



**Govt. Rajmata Vijayaraje Sindhiya Kanya
Mahavidyalaya Kawardha, Kabirdham,
Chhattisgarh**

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BEST PRACTICES

Best Practice 1:

Title of the practice:- Women Empowerment Through Social and Cultural Activities

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:- • Empowering women through academic excellence.

Mission:-

- The cell shall strive to create a better society by empowering women.
- To create awareness of the woman's rights.
- To achieve social equality as a prerequisite for women empowerment.
- To promote more cultural space for women to foster a distinctive identity of their own.
- To sensitize women towards our rich cultural inheritance.

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• To empower women through education and strengthen them with social values and ethical sphere of life.
- Identification of strong leadership qualities in them capacity.
 - To promote a culture of respect and equality for women.
 - The provision of opportunities and programs for women to be financially, psychologically and emotionally empowered so as to promote their growth as individuals in their own right.
 - To make them aware of the guidelines of the Supreme Court and to ensure that sexual harassment is treated as an unacceptable social behavior within the institution and the society.
 - To conduct seminars, workshops to impart knowledge of opportunities and tools available.
 - To inculcate entrepreneurial attitude among young girls so that they will be "Job creators" rather than "Job Seekers".

Structure:-

The cell is headed by a President, Secretary and Treasurer from the ladies staff. Girl students are its members. The Principal and senior faculty assist and guide the activities of the cell.

The Context:-

The institution has 100% girl students. Majority of them hail from rural background. Inequality and women harassment is a social stigma; the cell has taken keen interest to protect the rights of girl student by organizing distinctive value added programs.

“If you educate a boy you educate an individual, if you educate a girl, you educate a whole family”. In this context the cell has designed several women empowerment programs to educate the

girl
student.

- To increase awareness among girl students and lady staff about their rights.
- Listening to the grievances of girl students and guiding them through counseling.
- Creating opportunities for girl students to participate actively in curricular and co-curricular activities.
- Offering health and safety guidance.
- Providing financial assistance to poor girls.
- To increase awareness among girl students about self employment.

The Practice

The institution has organized and conducted various programmes under this cell with true spirit and dedication. The college under the banner of this cell has organized several programmes which are listed below.

S L N O	SUBJE CT	SPEAKER/ RESOURCE PERSON
1	Dish Competition Chhattisgarhi Date:26-02-2020	Dr.Birendra Kumar Assistant Professor Dr. Smt. K.Tigga NSS PO
2	Annual Function Date: 03-03-2020	Hon. Mr. Rishi Kumar Sharma Adhyaksha Nagar Palika Parishad Kawardha
3	Hindi Diwas Program Date: 14-09-2021	Mr. Ajay Chandravanshi, ABEO,Dr. D.P. Chandravasnsi Assistant Professor Atal Bihari Bajpeyi Govt. College Pandatarai
4	Shaurya Diwas for Girls Student Date:11-10-2021	Dr. Smt K.Tigga. Mr. Asit Kumar Assistant Professor
5	Establish Name Day Rajmata Date: 13-10-2020	Dr.B.S.Chauhan Principal Govt. Gajanan Madhav Muktibodh college sahaspur lohara kabirdham C.G.
6	Orientation Program one day by NSS Unit Date: 15-10-2020	Dr.K.S. Parihar District Co-ordinator Kabirdham and Bemetara Distt C.G.
5	Children Day Date: 16-11-2021	Smt. Manisha Thakur Ravte,Add. Supritendant of Police Kabirdham C.G.
6	Yoga Class Date:04-12-2021	Mr. Narendra Kulmitra Assistant Professor Govt. PG College Kawardha, Dr. D.P.Chandravasnsi Assistant Professor Atal Bihari Bajpeyi Govt. College Pandatarai
7	International Women's Day Date:08-03-2021	Hon. Mrs. Mamta Chandrakar, Vidhayak Pandariya Area-71

As for as the constraints are concerned, it is found that due to semester system and academic pressure, the organizers find it difficult to give practical exposure to the girls on field survey , to collect data .Added to this a large no of girls commute from surrounding

villages, this will discourage to conduct programs after college hours.

