

BEST PRACTICES - 2

1. TITLE : Promoting Ecological Campus

2. OBJECTIVES: Firstly, the sense of achievement as your efforts result in some tasty produce,
Secondly, it is a gentle way to exercise and
Third, gardening has been shown to benefit our mental health.

3. CONTEXT: Gardening is fun and rewarding and can even be a stress reliever most helpful when we all have so much academic work to do. Various activities in an outdoor garden classroom bring abstract concept to life through active hands on learning. The sun is out and there is no better place to get your Vitamin D than in the garden. There are many benefits of gardening;

4. PRACTICE: Keeping this in mind St Thomas College has one of the best practices of developing Gardens with a vision to use permaculture principle to transform the ground patch into a colourful bustling ecosystem which is not only beautiful but also environment friendly. We have a very well planned and developed Vandematram Garden at the front with a good collection of different varieties of plants. Also, various department work on developing garden in different area like Zoology Department has developed a medicinal arbour, Botany Department gives stress on the plantation of ethanobotanical plants of the region and emphasizes on planting of Hydrophytes

and xerophytes, Chemistry, B.Ed and Commerce department emphasizes on seasonal varieties. There is also lot of space at the backyard where fruit plants are cultivated. We also have a vegetable garden in the Girls Hostel.

5. EVIDENCE OF SUCCESS : The Garden programme use typical gardening task such as planning, planting, caring and harvesting to illustrate cultivation. Plant, insects, birds and weather all become participant in the learning process. As a result students are more engaged more attentative and more motivated to learn. Research show that students who participate in garden based science curriculum do much better as they develop more positive outlook towards nature, gardening and environmental issues. Team spirit develops in the students and bonds are strengthened between the student teacher and gardener this encourages growth in interpersonal and cooperative skills that is followed by the students throughout their lives. They show significant improvement in self understanding and cooperation to achieve group goals

6. PROBLEMS ENCOUNTERED: We need more helping hands in developing a good garden in the whole campus and maximum students should participate in the development.

























