

Best Practice –I

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

Goals:

- To Raise awareness of women health issues
- 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:

The college has initiated the practice of organising regular health awareness programs and health check camps for the girl students of and female staff members of the college. Health check up camps help to monitor their health status, find potential health issues before they become a problem and help them get proper medical intervention at the right time. Health awareness programs make students aware of the potential health issues, their causes and preventive measures. The college organised following programs during this session.

- During the *Poshan Mah* i.e. September 2019, various health camps were organised.
 - A Medical Check up Camp was organized by Aditya Path Lab under the aegis of Women Cell on 28-09-2020. HB test of girl students was conducted.
 - A team of doctors from Civil Hospital, Sirsa and Women & Child Department, Sirsa also visited the college.
 - Dr. Deepak enlightened the students on the topic *Causes of Malnutrition and How to Stay Fit*'. The issue of Personal Hygiene was discussed by the supervisors from WCD, Sirsa.

- The girl students of the college took an oath to prevent malnutrition and to sensitise the community to issues of women nutrition and health.
- A two day Physical and Mental Health Check up Camp was organized by the women cell on 28&29-02-2020
 - Dr. Gargi from Shri Balaji Hospital made students aware of various menstrual health issues put emphasis on the significance of maintaining menstrual hygiene and told them about the use of eco-friendly cotton pads.
 - In the second session, Dr. Hiteshi from Cosmo Care Hospital delivered a lecture on *Skin and Hair Care and Personal Hygiene*.
 - On 29th Feb., 2020 Dr. Rachna Aggarwal: *Malnutrition* and suggested measures to prevent it.

Evidence of Success:

- The girl students and female staff members were made aware of a variety of health issues and the measures to prevent or cure them.
- Anaemic girls were given iron tablets.
- The doctors mentioned above offered to provide free consultation to girl students at their clinics.

Problems Encountered and Resources Required

Monitoring health status of girls is a continuous process and needs medical check up and consultation over longer period of time.

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 education 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 the 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

- Seminar of *Swatchh Bharat Abhiyan* organized by NSS
- A seminar organised to raise awareness against Drug Abuse
- A *Traffic Rules & New Laws Awareness Campaign* organized to make students aware of the new traffic rules and highlight the significance of traffic rules

- A platoon of 22 cadets of college participated in district level parade on Independence Day and Republic Day
- Netaji Subhas Chandra Bose's Jayanti was celebrated on Subhas Chowk of Sirsa city.
- A quiz contest was organized on 'Life of Mahatma Gandhi' to commemorate 150th Birth Anniversary of Mahatma Gandhi
- A Nukkad Natak to promote cleanliness was organised to commemorate 150th Birth Anniversary of Mahatma Gandhi
- A lecture on life and values of Subhash Chander Bose was organised to commemorate Subhash Jayanti
- Constitution Day was celebrated
- National Voter's Day was celebrated and Voter's Pledge was administered

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:.

- A paper /cloth bag making competition to promote alternatives to plastic bags organised
- A slogan writing competition on *Plastic Hatao, Paryavarn Bachao* organised
- An essay writing completion on *Importance of Voting in Democracy* organized
- Poster Making Competition on *Parali Nahi Jalayenge Paryavaran Bachayenge* organized to raise awareness against stubble burning.
- Poster making competition on GST:One Nation One Text organized
- A debate organized on *Rights and Duties*
- Students presented a short play on *Fundamental Rights and Fundamental Duties*
- Won third position for skit on *Fundamental Duties* at District level Legal Literacy Competition
- A Poster Making Competition on *Culture and Heritage of Telangana* organized to promote cultural diversity and plurality
- An online poster making competition on Duties of Citizens during Lock Down organized

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.

- Students organized a massive rally *Plastic Hatao, Paryavarn Bachao* to raise awareness against use of plastic
- A massive rally was organized to raise awareness on voting on Birth Anniversary of Dr .A.P.J.Abdul Kalam
- Students Participated in Marathon on *Save Water, Conserve Water*
- Awareness Rally was organized on *Swachta Abhiyan*

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.