Evidence of Success:-

Video clippings, photos, media reports and annual reports in college magazines are the documentary evidence maintained by the cell.

The institution has identified major changes in the attitude of girl students on various parameters. Overcome of shyness, more participation in class wise seminars and extra – curricular activities, Positive attitude, free interaction with teachers and other students.

Problems encountered and Resources required:-

Though the organizers and girl participants are keen to invite professional and expert trainees and speakers from outside, the cell is unable to host programs due to lack of financial resources.

Notes:-

After the establishment of this cell since the past few years we have seen many positive changes in the behavioral pattern of girl student. Hence we strongly recommend the introduction of this practice in every girl's college.

BEST PRACTICE-2

Title: HEALTH AWARENESS CAMPAIGNS

Objectives of the practice:

- To engage and empower students to choose healthy practices, and make changes in their lives.
- To ease and maintain the balanced stress levels.
- To raise awareness of importance of health issues among individuals.
- To enhance health awareness and promote wellness.
- To create an awareness about health and personal hygiene.
- To get awareness about preventive measures for the health issues.

The Context: Most of the girls students admitting to the College are economically poor and from rural background. Adolescent girl students have lack of awareness about healthy lifestyle. At the same time they are attracted by fast and junk food habits leading to malnutrition and problem of anaemia. These wrong habits may affect their health and future life. Hence, by these awareness campaign programs can improve their health and life style to achieve their goals and healthy citizens.

Menstrual hygiene and management is an issue that is insufficiently acknowledged and has not received adequate attention in either education or the water and sanitation sector. However, the studies that do exist indicate that among the adolescent college girls menstrual knowledge and perceptions are poor and practices often not optimal for proper hygiene.

Adolescence is a transitional phase ing childhood to adulthood. Among adolescents, girls are especially vulnerable and more susceptible biologically to reproductive tract infections. In rural India, health education given to these girls, builds knowledge, motivates them to improve and maintain their health,

prevent disease and reduce risky behaviours. Adolescents need to have access to health education, including education on sexuality, quality health services, including sexual and reproductive; and a supportive environment both at home and in communities and countries.

The Practice: Adolescent Girls are the future of the nation, forming a major demographic and economic force. Important health problems faced by adolescents are classified as nutritional problems, reproductive health problems, mental health problems and consequences of risk taking behaviour. Proper food and good nutrition are essential for physical growth and mental development. The adolescent growth spurt places extra demand on nutritional requirements. Adolescent girls need additional iron to compensate for menstrual blood loss.

The college has provided pad vending machine that would help girls to maintain their menstrual hygiene.

Health awareness campaign can be used to:

- Inform
- Inspire
- Workshop
- Motivate
- Educate

Main themes covered during this are

- Life Skills and Personal development.
- Health, Hygiene and Nutrients.
- Physical changes in the adolescent stage
- Menstrual hygiene.
- Awareness on HIV/AIDS
- Cancer awareness
- Social awareness
- Yoga & Meditation
- Promoting healthy diet and improving food quality
- Promoting mental health and preventing mental disorders
- Reducing the incidence of accidents, and traffic accidents in particular.

Evidence of success:

- The knowledge on menstruation and menstrual hygiene improved significantly after health education.
- Their knowledge was poor during pre-test and remarkable improvement took place after the educational intervention.
- The students' knowledge about personal hygiene has improved.
- Health awareness programs created awareness among the students about covid-19 pandemic. As a result cent percent of students and staff are vaccinated.

Problems encountered and resources required:

- Still there are miss conceptions about Menstrual Hygiene and Management is inadequate and there is a need to demystify myths.
- There is need to establish clinical lab which needs use amount of investment.
- All the students don't get the benefits of all health awareness programs of the college as the college cannot accommodate at one time at one place due to insufficient infrastructure.
- Resident medical practitioner is essential for the college independently.
- Most of the students are hesitant to openly discuss their health issues in spite of hosting such health awareness campaigns.

About the institution- The Principal, Govt. Rajmata Vijayaraje Sindhiya Girls College
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