

2017-18

## 7.2 Best practices

**Title-** Health Awareness Programme.

**Objectives-** Health is wealth. A sound mind lives in sound body. If health is lost, our dreams are shattered, our ambitions are crushed, and we cannot be strong and dynamic. Our girl students come from downtrodden sections of the society where they have zero awareness towards their own health and hygiene and we believe that if we strengthen our girls they in turn will educate not one but two families.

**Context and Practice-** Thus health awareness programs through health checkups, blood tests, lectures by medical experts form one of our best practices. The health activities organized include lecture on AIDS by Dr.Swati Khaparde, blood checkup of college staff and students for Diabetes by Bilaspur Diabetic Society and Lion Lioness Mid Town, health checkup and medical advice by Dr.Rama Ghosh from Government Hospital ,Bilaspur, blood group determination, Hb test and sickle cell test by Team from District Hospital, Bilaspur. Deworming tablets sponsored by Chhattisgarh Government were distributed to 136 students. Yoga, meditation and counseling is provided for sound mental health of students. Through these activities we succeed in creating awareness towards health and hygiene among our students.

**Problem-** Sometimes we face reluctant attitude from girls in sharing their personal problem with the doctors. Secondly we face paucity of funds in redressing some health issues of students.

**Title:-Monday Morning Assembly**

**Objective:-** The objective of this assembly is to make students aware of human values ,provide them moral education, information about current news of country and abroad, activities of college and to nurture leadership qualities, feeling of brotherhood, discipline and mutual cooperation amongst students.

**Context and Practice:-** Morning Assembly is organized in the college campus on Monday morning from 10:20 to 10:40. The information about the same is given to students through college notice board. The responsibility of conducting the assembly is solely given to students on rotation basis (class wise). They give information about local and global news, recite self written poems, and deliver quotes by great personalities on human and ethical values. The important information about college activities is also shared on this platform. The assembly starts with our National song Vande Matram and ends with our National Anthem.

**Problems:-** The new entrants in the college are initially reluctant to participate in this assembly as they generally associate college education with freedom. However after participation in few assemblies they start enjoying this practice.