

Institutional Best Practice 02

Title of the Practice: "Promoting Physical-Mental Health of Students and Female Faculties"

Objectives of the Practice: M. M. Mahila College embraces the diverse backgrounds and challenges that its female students may encounter. The recognition of different sub-sections, including married, unmarried, and mothers, showcases a commitment to understanding the unique experiences and needs of each group.

Addressing health problems and various issues such as gender concerns, menstruation, dowry, relationships, childbirth, child care, and motherhood is a crucial step in creating a supportive and empowering environment. By taking on these challenges, the college not only fulfills its educational role but also serves as a beacon for positive societal change.

The focus on making the coming generation more aware and conscious about their health aligns perfectly with the belief that a healthy body contributes to a healthy mind.

The Context: M. M. Mahila College's administration is actively addressing the health and well-being of its students, especially those coming from financially and socially weaker sections. Recognizing the vulnerabilities these students may face, such as anemia and various mental and physical health issues, showcases a deep commitment to their overall welfare.

Ensuring the availability of a doctor on campus and organizing regular health camps and check-ups is a proactive measure that can make a significant difference in the lives of students. These initiatives not only address immediate health concerns but also contribute to building a culture of preventive healthcare.

The involvement of different departments and the NSS unit in organizing health-related activities, lectures, and workshops with medical experts and psychologists is a holistic approach to promoting awareness. This goes beyond just addressing physical ailments; it also emphasizes the importance of mental health, creating a supportive environment for students.

The Practice: The comprehensive and proactive initiatives taken by M M Mahila College are following:-

1. **Sanitary Vending Machine:** Installing and regularly maintaining sanitary vending machines in the hostel reflects a commitment to the health and well-being of female students and faculty members.
2. **Cell for Women's Studies & Development:** Providing knowledge through lectures on menstrual hygiene and related issues is a vital step toward creating awareness and promoting women's health.
3. **Initiatives by the Deptt. of Home Science:** Regular lectures and discussions on adulthood, motherhood, parenthood, and menstruation contribute to the holistic education of students.

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4. **Seminar on Women's Movement in History:** Organizing seminars like this demonstrates a dedication to empowering women by recognizing their historical contributions and encouraging strength.
5. **Lecture on Portrayal of Women in English Literature:** Focusing on strong and impressive female characters in literature inspires girls to be confident decision-makers in their lives.
6. **International Seminar on Shreemad Bhagwad Geeta:** Addressing psychological issues like stress and promoting self-actualization reflects a commitment to mental and physical well-being.
7. **COVID Awareness Programme:** The NSS unit's efforts in organizing a COVID awareness program showcase a sense of responsibility toward the community, educating students and the general population.
8. **Health Camp and Swachh Bharat Abhiyaan Participation:** These initiatives promote a healthy lifestyle, sanitation awareness, and community participation, contributing to overall well-being.
9. **Telephonic Counseling by Psychology Department:** Providing counseling services during the pandemic demonstrates a proactive approach to addressing mental health challenges.

Evidence of Success: It's fantastic to see the tangible positive impact that M M Mahila College's initiatives have had on the students' well-being. Here are some key takeaways:

1. **Improved Health Conditions:** The presence of a female doctor on campus and the availability of a sanitary vending machine are contributing significantly to the overall health conditions of the students. This proactive approach to healthcare is a noteworthy achievement.
2. **Successful Lectures and Seminars:** The success of the lectures and seminars is evident in the good turn-up of students. This suggests that the college's efforts to educate and create awareness are being well-received by the student community.
3. **Active Student Participation:** The fact that students actively participate in activities and initiate creative solutions is a testament to their engagement and the effectiveness of the college's initiatives. It shows that students are not just passive recipients but active contributors to their well-being.
4. **Visible Impact on Physical and Mental Health:** The positive changes in the students' personalities and the increase in the number of NCC cadets and NSS volunteers indicate a holistic improvement in both physical and mental health. This is a great outcome of the college's multifaceted approach to well-being.

Problems Encountered and Resources Required: Mahila College recognizes and addresses the unique challenges faced by students, particularly those from lower economic and less educated backgrounds. The efforts to counsel parents, especially about the importance of education and the mental and physical health of their daughters, highlight a deep commitment to holistic development.

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The acknowledgment of the hindrance posed by the lack of education among parents is crucial. It's inspiring to see the faculty and institute's Chair putting in extra efforts to bridge this gap, especially in raising awareness about mental health—a topic that may not be well understood within the community.

The involvement of parents in health camps and counseling sessions is a thoughtful approach. Educating them about small health issues and their potential complications is a proactive step toward fostering a healthier community.

The financial challenges, given the institute's zero-fee structure, are indeed a significant hurdle. However, the commitment to managing with the best available resources reflects a strong dedication to the well-being of the students. The enthusiasm to continue despite financial constraints speaks volumes about the institute's determination to provide the best possible support.

Mahila College's efforts not only in educating students but also in engaging with parents and addressing health concerns demonstrate a holistic and empathetic approach to education.

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