

SUSTAINABLE DEVELOPMENT GOALS – 3

GOOD HEALTH AND WELL - BEING



SDG 3: Good Health and Well-being

Ensure Healthy Lives and Promote Well-being for All at All Ages

3.1. Centres

National Engineering College places a high priority on the health and well-being of its students, faculty, and staff by providing accessible healthcare facilities on campus. The institution maintains a Health Centre equipped with first-aid facilities, essential medicines, and emergency medical support under the supervision of qualified medical personnel. Regular health check-ups, emergency care, and referral services are provided to ensure timely medical attention. An ambulance facility is also available to handle medical emergencies and transport patients to nearby hospitals whenever required. The Health Centre plays a vital role in promoting preventive healthcare and ensuring a safe and healthy campus environment. Free medical support is offered to all the employees and students of the institution. The good health and well-being of the students are ensured by the regular visits of experienced doctors and two full-time nurses.



3.2. Education

The institution integrates health awareness into its academic and co-curricular activities by organizing seminars, workshops, guest lectures, and awareness programmes on physical health, mental

well-being, nutrition, personal hygiene, stress management, and disease prevention. Observance of World Health Day, International Yoga Day, World Mental Health Day, and other health-related events encourages students to adopt healthy lifestyles. Through these educational initiatives, students gain awareness of preventive healthcare, emotional resilience, and the importance of maintaining physical fitness, thereby supporting their overall academic and personal development.

3.3. Services to Community

The institution regularly conducts free medical camps, blood donation camps, eye screening camps, dental check-ups, and health awareness programmes in nearby villages and schools. Awareness campaigns on sanitation, nutrition, communicable diseases, and public health are also organized to improve community health standards. These initiatives reflect the institution's commitment to social responsibility and contribute significantly to enhancing public health and well-being.



	National Engineering College (An Autonomous Institution Affiliated to Anna University Chennai) K.R.Nagar, Kovilpatti-628503 National Service Scheme	
---	---	---

CIRCULAR

Date: 02/07/2026

The NSS Units of NEC have planned to conduct an awareness programme on the theme "Say No to Drugs – Choose Life" on 4th July 2026 (Saturday) from 3:30 PM to 5:15 PM at the ECE Seminar Hall. The programme aims to create awareness among students about the harmful effects of drug abuse and encourage them to make healthy and responsible life choices. All interested students are encouraged to participate in the programme and spread awareness about leading a healthy, drug-free life.

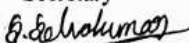
Details of the events are as follows:

List of events:

1. Drawing Competition - Drugs Kill Talent and Potential
2. Essay Writing Competition - Addiction vs Ambition – Choosing the Right Path
3. Slogan Writing Competition - The More You Use, The Less You Live.

Interested Students are requested to register using the Google Form through the link below:

<https://forms.gle/cXiCNCDnGk9ybB9y6>


Secretary



NSS Programme Officer


Principal
2/7

3.4. Collaboration

The college collaborates with government hospitals, primary health centres, reputed healthcare institutions, non-governmental organizations, and voluntary organizations to strengthen healthcare delivery and health awareness programmes. These collaborations facilitate the organization of medical camps, blood donation drives, vaccination programmes, health screenings, and expert lectures by medical professionals. Such partnerships provide students and staff with access to quality healthcare services while fostering community engagement and promoting preventive healthcare practices.





NATIONAL ENGINEERING COLLEGE
(An Autonomous Institution affiliated to Anna University Chennai)
K.R. Nagar, Kovilpatti-628 503



CIRCULAR

Date: 03.09.2025

The NSS units of our college will participate in the **National Eye Donation Awareness Rally** organized by **Aravind Eye Hospital, Kovilpatti** on **06.09.2025 (Saturday)** from **9.00 A.M to 11.00 A.M**. The rally will be held from **Travellers Bungalow Old Bus Stand to RC School Campus, Kovilpatti**. About **120 NSS volunteers** are required to actively participate in this rally to spread awareness on the importance of eye donation among the public.

All interested NSS volunteers are requested to register using the link given below:

Registration Link : <https://forms.gle/61G4U6J19XQHVFfr7>

S. Akshaya
Secretary

[S. Akshaya.]

[Signature]
NSS Programme Officer
[DR. C. BALAMURUGAN]

[Signature]
Principal
39.



3.5. Shared Sports Facilities

National Engineering College encourages a healthy and active lifestyle by providing excellent sports and recreational facilities that are shared among students, faculty, staff, alumni, and participants during various institutional events. The campus includes well-maintained playgrounds, courts for indoor and outdoor games, gymnasium facilities, fitness centers, walking tracks, and spaces for yoga and physical exercise. Regular sports competitions, annual sports meets, inter-department tournaments, and fitness programmes encourage participation, teamwork, physical fitness, and mental well-being, contributing to the holistic development of the campus community.

Outdoor – Facilities Available In Our College

S.No	GAME	Nos	Measurement
1	Volley Ball Court	2	18M X9M
2	Ball Badminton Court	2	24M X12M
3	Tennis Court	1	36M X18M
4	Basket Ball Court	1	28M X15 M
5	Kabaddi Court	1	12.50 M X15M
6	Throw Ball Court	1	18.30MX12.20M
7	Tennicoit Court	1	12.2MX5.5M
8	Foot Ball Ground	1	100M X70M
9	Hockey field	1	91.40M X55M
10	Cricket Field	1	80 Yards



3.6. Smoke-Free Policy

National Engineering College has implemented a comprehensive Smoke-Free Policy to ensure a healthy and safe environment for all campus stakeholders. The policy strictly prohibits smoking and the use of tobacco products within the campus premises. Awareness programmes, counselling sessions, poster campaigns, and observance of World No Tobacco Day are conducted regularly to educate students and staff about the harmful effects of tobacco consumption. The institution promotes a culture of healthy living by encouraging tobacco-free lifestyles and enforcing disciplinary measures for policy violations.





3.7. Smoke-Free Campus

The entire campus of National Engineering College is maintained as a Smoke-Free Campus through effective implementation of institutional policies and continuous awareness initiatives. Prominent "No Smoking" signboards are displayed across academic buildings, hostels, administrative offices, laboratories, and common areas. Regular campus monitoring, support from security personnel, and active participation of student volunteers ensure compliance with the smoke-free regulations. These measures create a clean, healthy, and environmentally friendly campus that safeguards the health and well-being of students, faculty, staff, and visitors.


SDG Member


SDG Coordinator


Principal
PRINCIPAL
NATIONAL ENGINEERING COLLEGE
K.R. NAGAR, KOVILPATTI - 628 503
THOOTHUKUDI - DIST.

