

**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
AUTONOMOUS**



(Affiliated to Bharathidasan University)
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614016.

TAMIL NADU, INDIA.



BEST PRACTICE I

TITLE OF THE PRACTICE:

Welfare Activities based on Nutrition to Promote Student Wellness

AIM

To improve the nutritional status of the students in order to achieve their curricular performance.

THE CONTEXT:

Body Mass Index Assessment and counselling has been implemented to overcome malnutrition .

PRACTICES

Lectures and seminars relating to malnutrition

Seminars, lectures, awareness programmes and online webinar on malnutrition, Issues on Women's Health, maintaining health and fitness, junk food awareness, adolescent health were conducted to make the students to impact the effect of malnutrition.

Nutrition Quiz

Online Nutrition quiz is being conducted to improve the basic knowledge on nutrition to overcome malnutrition for our students and also to the students of various schools and colleges.

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Assessment of Body Mass Index

Body Mass Index was assessed to all the beginners of the institution to promote the nutritional knowledge and self health assessment. Students body mass index, haemoglobin, blood grouping, blood pressure were assessed and mentioned in the health card provided by the institution with their past health history to assess the health condition of the students in emergency and regular follow up is given to the needy.

Diet Counselling

Diet counseling was provided to the students based on their nutritional status and regular follow up was maintained and counseling was provided to the students relating to their needs.

Deworming Tablet Distribution

Deworming tablet (Albendazole 400mg) in association with Primary Health Centre, Ullikkottai was distributed to all the under graduate students (below 19yrs) twice the year and awareness on the importance of deworming in relation to malnutrition was given to the students.

Extension activities

Students from Department of Nutrition and Dietetics conduct awareness programme on Anemia, Adolescent health, packed lunch, Hygiene and sanitation and Assessment of body mass index to school students in Thiruvarur district. Quiz conducted to school students on the **Basic Concepts of Nutrition** to enhance the knowledge based on nutrition.

Medication and first aid

Tablets were distributed to the students and first aid was provided in emergency.

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Temperature Screening during pandemic

Temperature was screened to every students in the entrance during pandemic

Formulation of Health mix

Health mix is being formulated on the base of millets with all the essential nutrients to improve the nutritional status of the students as well as the faculty members to overcome malnutrition and also to enhance the entrepreneurial skills of the students of Nutrition and Dietetics Department.

Evidence of Success:

- Weight management(both obesity and underweight), decreased prevalence rate of anemia,packed lunch with balanced nutrients, decreased evidence of skipping breakfast , increased curricular and co curricular performance ,created awareness on menstrual problems.

Problems Encountered and Resources Required:

- Practices is discontinued by students.
- Inconvenience of preparing balanced diet due to early departure of the students.

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BEST PRACTICE II

TITLE OF THE PRACTICE

Active Vedic Mathematics

AIM

To improve the Students observation power, speed of mental response and encourages them to think and develop shortcut methods on their own and also help them to get rid of Mathematics phobia

CONTEXT

The expectation of the outcome of the education offered by the institution is increasing day by day. The outcome of the education should meet the challenges of the job market. In this context, the Vedic Mathematics programme enables the students solve mathematical problems faster than conventional methods. An accessible and clear at approach encourages Students boosts their confidence in mathematics. The students are encouraged to attend Vedic Mathematics programme organised by department of Mathematics.

PRACTICE

Students are asked to attend Vedic Mathematics programme every year. Every UG and PG students have attended this programmes during this academic year.

Students learn Vedic Mathematics through “active Vedic Maths” service provided by Tata play service provider.

We have designed the syllabus for Vedic Mathematics to our Students and for VAC Vedic Mathematics to other department students.

Extension activity Programmes for School Students conducted on Shortcut Learning Methods and Fun Mathematics.



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EVIDENCES OF SUCCESS

1. Students are motivated to apply Vedic sutras for long calculations.
2. Vedic Mathematics programme attracted many students who are preparing for competitive exams.
3. Mathematics skills have been increased.
4. Students are motivated to develop new shortcut methods to solve problems quickly.

PROBLEMS ENCOUNTERED

1. Conducting Vedic Mathematics Programmes for other Department Students is comparatively less.
2. For Mathematics Students also, the duration is not sufficient.

RECTIFICATIONS IDENTIFIED

1. In Value Added Course for other Department Students, Vedic Mathematics Syllabus is included.
2. Extra hours allotted for Vedic Mathematics in Special Day Orders.