

Session 2019-20

Best Practice- 1

Title of the Best Practice

One-Day Workshop on the need of Sanitary Pads for personal Hygiene and Good Health of Girls Students.

1. Goal:

This practice is initiated by the **Internal Woman's Grievance Redressal Cell** of the College and aims to develop the awareness about hygiene and good health among girl student in that day. To develops the good habit and abandoned the bad rituals about Menstruation cycle.

2. Context:

Nowadays, it is reported in the daily newspapers that many women die every year due to unhygienic conditions. As college is situated in a very rural area, people of the area very poor and they don't have enough knowledge and awareness about how to take proper care and hygiene in the period of Menstruation cycle. Hence, this activity is very useful for the girls and women to know the proper care and hygiene in the period of Menstruation cycle.

3. The Practice:

This practice is initiated by the **Internal Woman's Grievance Redressal Cell** of the College. On the need of sanitary pads for personal hygiene and health of girls students. The workshop was inaugurated by Mrs. Pankaja Nandeshwar, women Empowerment District Head, Chandrapur. The Sanitary Pad Bank was inaugurated by the chief guest to provide low cost sanitary pads to the economically poor students in rural areas and to meet to need in the college.

In the first session of the program Mrs. Pankaja Nandeshwar gave valuable guidance to the girls on the importance of personal hygiene and dietary care of girls and a woman during these four days of menstruation.

In the Second session of the workshop Mrs. Pallavitai Shende, Women empowerment Taluka Chief, Sindewahi, said that there is a need to create awareness about the importance of restricting superstitious religious activities like untouchability, living lonely and staying away for four days in during periods. She was demonstrating the importance of sanitary pads, it is important to girls to use these pads for four day during menstruation.

The workshop was attended by a large number of all the students, teachers and non-teaching staff of the college.

4. Evidence of Success:

Evidence of this activity various photographs of the workshop. Photographs of the activity. Newspaper cutting of the news report.

5. Problems Encountered and Resources Required:

This topic is very personal therefore at the beginning some problems are arise but after the proper guidance girls were participated in this workshop. Due to lack of awareness and poverty, the girls fails to proper care and hygiene. Hence this awareness activity helpful to all girls and their family.

Best Practice- 2

Title of the Best Practice

De-addiction Awareness Rally

2. Goal:

1. To motivate students and people of the village for eradication of Addiction from the human life.
3. To arouse social consciousness about addiction.
4. To develop the culture of “Addiction free Life and Society.”
5. To develops the habits of non-addiction among students and People of the village.
6. To show how dangerous impact of various Addiction to the Human Life through various slogan and posters in the rally to the people of the village.
7. Creating awareness about the Addiction free society and Addicted life in man.

3. The Context:

In Present Scenario we are facing various news about how addiction spread all over the country and many people suffers from the various diseases by the various addiction. Our college situated in rural area, where many people are belong to the below poverty line and they are labor by the profession. Hence everyone have some addiction. They don't have awareness about how addiction effect on their life. Therefore our women Study Cell of our college has to decide to organize a rally on De-addiction rally in the village with various slogans and posters. The students and villagers are made aware through various programmes. The condition becomes horrible for live life. Once the students and people are educated, they get different vision about addiction free life. The entire human being and the society can be sustained with addiction free life. Financial, social, Natural independence empower the students and improve their natural life.

4. The Practice:

De-addiction awareness Rally Organized by the women study cell of our college. Rally go through the various main road of the village. With the various slogans and Displaying different banners, posters and boards of various Diseases and causes of addiction. Develops the habits of addiction free life. Taking into consideration the vision and mission of the institution of the college stated the special drive for addiction free campus. The teacher and non-teaching staff giving information to the students and people of the village on Main Square of the village about the addiction free atmosphere and harmful

effects of various diseases in human life. And also All the teachers are regularly aware to the students while teaching hour.

5. Evidence of Success:

Photograph of Rally, Newspaper cutting.

6. Problems encountered and Resource Required:

Addiction free society is essential needs of today's world because every human being is facing lots of problems of various diseases. But the people are not aware about the side effects of addiction. They are using various drugs, wine, tobacco, Gutakha etc. very easily and through anywhere in their surroundings. We should try to aware the people about live life addiction free.
