

## NAAC Criterion 7: Institutional Values and Best Practices

### 7.2 Best Practices

#### 7.2.1: Describe two Institutional Best Practices as per the NAAC format provided in the Manual





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MEDICAL SCIENCES  
& RESEARCH

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## Best practices



# PES INSTITUTE OF MEDICAL SCIENCES AND RESEARCH

**Title of the Practice** Integrating Curricular and Sports Activities for Holistic Development of Medical Students

## **Objectives of the Practice**

- Promote the physical, mental, and social well-being of medical students.
- Enhance teamwork, leadership, and time management skills through sports and extracurricular activities.
- Create a balanced environment fostering academic excellence and personal growth.
- Reduce stress and burnout among medical students by encouraging regular physical activity.
- To foster a deep understanding of medical knowledge and skills.
- To enhance critical thinking and problem-solving abilities.
- To instill a sense of social responsibility and ethical practice.

In the rapidly evolving field of medicine, it is essential for doctors to be well-versed not only in clinical skills but also in interpersonal and management skills. Also, Medical education demands high levels of academic and clinical training, often leading to stress and burnout. Recognizing this, our institution has designed a comprehensive program that integrates both curricular and extracurricular activities. The challenge was to balance the demanding academic schedule with meaningful extracurricular engagements, which we addressed through strategic planning and student feedback. Our institution has implemented various initiatives to integrate sports and extracurricular activities into the curriculum, fostering a balanced environment conducive to both academic and personal growth which culminates into holistic development of the medical student.

## **The Practice**

- **Structured Sports Programs:** PESIMSR prioritizes sports and physical activity, offering a range of facilities and programs. The college boasts a cricket ground, football field, volleyball and athletic tracks. Indoor facilities include table tennis, shuttle badminton, a gym, and yoga hall. Students participate in inter-college tournaments and intra-college competitions. The college fosters a competitive spirit, teamwork, and sportsmanship, producing talented sportsmen and women. Sports events and festivals are regularly organized, promoting a healthy and active lifestyle among students. PES Medical College's sports culture complements academic pursuits, enhancing overall student development.
- **Annual Sports Day:** Annual Sports Day is a vibrant celebration of athleticism and teamwork. The event showcases student's sporting talents in various disciplines, including track and field events, cricket, throw ball and volleyball. The day begins with a colorful procession, followed by the lighting of the sports torch. Students compete in their respective categories, vying for medals and awards. The event promotes camaraderie, sportsmanship, and healthy competition. Faculty members and

guests cheer on the participants, adding to the excitement. The day concludes with a prize distribution ceremony, recognizing the winners and reinforcing the college's commitment to sports and fitness.

- **Fitness Facilities:** PESIMSR boasts state-of-the-art fitness facilities, catering to the physical well-being of its students. The college has a fully equipped gymnasium with modern machinery and free weights, allowing students to engage in strength training and cardio exercises. Additionally, a dedicated yoga and meditation hall provides a serene space for mindfulness and flexibility practices. The fitness facilities are designed to promote overall health and wellness, enabling students to manage academic stress and maintain a healthy work-life balance. Trained instructors and fitness experts guide students in their fitness journeys, ensuring a supportive and motivating environment.
- **Extracurricular Clubs:** PESIMSR has a vibrant cultural scene, with various clubs and associations that cater to diverse interests. The college has music, dance, drama, and literary clubs, providing platforms for students to showcase their talents. The cultural clubs organize events, competitions, and festivals throughout the year, celebrating regional and national heritage. Students can explore their creativity, develop new skills, and bond with like-minded peers. The clubs are student-led, with faculty guidance, fostering leadership and teamwork. Through cultural clubs, PES Medical College nurtures holistic development, encouraging students to excel beyond academics and become well-rounded individuals.
- **Workshops and Seminars:** Regular sessions on stress management, time management, and the importance of physical fitness educate students on maintaining a balanced lifestyle.
- **Mentorship Programs:** Faculty and senior students mentor new students, encouraging participation in sports and extracurricular activities while guiding them in balancing these with academic responsibilities. Fresher's Day is a joyous occasion where seniors warmly welcome juniors, marking the beginning of a lifelong journey together. The event is filled with excitement, music, and laughter as seniors introduce themselves, share experiences, and offer guidance. Juniors are treated to a cultural extravaganza, showcasing the college's vibrant talent. The meet-and-greet session breaks the ice, fostering friendships and camaraderie. Faculty members also join in, extending a warm welcome. The day sets the tone for a supportive and inclusive environment, helping juniors feel at ease as they embark on their medical education journey.

### **Evidence of Success**

- **Improved Academic Performance:** Students engaged in sports and extracurricular activities show improved academic performance.
- **Increased Participation:** There has been a significant increase in student participation in these activities.

- **Enhanced Well-being:** Surveys and feedback indicate marked improvement in students' physical and mental well-being.
- **Achievements in Sports:** Our students have won numerous awards in intercollegiate sports competitions.

### **Problems Encountered and Resources Required**

- **Time Management:** Balancing academics with extracurricular activities can be challenging. Flexible scheduling and time management guidance are provided to address this.
- **Awareness and Motivation:** Awareness campaigns and mentorship programs encourage student participation in sports and extracurricular activities.

Our commitment to integrating curricular and sports activities has fostered a supportive and holistic educational environment, preparing students to become well-rounded and resilient medical professionals.

