

## **INSTITUTIONAL BEST PRACTICES 2019-2020**

### **Best Practices**

#### **Best Practices –I**

**Title of the best practice:** Awareness programme on Human Rights for Women

Human rights are right inherent to all human beings regardless of race, Sex, notionally, ethnicity, language, religion, or any other state. Colin Gonsalves, senior Advocate, Supreme Court of India is father of human rights in India. The awareness programme is organized for two hundred women of Tituchendur area in our college premises. Thiru. S.K. Chandrasekaran senior advocate, Tiruchendur has served as resource person. During the programme right to quality, right to freedom, right against exploitation, right freedom of religion, cultural and educational rights and rights to constitutional remedies are discussed further he highlighted rights of women, female feticide and infanticide and selective abortion, Physical assault and sexual harassment, domestic violence of work place. In addition he has explained the redressal mechanism of National level and structure and functions of state level Human Rights Commission. The participants opinion is that it is a new experience to them, most of the information are new and useful for life.

#### **Best Practices- II**

##### **Drug Prevention and promotion of Community**

The National Survey on Drug use and Human found that 20.4 million people have a substance abuse disorder. Substance abuse is a commonly occurring issue that affects every community and can survey impact individual's lives. Deaths from drug overdoses have been steadily rising for the past 20 years. Every year, Red Ribbon week is celebrated during the last week in October. This is a week for spreading awareness about the harmful effects of abusing drugs and alcohol. It is also a time for beginning community members together to prevent future issues with substance abuse. The International day against Drug Abuse is June 26<sup>th</sup>. On

the day our College has organised a programme regarding how to get involved with drug prevention and awareness. Two hundred young men of Tiruchendur are the participants and a senior doctor of Government Hospital, Tiruchendur is the resource person. He has emphasized that substance abuse and mental health have developing tendencies. Around 50% of people with severe mental health disorders also have substance abuse problem. It is possible to promote positive mental health by sharing resources with people. Social media can promote positive mental health. The resource person has suggested the following tips to overcome drug addiction.

1. Surrounding with supportive people. One of the most important things is to find friends who are safer and it may be difficult to cut of unhealthy relationship of past.
2. Finding new hobbies staying busy is the best way. Establishing interesting and rewarding hobby will bring joy and purpose in life.
3. Eat well the food we are eating has a serious impact on wellbeing.
4. Talking with family members and friends and sharing the feeling and difficulties.
5. Meditation has proven to release stress and anxiety as well as to decrease blood pressure and improve immune function, calm and peace.
6. Seeking professional help. Physicians and behavioural therapists can provide structured programmes for successful treatment. After attending the programme expressed their as attitude for organising such a programme.