

DR.R.K.SHANMUGAM COLLEGE OF ARTS & SCIENCE

(Accredited by NAAC with 'B' Grade)

(Recognized u/s 2(f) & 12 (B) by UGC Act 1956)

(Permanently Affiliated to Thiruvalluvar University, Vellore)

(ISO 9001 – 2015 Certified Institution)

Indili, Kallakurichi - 606 213.



BEST PRACTICE

Title of the Programme: **HEALTH CARE EDUCATION FOR WOMEN**

Meaning:

“Health is Wealth” is a common saying of the world. Health is a state of complete physical, mental and social wellbeing.

Goal:

- To promote, strengthen and protect the health of the students.
- To identify, detect and treat the malnourished and anemic students on time.
- To promote safe menstrual hygiene practices by girls.

Context:

Ours is the first Co-education self financing Institution in the region of Kallakurichi and Kalvarayan hills where the people belong to rural and tribal society. As most of the parents are illiterate, they want to give proper education to their children. But the poor economical status of our students leads them to take up part time jobs to boost up their parents' earning, putting their health at risk. Often they go to work without food and eat at odd hours unmindful of the nutritious value of food. So, our institution focuses on students' health issues.

Practice:

There are 15 Doctors (Cardiologist, Pediatrician, etc..) who have dedicated their life to offer education at affordable cost along with the

health care programme. They organize healthcare programme for the welfare of the students. They visit the campus once in a week and examine the health of the students. Those students who have health issues treated after informing their parents. Health related awareness programmes are organized to familiarize the health related issues. A common health camp is also conducted free of cost.

Evidence of the Success:

As the institution gives immediate care to the students to promote the health, they feel confident to approach their teachers about their health issues during their stay in the campus. This allows them to concentrate on their education without fear. This is the basis of the success of our students who maintain good health. It helps them to leap up the ladder of success.

Problems Encountered and Resources Required:

It is a fact that our students mostly come from rural and tribal region. They sometimes feel shy to share about their health issues. Especially girls avoid sharing such health issues as they are brought up from the poor illiterate family.

Notes / Conclusion:

The students are from the rural and tribal society. They need motivation and guidance to take care their health which is their wealth. This is the most important issue. Every rural & tribal students must have access to good health to keep them fit, to make their life meaningful. Our institution with its students' health care wing is meeting its goal of turning out healthy bright students eager to fulfill their dreams & realize the vision of a better world.