## **Title of the Practice: Perseverance, Excellence, and Service: Affordable State-of-the-Art Tertiary Healthcare to Rural Populations from the Tristate Junction of Andhra Pradesh, Tamil Nadu, and Karnataka**

### **Objectives of the Practice**

- **Provide Affordable, High-Quality Tertiary Healthcare Services:**  
To ensure that the rural populations in the tristate junction have access to affordable, high-quality tertiary healthcare services.
- **Bridge the Healthcare Gap:**  
To address the disparities in healthcare by offering state-of-the-art medical facilities and services to underserved communities in the region.
- **Foster a Culture of Perseverance, Excellence, and Service:**  
To inculcate values of perseverance, excellence, and service among medical students and healthcare professionals, ensuring they are committed to serving the community.
- **Promote Preventive Healthcare and Health Education:**  
To actively promote preventive healthcare and health education in rural areas, empowering the community to take charge of their health.

### **The Context**

The rural populations at the border states face significant challenges in accessing quality healthcare due to geographic isolation, limited resources, and socio-economic disparities. These factors result in inadequate medical services and hinder residents from obtaining advanced care. The region's difficult terrain, poor road connectivity, low income, illiteracy, and traditional beliefs further exacerbate these issues. Recognizing these challenges, our institution launched an initiative to provide affordable, high-quality medical services to this underserved area. Beyond offering medical care, the initiative empowers the community with knowledge, promotes health consciousness, and establishes a sustainable healthcare model for similar regions.

### **The Practice**

- **Mobile Health Clinics:**

One of the cornerstone practices of our healthcare initiative is the operation of mobile health clinics. These clinics travel to the most remote and inaccessible villages, providing essential medical services, health check-ups, and screenings. Equipped with modern diagnostic tools, these mobile units bring the hospital to the doorstep of those who need it the most. Skilled healthcare professionals staff these clinics, ensuring that patients receive comprehensive care. The mobility of these clinics allows for greater reach, in areas where there are no permanent healthcare facilities.

- **Subsidized Treatment Plans:**

To make advanced medical procedures and treatments accessible to low-income patients, our institution offers subsidized treatment plans. These plans significantly reduce the financial burden on patients and their families, allowing them to receive

the care they need without the fear of financial ruin. In addition, our institution is empanelled with various insurance agencies and government health schemes at both the national and state levels, further extending financial aid and offering flexible payment options for those in need.

- **Health Education Programs:**

Education is a powerful tool in preventive healthcare. Our institution conducts regular health camps and educational programs in rural areas, focusing on preventive healthcare, hygiene, nutrition, and common diseases. These programs are designed to raise awareness and empower the community with the knowledge and resources necessary to maintain their health. The educational materials are tailored to the local cultural context, ensuring that they are relatable and easily understood by the population.

- **Collaboration with Local Authorities:**

Collaboration with local health departments and non-governmental organizations (NGOs) is a critical component of our healthcare initiative. By working closely with these entities, we are able to identify specific healthcare needs and implement targeted interventions that address these needs effectively. This partnership enhances the reach and impact of our healthcare initiatives, ensuring that they are aligned with the broader public health goals of the region.

## **Evidence of Success**

The success of our practice is evident through several key indicators:

- **Increased Access to Healthcare:**

There has been a significant increase in the number of rural patients accessing our healthcare services. The mobile health clinics have been particularly successful in reaching populations that previously had little to no access to medical care.

- **Improved Health Outcomes:**

Regular monitoring and treatment have led to improved health outcomes, particularly in managing chronic conditions such as diabetes, hypertension, and respiratory diseases. The early detection of diseases through our screening programs has also contributed to better patient prognosis and reduced morbidity.

- **Community Engagement:**

High levels of community engagement and participation in health education programs indicate a growing awareness and proactive approach to health among rural populations. This shift in attitude is a testament to the effectiveness of our educational initiatives and the trust that the community has in our institution.

- **Recognition and Awards:**

Our efforts have been recognized with awards and accolades from state and national health bodies. These recognitions highlight the impact of our initiatives on rural healthcare and serve as a motivation to continue our work with even greater dedication.

## **Problems Encountered and Resources Required**

While our practice has been successful, it has not been without its challenges:

- **Logistical Challenges:**

Operating in remote areas presents significant logistical challenges. Transportation of medical equipment and personnel to these areas is often difficult due to poor road conditions and long distances. We continuously work on optimizing logistics and seek support from local authorities to overcome these challenges.

- **Cultural Barriers:**

Addressing cultural beliefs and practices that influence health behaviours requires sensitivity and tailored communication strategies. In some cases, traditional beliefs may discourage the use of modern medical practices. To overcome these barriers, we engage in continuous community dialogue and develop culturally appropriate education materials that respect local traditions while promoting modern healthcare practices.

## **Conclusion**

Our commitment to perseverance, excellence, and service has enabled us to provide affordable, state-of-the-art tertiary healthcare to the rural populations of the tristate junction. Through the innovative use of mobile clinics, telemedicine, subsidised treatment plans, and health education programs, we are effectively bridging the healthcare gap and fostering a healthier, more informed community.

Our holistic approach not only addresses the immediate healthcare needs of the population but also lays the foundation for a sustainable healthcare model that can be replicated in other underserved regions. This practice is a model for extending quality healthcare to rural areas and reflects our institution's dedication to improving rural health outcomes through perseverance, excellence, and service.