

2018-19

BEST PRACTICES

1. Health Awareness :

Objectives of the practices: -

1. To create health awareness among the students and local people of Kalamboli.
2. To help the people solving their health problem using their potential.
3. To help the people to identify their health problem and needs.
4. To improve the health of the individual and community level.
5. To build normal health trends.
6. To reduce the incidence of disease.
7. To check Hemoglobin of the students and people of the Kalamboli and provide treatment to people those who have less Hemoglobin.
8. To create awareness about PCOD among youngster and women's.
9. To give information about importance of balance diet. To discuss vitamins in Vegetables and fruit grain.
10. To give information about Cancer awareness their symptoms and treatment, precautions of disease.

The Context :

Our institution has conducted health care awareness among the students and staff and locality of Kalamboli area. For that purpose, the college has appointed Dr. G. D Pol foundation Birla Medical College and hospital of Navi Mumbai. On 26 September 2018 the college organized healthcare Camp. Healthcare awareness among the students and locality of people in Kalamboli area.

The Practice :

The chief guest was appointed Doctor Pranali Dandekar (Associate Professor) and Doctor Netra Patil are chief guest who create awareness among the students and the peoples in Kalamboli area. They had explained various problems about health issues about the PCOD amongst youngster causing obesity, menstrual problem, skin disorder and infertility among the women. They had a given important information and guidelines for this all the problems. Symptoms of PCOD is normal but in that there are some menstrual problems, harmonium problems, metabolic disorder like that problems occur. In that case what are the diet food we should take, what are the medicines you must take all the importance guidelines given by the Doctor Netra Patil. It is common among the student and given expert lecture on skin problems there are various skin problem, symptoms and causes of the skin disease and explain in how to recognize the skin problems and how to take treatment because skin problem is common problems. All-important instructions have a given to the people and students and local people in the college campus. Doctor Netra Patil has given guidance about how to increase Hemoglobin level and what are the fruits, vegetables, food grains we should eat and also state importance of to increase Hemoglobin in our life. She has given importance of obesity management.

1. Reduction of body weight.
2. Maintenance of the lost body weight and prevention of recurrence of regaining the lost weight.
3. Maintenance of nutrition and preventing dietary deficiencies.

Cancer Awareness Rally was conducted by our college on 15th August 2018. At 9:00 a.m. Microbiology Department of our college successfully conducted this rally. Our students, units, Microbiology society, India N.S.S. Units of our college provided support and equally participated in rally. Before starting Rally our college principal Dr. S. C. Lahupachang has a given information about Cancer awareness.

- Like eat healthy diet,
- Maintain healthy weight and be physically active,
- Avoid risky behavior,
- Get regular medical care,
- Get vaccinated,
- Don't use tobacco using any type of tobacco puts you on collision course with cancer.
- Many positive slogans for quitting "cigarette, tobacco and alcohol" were raised by students along with banners which were prepared by our students.

Evidence of Success :

- 1) Due to continuous awareness among the students, it create positive atmosphere in college campus and Kalamboli-Kamothe area.
- 2) After awareness programme peoples are become very sensitive with there health and started to take precautions about there health.
- 3) Most of the people started to follow balance diet.
- 4) They started to do Yoga, Pranayama, Exercise their importance.
- 5) They regularly visited body check-up, dental check-up, Blood check-up etc.

Problem Encountered And Resources Required :

1. Most of the people are poor family, so they find difficult for regular body check-up.
2. Some people are not afforded for nutrition diet.
3. Peoples in Kalamboli area were from lower income group so there is need for job opportunity.

2. Empowerment of Women

Objectives of the practices

- To create an atmosphere with the help activities and programmes for the empowerment of the girl students.
- To promote value of gender equality among the students of the institution.
- To create awareness among the girl students about the importance of their health and hygiene.
- To organize legal awareness programmes highlighting various laws and other provisions for the protection of girls and women.
- To provide necessary facilities which can facilitate girl education by removing certain hurdles.
- To organize programs regarding self-protection of girl students
- Our institution is the pioneering and the only institution imparting higher education for the students Mathadi Labors in this area girls and women are badly affects the progress.
- Today the college has considerable strength of girl students.

The Context :

Shikshan Maharshi Dadasaheb Limaye College imparting higher education for the poor student. Most of the student from poor (Mathadi Labors) family. So most of the student are weak iron deficiency, low Hemoglobin, lack of knowledge about women's laws and their right. The college has conducted many workshops' seminar and expert Lectures on women empowerment

Most of these girl students have to travel from far interior area to that the college. Many girl students are also suffering from iron deficiency. The college has also noticed another major problem of girl students regarding difficulties they have to face during their menstrual cycle. Lack of awareness about how to take proper care during this period and non-availability of the tools and other measures prevent most of these girl students to attend the college also exerted its bad effect on their studies. Our college has considerable number of girl students, almost 60 to 65% of total student's strength every year. The college has always given emphasis on the admission of girl students. It has also offered installment facilities in the admission fees, examination fees to most of the girl students. Through its Women Development Cell, the college has organized a number of activities which promotes women empowerment.

The practice –

As a stated above our college has considerable number of girl student almost 60 to 65 % of total strength every year. It has also offered instalment facility in the admission fees, examination fees to most of the girls student

- 1) We celebrate birth anniversary of great social reformers like Jijamata, Mahatma Phule, Savitribai Phule who are the founder of women education in India.
- 2) The college has organized health awareness lectures of eminent medical practitioners of the area for our girl students.
- 3) With the help of local police station, the institution has organized special lecture of police officers regarding measures for self-protection.
- 4) Women Development Cell has also organized special lectures of eminent lawyers Advocate Anuradha Shinde. She has given expert knowledge laws of our women right and legal laws and various real life example daily experience of their life. Senior citizens right and regarding various laws. She has also explained legal provisions available for girls and specially S.C., S.T. Category.
- 5) Adocate Ninad Shinde (High court) and Advocate Aishwariya Shinde (Imperia Legal). They had given important information about cyber laws and labor laws.

The college celebrates International Women Day every year and it has initiated an activity where the felicitation of women staff and girl representatives has been observed to mark this occasion. The college has also purchased automated Sanitary Vending Machine with the help of which sanitary pads are made available to the girl students on very reasonable rates. Special precaution has also been taken regarding various types of harassments of girl students.

Evidence of Success

In parents meeting which is organized every year the effort for girl's empowerment has been highly appreciated by the parents. There is no complaint for any type of harassment register

by the girl child or female staff due to the continuous encouragement and positive atmosphere. The girl's students remain ahead of boys in many exams and activities. The proportion of girl's student participation in various event program has been considerable increase. They have participated in the organization of activities of commerce association, science club in the sports in variable cultural activities. Most of the student's families are illiterate or moderate education background. Particularly the girl's students always remain silent and reluctant to voice their problem and share their views even women teacher find difficult to make this girl student to speak about their problems but the college.

Problems Encountered and Resources required-

Most of them have very moderate educational background. W.D.C. had to hard work for convincing girl's student to speak out their problems. These girl students are not aware about their legal rights due to poor financial condition and illiterate family. WDC as a create more awareness among the parents and students. There is a need for more awareness among the parents about health and protection issues of their girl child.

There is also a great need to create awareness about gender sensitivity and equality among both girls and boy's students of the institution.