY	7.11.2022	AWARENESS PROGRAM	NATIONAL CANCER AWARENESS DAY	NIL
27	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	16.11.2022	NUTRITIONAL AWARENESS PROGRAM& DEPARTMENT ACTIVITY	WORLD DIABETIC DAY	DR. KAMATCHI, YRC COORDINATOR, MRS. RASUL BEGUM,HEAD, DEPT OF TAMIL DR. SASIREKHA, HEAD, DEPT OF COMMERCE
28	BIOTECHNOLOGY	01.12.2022	AWARENESS PROGRAM	WORLD AIDS DAY	NIL
29	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	4.02.2023	AWARENESS PROGRAM	WORLD CANCER DAY	MS. B. MANIMEGALAI, M.SC,M.PHIL, RD., CMC VELLORE
30	BIOTECHNOLOGY	28.02.2023	NATIONAL SCIENCE DAY	SCIENCE EXPERIMENTS,PET SHOW, MODELS,HEALTH CHECK UP, HEALTHTY FOOD.PHOTOGRAPHY, NURSERY,AQUARIUM,SCIENCE GAMES	DR.FREDA GNANASELVAM,PRINCIPAL,M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE,DR. SASIREKHA, HEAD, DEPT OF COMMERCE DEPARTMENT, IQAC COORDINATOR

31	BIOTECHNOLOGY	13.08.2022	AWARENESS PROGRAM	WORLD ORGAN DONATION DAY	DR.FREDA GNANASELVAM,PRINCIPAL,M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE,DR. SASIREKHA, HEAD, DEPT OF COMMERCE DEPARTMENT, IQAC COORDINATOR
32	NUTRITION,FOOD SERVICE MANAGEMENT & DIETETICS	14.08.2023	AWARENESS PROGRAM	POSTER PRESENTATION COOKERY COMPETITION	MRS. VASANTHI, DISTRICT PROGRAMME COORDINATOR, ICDS, RANIPET DIST. MRS. GIRIJA, CHILD DEVELOPMENT PROJECT OFFICER, RANIPET.
33	BIOTECHNOLOGY	15.09.2023	AWARENESS PROGRAM	WORLD OZONE DAY AWARENESS – 2023	DR.FREDA GNANASELVAM,PRINCIPAL,M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE,DR. SASIREKHA, HEAD, DEPT OF COMMERCE DEPARTMENT, IQAC COORDINATOR, MRS. YASODHA M.SC.M.PHIL. NET,HEAD, DEPT OF IDD
34	BIOTECHNOLOGY	27.09.2023	AWARENESS PROGRAM ON HEALTH HEART	WORLD HEART DAY – 2023	DR.FREDA GNANASELVAM,PRINCIPAL,M.M.E.S WOMENS ARTS AND SCIENCE COLLEGE,DR. SASIREKHA, HEAD, DEPT OF COMMERCE DEPARTMENT, IQAC COORDINATOR

5. Evidence of Success

- The need for prioritizing mental health and well-being focuses on the overall academic performance of the students.
- Since there is an increase in the overall health of students there is reduced absenteeism.
- Development of a Green Zone on the campus.
- We have made students conscious of using water and energy resources.

6. Problem encountered

- Maintenance of standards and levels.
- Availability of plant saplings.
- Causal approach by the community towards our awareness program.