



# ST. JOSEPH'S COLLEGE FOR WOMEN

Kangayam Road, Tirupur – 641 604.

Affiliated to Bharathiar University, Accredited with Grade "B+" by NAAC

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## INSTITUTIONAL DISTINCTIVENESS

### Value based Education with focus on physical and mental well-being

Value-based education, including a focus on health and well-being, is integral to the ethos of St. Joseph's College. At St. Joseph's College, students are not only taught academic subjects but are also instilled with values such as integrity, compassion, empathy, and social responsibility. These values are woven into the curriculum and reflected in various aspects of campus life, promoting a culture of respect, understanding, and mutual support among students and faculty. Furthermore, the college places a strong emphasis on health and wellbeing, understanding that physical and mental wellness are essential for overall success and happiness. Students are encouraged to prioritize their health through regular exercise, balanced nutrition, and mindfulness practices. Workshops, seminars, and awareness campaigns are organized to educate students about the importance of mental health, stress management, and healthy lifestyle choices.

By integrating value-based education with a focus on health and well-being, St. Joseph's College aims to nurture individuals who not only excel academically but also possess the character and resilience to navigate life's challenges with grace and integrity. This holistic approach to education ensures that students graduate not only as knowledgeable professionals but also as compassionate and socially responsible citizens, ready to make a positive impact in the world.

**Health Awareness Workshops** covering a wide range of topics such as nutrition, sexual health, mental health, substance abuse prevention, and stress management provide valuable information and practical tips for maintaining good health.

The annual **celebration of International Yoga Day** at the institution become a cherished tradition that promotes holistic health and well-being among students, faculty, and staff. By providing opportunities for learning, practice, and community engagement, these celebrations continue to inspire individuals to embrace yoga as a path to physical, mental, and spiritual enrichment.



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**Health camps** are organized periodically to serve as a one-stop destination for students seeking assistance with their health-related concerns and also to bring local healthcare providers, counseling services, wellness centers and community organizations for providing information, resources and support to students.

To make students to recognize the rich heritage and profound wisdom of traditional healing systems, the college organized a program on **Traditional Siddha and Ayurveda Maruthuvam**. The program aimed to explore the principles, practices, and therapeutic modalities of Siddha and Ayurveda medicine; two ancient systems of healthcare that have been passed down through generations.

The **Psychology Department** of the institution recognizes the importance of mental health and well-being in the academic community. The Department organized observances for **World Mental Health Day, World Suicide Prevention Day, and Gratitude Day**. These events aimed to raise awareness, provide support, and promote practices conducive to mental health and hygiene among students and faculty.

The uniqueness of St. Joseph's College Campus is that it demonstrates respect for environment and stewardship of natural resources while ensuring the quality of life on the campus. The goal of the college has been designed to ensure and sustain a harmonious blend of education, environmental and healthy well-being. The College has undertaken various initiatives in setting up a healthy campus:

**Herbal Garden:** Herbal Garden is maintained to promote naturopathy. It affords a therapeutic value spreading the fragrance of good health and green environment.

**Health Care Centre:** A well-qualified lady doctor in Acupuncture and Naturopathy is appointed to attend the medical needs of the students and staff members. This esteemed professional is dedicated to providing comprehensive medical care to the students and staff members, ensuring their holistic well-being.

With expertise in both Acupuncture and Naturopathy, the doctor brings a wealth of knowledge and experience to the healthcare team. Acupuncture, an ancient Chinese healing technique, involves the insertion of thin needles into specific points on the body to alleviate pain and promote healing. Naturopathy, on the other hand, emphasizes natural remedies and therapies to support the body's innate ability to heal



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itself. Whether it's managing chronic conditions, addressing acute health concerns, or simply promoting overall wellness, the doctor is committed to personalized care according to the unique needs of each individual.

**8-Shaped Walk:** Walk pattern in the shape of 8 is constructed in front of the Auditorium. Students are directed to practice this walking exercise at least twice a week by the Physical Director of the college.

**Gymnasium:** A State-of-the-Art Gymnasium with modern fitness equipment. Along with curriculum teaching, human health care is also focused in Physical education.

**Safe Drinking Water:** Safe drinking water is provided in the campus.

**Yoga Classes:** Introduction of Yoga classes as Add-on Course for students by the department of Commerce with Computer Applications.

**Self-Health Care Program:** 76 Programs were organized in "Health and Hygiene" in the past 5 years.

**Counselling Sessions:** Qualified Psychology counsellors provide counselling to the students in the counselling room whenever necessity arises.

**Mentor-Mentee Sessions:** Faculty members are allocated students to mentor in the ratio of less than 20:1 which is a regular practice.

Success in the development of students is seen in the following:

- Parents feedback about the progress of their wards in discipline and other healthy practices.
- Number of students and faculty members were treated successfully for various health issues through naturopathy, without the need for medications that may cause unwanted side effects.
- Healthy learning ambiance is created for students which advance health conscious and sustainable society.
- Protection of health is ensured by adopting sturdy and rational practices.
- Students are encouraged to pilot and promote well-grounded solutions for health-related issues through teaching and extension activities.



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- Importance and advantages of naturopathy and Acupuncture in the campus is promoted.
- Local communities are involved in the reasonable use of these resources.

The College gives importance to comprehensive development of students by inculcating life values, health and hygiene practices.

- The cleanliness of the college campus has an optimistic impact on the health and wellbeing of all who enter into the campus.
- Ensuring the involvement of faculty and students in the planning and implementation of healthy environment to bring about attitudinal changes that translate into social impact as they in turn enrich their own communities.