

ADHYAPAK MAHAVIDYALAYA, ARANYESHWAR, PUNE 9

Title of best practice- Awareness Campaign for Woman Health

Objectives of the practice:

The health of women and girls is of particular concern because, in many societies, they are disadvantaged by discrimination rooted in sociocultural factors. There are a number of women's health issues that are specific to women alone. The girl students find menstruation as a health problem but it is the boon for them. We feel that this should be properly conveyed to them. To keep in view this thought the college has decided to conduct the awareness campaign for woman health.

The objectives of activity are as follows:

1. To impart the education regarding importance of woman health.
2. To acquaint the student teachers with the problems faced by women which occurred due to negligence towards health.
3. To acquaint the student teachers with yogasanas.
4. To organize the lectures of doctors on woman health issues.
5. To distribute the books regarding menstruation awareness.
6. To create the social awareness regarding the menstruation superstitions which are observed by society.

Context:

The college develops this programme to create the awareness regarding woman health in college and internship schools. This will help our students to conduct such campaign in their practising schools.

The practice:

The college organized the program as follows -

1. The lectures of doctors were organized regarding health issues.
2. The posters which describes the importance of woman health were presented in the college
3. The books regarding health awareness (Menstruation) were distributed in schools.
4. The paper bags for disposal of sanitary pads were distributed to girl students in college and practising schools.
5. The yogasanas which helpful to overcome the health issues were introduced in the workshop.
6. The sanitary napkin vending machine is installed in ladies room.

Evidence of success:

Student are increasingly taking interest in this practice. They found it beneficial for them. The students attend this programme enthusiastically. The student run such type of programme in their internship schools also.

मासिक पाळीबद्दल शास्त्रशुद्ध माहिती व पाळीबद्दल
शास्त्रीय दृष्टिकोन तयार करण्यासाठी पूरक

प-पाळीचा

किशोरी आरोग्य पुस्तिका

शर्वरी सुरेखा अरुण
सचिन आशा सुभाष



संकल्पना व निर्मिती : समाजबंध
मु. पो. हेमडी, ता-पेण, जि-रायगड, पिन - ४०२१०७
संपर्क : सचिन आशा सुभाष, मोबाईल - ७७०९४८८२८६
प्रकाशक : साहित्यविश्व प्रकाशन, पुणे
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प्रकाशन - जागतिक महिला दिन, ८ मार्च २०२१





Problem Encountered

Some students were shy and hesitate to participate initially but after proper counselling they enthusiastically participate in it.

Title of best practice – 2.Zero Waste Management

Objectives of the practice

Sustainable development has become a central element in the works of National and international concerns. From this perspective, the focus is more and more on protecting the environment and society. So, waste management is a sensitive area for all organizations including educational institutions.

To keep in view this thought the college has decided to conduct Zero Waste Management.

The objectives of activity are as follows-

- 1.To create awareness about effective waste management
2. To practice zero waste Management in the campus
- 3.To educate students about clean environment

Context

The college develops this programme for zero waste management of student teachers as they are would be teachers. If they have awareness about it, they can create such awareness in society also which is the need of today's society. This programme is found useful to achieve this.

The practice

The college has organised the following activities:-

1. All the students and faculty members are strictly encouraged to carry steel lunch boxes to reduce the amount of solid waste.
2. There are no dustbins to collect food waste in the campus.
3. Quality in infrastructure and timely repair of electronic equipment is done to minimize solid waste and electronic waste formation.
4. Paper waste generated is collected and given to agents for recycling purposes.
5. Online data storage and use of the e-document facilities in the academic field are increasing practice to substitute the use of papers.

6. All the students, teachers have their own Email Id. Communication between students and teachers is through electronic means to reduce paper use.
7. Every month there is a campus cleaning activity initiated under social service activity.
8. The college has a well- maintained lawn which helps natural rainwater harvesting. It holds the earth's water capacity and filters more rainwater towards the ground.
9. Staff and students are encouraged to save electricity.

Evidence of success

The college has a green and eco – friendly campus.



Problem encountered

The problem is faced regarding the lack of awareness about waste management.

A.M.P. Pune-09