

Best Practice –I

Title of practice: To Promote Women's Health and Mental Well being

Goals:

- To Raise awareness of women health issues by training students and staff as agents of awareness and change
- To Provide demonstrations of healthy life style practices to girl students
- To Conduct preventive health screenings of the girl students
- To Create awareness about available government health schemes and programs
- To promote mental well being of the girl students and female staff members

Context:

Due to patriarchal mindset women health is often neglected in our society. There is also a lack of awareness about the issues of health, hygiene, and well being of women.

The state nutrition fact-sheet released on December 17, 2017, states that 71.1 per cent women have anaemia and 62.7 per cent girls in the age of 15 to 19 years are anaemic. Only 25.6 per cent girls have average health. Apart from this discrimination and violence at every level can adversely affect their mental health. It also prevents them from realising their full potential.

Govt. National College, Sirsa believes that addressing gender disparities that exist in health and nutrition can contribute significantly to sustainable and equitable development.

The Practice:

Zoological society of the college took the initiative of organising health awareness program for the girl students of and female staff members of the college. Zoological society organised this program in association with Women Doctors Wing, Sirsa (IMA: Indian Medical Association). Office bearers of IMA Women Wing, Dr. Vimala Talwar (President), Dr. Manisha Mehta (Vice- President) and Dr. Anjai Narang (Secretary) expressed their concern for the status of women health in Haryana and emphasized that the situation could only be improved through such awareness campaigns and intervention programs. Health awareness programs make them aware of the potential health issues, their causes and preventive measures. The camp covered a comprehensive range of issues related to women health.

- Dr. Parveen Tomar informed that the rate of rise in Cervical Cancer in India is 2.4%. She discussed various symptoms of Cervical Cancer and informed the audience that it is curable if detected at early stage. Women should get Pap Smear test done every three years.

- Dr. Vimla Talwar talked about maintaining proper hygiene of female reproductive organs. Proper hygiene plays a major role in safeguarding these parts and prevents many gynaecological problems.
- Dr. Rachna Sangwan said that menopause was not a disease but just another stage that brings many hormonal changes. She also discussed various symptoms and precautions related to menopause.
- Dr. Shailja Bansal discussed causes, symptoms and treatment of polycystic disorder.
- Dr. Sunita Kaushal highlighted the significance of oral and dental health. She demonstrated proper way brushing teeth.
- Dr. Neha Garg told that most of Indian women are anaemic. She discussed the role of proper nutrition in maintain good health.
- Dr. Rekha Bansal discussed the symptoms of breast cancer. She demonstrated various steps of Breast Self- Exam with the help of a slide show. Breast Self- exam can help in early detection of cancer as it is easier to treat it at early stages.
- Dr. Gargil Munjal discussed the impact of environment on female reproductive organs.
- Dr. Ravinder Puri, renowned psychologist emphasised that mental well being is an important component of health and should not be ignored.
- Dr. Satish Bansal and Dr. R.K Mehta talked about significance of healthy life style in maintaining good health.

The purpose of the camp was twofold. The camp aimed at making female students aware of the issues related to their health. It also sought to sensitize girl students and staff in a way that they spread that awareness in the community around them.

Evidence of Success:

- More than 90 girl students and 20 female staff members attended the camp.
- The college was successful in fostering a fruitful collaboration with IMA. More than dozen doctors of Sirsa city participated in the campaign and covered almost all the aspects of women health.
- The doctor expressed their willingness to be part of such projects in future.

Problems Encountered and Resources Required

Addressing the issue of women health also needs medical check up and consultation. The program needs to more comprehensive and must include check-up camp.

Best Practice- II

Title of Practice: To Train Students as Active, Participative and Responsible Citizens

Goals:

- To make students aware of their rights and duties as citizens
- To create awareness and concern for human rights
- To inculcate basic human values and ethics
- To equip students with necessary skills necessary for citizenship
- To promote democratic spirit of debate and dialogue and respect for diversity
- To actively engage students/ college community in the process of positive social transformation

Context:

India is the largest democracy of the world. Indian democracy faces many challenges today. A democratic system can work effectively and efficiently only if its citizens are aware, well informed and responsible. Citizens in a democratic system must play proactive roles to actualize the goals of democracy. Responsible and informed participation of citizens is essential for developing and sustaining democracy.

Govt. National College, Sirsa believes that the aim of education cannot be restricted to curriculum delivery. Institutions of Higher learning must prepare and train students for their role as citizens and enable them to contribute to society as active and informed citizens.

The Practice:

The college works at various levels to train students as citizens. Various forums like NSS, NCC, Women Cell, Legal Literacy Cell and subject societies organise different kinds of programs

Lectures and seminars are organised to teach students core human values and human rights. The college organises activities to inculcate of constitutional values, fundamental rights and fundamental duties as citizens. Important days are commemorated in order to acquaint students with events of national importance in history and instil the spirit of patriotism. They are also motivated to participate in programs and campaigns of national priority. The programs organised this direction during this session were

- A seminar on Road Safety organised on 04.08.2018
- Cleanliness drive organized as part of *Swachta Abhiyan*, on 16.08.2018, 23.08.2018 and 14.10.2018

- ‘Bindaas Bol-Open Forum on Gender Sensitization’ (Group Discussions) was organized on Gender Violence, Dignity and Safety of women on 23.8.2018.
- Celebration of Women’s day”--Extension Lecture on ‘Women Health and Nutrition’ was delivered by Group of doctors of Sirsa city on 08-03-2019
- Extension Lecture on “Laws for Women and Women Safety” was organised by Dr. Sandeep Goyal and Dr. Anudeep Goyal G.N.C. Sirsa.
- During “Poshan Pakhwada ” - Dr.Rachana Aggarwal, delivered extension lecture on *Balanced Diet* .

The students are sensitized to existing social, political, economic and ecological problems. They are provided platforms and opportunities to express their views on issues of local, national and international importance. The efforts made in this direction during this session were:

- Tree plantation drive organised in collaboration with Reliance Club, Sirsa on 17.08.2018
- Essay Writing Competition on AIDS and HIV awareness organized on 19.10.2018
- Poster Making Competition on AIDS and HIV awareness organized on AIDS on 01.12.2018
- Slogan Writing Competition on Women Empowerment, Clean India Green India, *Beti Bachao , Beti Padhao* 15.03.2019
- Poster Making Competition on Terrorism and Environment Protection on 15.03.2019
- A Slogan Writing Competition on Women Safety and Empowerment was organized on 23.08.2018.

Evidence of Success:

The students were equipped with skills that are essential for active participation in civic life. They learnt to discuss and debate and to express their opinions and interests. They also developed leadership qualities. These programs also enhanced their communicative and interpersonal skills

The college succeeded in its efforts as students were able to exercise active citizenship by organizing following awareness campaigns and rallies.

- Cleanliness drive organized as part of *Swachta Abhiyan*, on 16.08.2018, 23.08.2018 and 14.10.2018
- A rally organized to make voter's aware of their duties 11.10.2018
- Run for Unity organized on 31.10.2018
- A massive rally against female foeticide on 16.03.2019

Problems encountered and resources required:

The students were not able to spend as much time they would like to spend on these activities owing to tight academic schedule.

Most of the students are from rural area and commute daily. So, they are not able devote extra hours to these activities.