

ST. IGNATIUS COLLEGE OF EDUCATION (AUTONOMOUS)

Accredited by NAAC at A⁺ with CGPA 3.42 (Third Cycle)

Palayamkottai – 627 002



HEALTH FACILITIES

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The college is committed to ensuring the physical, mental, and emotional well-being of students through various health facilities, medical support, fitness programs, and hygiene initiatives. The campus provides a safe and supportive environment, promoting a balanced and healthy lifestyle.

1. Medical Support and Preventive Healthcare

Infirmery in De Meester Block and Sr. Landrada Block:

The college has infirmaries in both blocks, equipped to handle minor medical emergencies and provide first aid. Trained staff ensure students receive immediate medical attention when needed.

First Aid Box:

Adequate first aid materials are available across the campus to provide basic medical care.

Regular Medical Camps with Our Lady Hospital and Aravind Eye Hospital:

The college organizes health camps to offer medical check-ups and consultations for students and staff. The college has a partnership with Our Lady Hospital, Palayamkottai and Aravind Eye Hospital, Tirunelveli, for medical assistance, including access to doctors, nurses, and an ambulance facility in case of emergencies.

Distribution of Nilavembu Kashayam and Deworming Tablets:

In collaboration with Government Siddha Hospital, Palayamkottai, Nilavembu Kashayam is distributed to students and staff as an immunity booster and preventive measure against seasonal infections and viral fevers. And in collaboration with Urban Primary Health Centre, palayamkottai, Nilavembu Kashayam is distributed periodically to students and staff. These are provided periodically to boost immunity and prevent infections.

2. Physical Fitness and Well-Being

Six-Stationed Multi-Gym:

Students have access to a well-equipped gym to maintain physical fitness.

Physical Education Classes:

The college conducts regular Physical Education classes to encourage students to maintain an active and healthy lifestyle. These sessions focus on improving endurance, strength, flexibility, and overall fitness through structured exercises and sports activities.

Yoga Sessions:

Yoga sessions are conducted to promote physical well-being and mental clarity. Yoga helps students reduce stress, enhance concentration, and improve overall health. Special focus is given to asanas that enhance flexibility, posture, and relaxation.

Meditation Sessions:

Regular meditation sessions help students improve their focus, emotional stability, and inner peace. These sessions teach relaxation techniques and mindfulness practices, contributing to stress reduction and mental well-being.

Aerobic Classes:

The college organizes aerobic classes that focus on cardiovascular fitness, stamina building, and full-body workouts. These sessions help students stay active and energized, improving their overall physical and mental health.

3. Clean and Nutritious Food & Safe Drinking Water

Canteen with Organic Food:

The college canteen offers healthy and organic food options.

Nutritious Meals in the Hostel Mess:

The hostel mess serves balanced, hygienic meals for resident students.

RO Water, Heat, and Cold Water Dispensers:

Clean drinking water is available throughout the campus.

4. Hygiene and Campus Cleanliness**Regular Cleaning by Sweepers:**

The campus is cleaned daily to maintain hygiene.

Campus Maintenance and Cleaning Drives:

Various programs encourage student participation in keeping the campus environment clean.

Physical and Mental Health Club Programs:

These initiatives create awareness about hygiene, mental wellness, and stress management.

5. Student Facilities for Well-Being**Common Room in Sr. Landrada Block:**

A spacious room where students can relax, interact, and unwind during their free time.

Lift, Ramp, and Special Toilets for Disabled Students:

The campus is designed to be inclusive and accessible for all.

Adequate Number of Toilets:

Restroom facilities are available in sufficient numbers, ensuring hygiene and convenience.

With a strong focus on health, fitness, and overall well-being, the college ensures a safe and nurturing environment for students to thrive academically and personally.

Programmes and activities conducted:

S. No	Name of the Activity	Details
1.	Medical Camps for Free General Medical Check-ups and Free Eye Camps	Medical camps are conducted in collaboration with Our Lady Hospital, Palayamkottai, and Aravind Eye Hospital to provide free general health check-ups and eye screenings for students and staff. These camps help in the early detection of health issues and ensure necessary medical assistance.
2.	Distribution of Nilavembu Kashayam	In collaboration with Government Siddha Hospital, Palayamkottai, Nilavembu Kashayam is distributed to students and staff as an immunity booster and preventive measure against seasonal infections and viral fevers.
3.	Distribution of Deworming Tablets	In collaboration with Urban Primary Health Centre, Palayamkottai, Nilavembu Kashayam is distributed periodically to students and staff.
4.	Swatch Bharath – Campus Cleaning	As part of the Swachh Bharat Abhiyan, regular campus cleaning drives are conducted with student and staff participation to ensure a clean and hygienic environment.
5.	Regular Yoga Sessions	Yoga sessions are conducted throughout the year to promote physical fitness, mental well-being, and concentration among students and faculty.
6.	Yoga Day Competitions	In celebration of International Yoga Day, various competitions such as poster making, quizzes, and essay writing are held to create awareness and encourage student participation.
7.	Mass Yoga Demonstration	A large-scale yoga demonstration is conducted on Yoga Day, where students and faculty perform asanas

		together, promoting the importance of yoga in daily life.
8.	Staff Aerobic Sessions	Special aerobic sessions are organized for staff members to help them stay active, manage stress, and maintain physical well-being.
9.	Student Aerobic Sessions	Regular aerobic classes are conducted for students to enhance cardiovascular fitness, stamina, and overall health.
10.	BharathanatIAM Sessions	Traditional Bharatanatyam dance sessions are conducted to encourage cultural appreciation, improve flexibility, and develop artistic expression among students.
11.	Awareness Programmes on Health and Hygiene	Various awareness programs are conducted to educate students on health and hygiene topics, including: - Calculating Body Mass Index (BMI): Helping students assess their fitness and understand the importance of maintaining a healthy weight. - Personal Hygiene Awareness: Educating students on proper hygiene practices to prevent infections and maintain overall well-being. - Cancer Awareness Programmes: Providing information on early detection, risk factors, and prevention methods for different types of cancer. - AIDS Awareness Programmes: Spreading knowledge about HIV/AIDS, modes of transmission, prevention strategies, and reducing stigma associated with the disease.