



St. James College of Nursing
St. James Medical Academy,
River Bank, Chalakudy- 680307

BEST PRACTICE 2: St. James' Outreach Program (SJOP)

Objectives:

- Create a culture of care and social commitment in students
- Build awareness on social realities and encourage to be solution-makers
- Foster civic consciousness, leadership qualities and communication skills
- Instil crisis management skills by helping the needy during natural disasters
- Assist in the social and health development of local community

The Context:

Social trends like urbanisation, consumerism and the race for success are turning **youth self-centred and apathetic towards the marginalised**. Meanwhile, large sections of society are deprived of facilities and opportunities available to the affluent.

Built on the rocks of Love, Care and Service, the College conduct Community Outreach Programs since its inception.

Since 2016, more systematic activities were undertaken and the programme was officially titled '**St. James' Outreach Program' (SJOP)**'.

The Practice:

SJOP tries to connect students to society. It is a wonderful way of encouraging students to be principled and open-minded towards society.

The **College management encourages the SJOP activities and funds them**.

The implementation of SJOP is **coordinated by the Community Health Nursing department of the College**, with assistance from other departments.

Local needs are identified by the teachers and students through

- baseline surveys
- focus group discussions with local bodies, civic groups and NGOs
- meetings with the leaders

Based on the local needs, **suitable programs are planned by teachers** .This happens while preparing the course plan for the new academic year.

The programme during the last five years focused on **preventive and curative activities** such as:

- Health Surveys
- School Health Programs
- Health Day Celebrations
- Health Camps
- Assistance in Pulse Polio Programs
- Lifeguard Training
- Health Awareness Programs
- Flood Relief Activities

Other activities included:

- During the 2018-flood, the college buildings were **flood-relief camps** for the affected people.
- College hostel was a **first-line treatment centre for COVID-19** patients (CFLTC)
- Teachers were **part of the COVID-19 duties**

Evidence of Success:

SJOP has had a **positive impact on the academic and personal development of the nursing students**. It provides different learning experiences, **made them more sensitive to the needs of society and instilled social commitment**, as evidenced by student feedback.

Awards and Recognitions:

- Peace Foundation Chalakudy Award
- Award for Flood Relief Activities in ward 18 of Chalakudy
- Best performance for Anti-Tobacco and Substance Abuse programme
- Appreciation from the District Collector for CFLTC

- Appreciation letter for Pulse polio Programme
- Award to the Director for social welfare during COVID-19

Problems Encountered and Resources Required:

- **Lack of time:** Universities should assign mandatory **credits for social work**
- **Local infrastructure and financial constraints:** **Effective collaborations** may resolve this.
- **Motivating participants and handling scepticism:** **Support from LSGs/NGOs** can address this issue.