

B- BEST PRACTICES

1. WOMEN HEALTH PROMOTION:

2. OBJECTIVE-

Arya Mahila PG College takes pride in being a women's college with more than 2700 strength coming from different section and regions of India. Women are generally vulnerable to different health problems and issues which need to be addressed. College assuming its responsibility towards the society and nation has tried to address this issue with the objective of making our coming generation more aware and conscious about their health because a health body has a healthy mind. With this objective in mind college undertook following initiatives-

3. THE CONTEXT

Arya Mahila PG College administration realizing the fact that large section of the student seeking admission are coming from weaker section of the society who are anemic and very much prone to different disease. Therefore college administration has ensured the availability of a doctor on the college campus. The teaching and non-teaching staffs are provided health coverage as the college has MOU'S with the leading hospital of the city to ensure the best medical facility to the staff. The different departments of the college hold regular health camps, health check-ups for students. They also organize lectures and workshops by inviting medical experts of different fields to bring awareness among students about health hazards.

4. THE PRACTICE

Sanitary Vending Machines- Tejaswini- A Cell for Women's studies &Development organized many lectures on Menstrual Hygiene among women and four sanitary vending machine donated by different clubs and its installed on common areas of the campus for students.

14/09/2018 Installation of sanitary napkin vending machine by Rotary Club Elite (Ground floor)

4/10/2018 Installation of sanitary napkin vending machine by lions club First floor (near Psychology)

13/10/2018 Installation of sanitary napkin vending machine by Rotary club central First floor (near Library)

27/10/2018 Installation of sanitary napkin vending machine by Rotary club Varanasi (Second Floor)

- National seminar was organized by department of Psychology on 25th Feb. 2019 on the topic "Menstruation awareness and management in the contemporary context". Key speaker was Mrs.

Maya Singh, founder of happy periods, associated with Manya Welfare society, Delhi. The seminar was quite useful and informative for the students. The myths were discussed and the facts were told related to periods, needed hygiene during menstruation, with special focus on diet with nutritive value and made aware about the fact due to deficiency in nutrients can cause disturbance in menstrual cycle. Benefits of yoga and recommended asana during period were discussed and demonstrated. 106 students attended this lecture.

- Health and Hygiene unit organized a lecture on sanitation which is delivered by Mrs. Ankita Mishra on 28/02/2019 in collaboration with Procter and Gamble. One hundred five (105) students attended this awareness lecture.
- Department of Home Science, Health & Hygiene unit and Tarani foundation of life, Varanasi jointly organized an awareness program on “Generic Medicine and menstrual sanitation” on World Health Day (01/04/2019). One fifty four student participated in this programme. College has organised one day health programme in collaboration with Tarini foundation. Mr. Sidhhartha Nath Singh, Health Minister, U.P Government was the key note speaker of this programme. He promoted Jan Aushadhi programme launched by Honourable Prime Minister. He explained the benefits of Generic medicine. Members of Tarini foundation distributed 100% biodegradable sanitary napkins to the students and they selected few pharmacists as Jan Aushadhi Mitra.
- One day International seminar was organized by the Department Home Science on January 19, 2019 on “Dietary Management in Non-communicable Diseases ”. Three Technical Sessions were planned in this seminar.
- **Anemia free campus;** Under Anaemia Mukta Bharat campaign being run under Rashtriya Poshan Abhiyan by ministry of women and child development, Government of India, Arya Mahila PG College Home Science department has taken initiative to make the college anemia free campus. Department of Home Science and Health and Hygiene Unit has jointly organized a lecture on “Thalassemia disease: Prevention and Cure” delivered by Miss Nikita Aajwani, Founder, let’s Help Some 1 (N.G.O.) on 06-09-2018. One hundred thirty one (131) girls were benefited by this lecture. Problem of Thalassemia was demonstrated to the girls through small video clipping. Students were awarded about identification and solution of the problem. Girls were promoted to donate blood for the Thalassemic people. All faculty members of the department participated in this lecture.
- One day Continuous Medical Nutrition Education (CMNE) on Anaemia Mukta Bharat was organised on 15th April 2019 in collaboration with Indian Dietetic association Lucknow Chapter and Department of Home Science Arya Mahila P.G College. This Programme was under banner of Rashtriya Poshan Mission. The programme was organized by Dr. Richa Mishra

5. THE EVIDENCE OF SUCCESS

This initiative of improving the health conditions of the students of the college has been a thorough success as the college students now face no problem as there is availability of a doctor on the college campus to meet any causality and there are sanitary vending machine on all floors for the student. The lecture organized time to time has been equally successful as there was a good turn-up of students. Under UNNAT BHARAT ABHIYAN the college students contributed to the society also.

6. PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

The campaign of making the college ANIMEIA FREE CAMPUS did face some challenges. As the college didn't have its own apparatus for blood checkup of the students it was to be hired from outside which increased the financial burden of the college as the students are largely from poor and weaker section and cannot afford to get it done. Under Jan Aushadhi Programme only limited medicines are distributed which fails to cater to the demand of the students. In Unnat Bharat Abhiyaan the students poor participation is due to lack of any kind to incentive for the students. This can be provided in th e form of certificate or credit to their merit by UGC.