

## **Best Practice- I**

### **Title- Health and Hygiene Awareness**

**Goal-** To make every member of the college community aware about their health and daily hygienic practices

**Context-** Health and hygiene are the important aspects of individual life and it is necessary to maintain good health for every individual. It is noticed that most of our students are not conscious about their health and hygienic practices. Lack of awareness also create problem more particularly during their menstruation. Therefore, health and hygienic awareness programmes are of utmost importance.

**Practice-** The College has conducted health check up and awareness programmes by inviting renowned medical practitioners to generate awareness among the students about health and hygiene. Moreover sanitary napkin incinerator has been installed in the PDP Hostel.

**Evidence of success-** Change in the behaviour and day to day practices of students have been noticed. Use of incinerator in the hostel has also been proved successful.

**Problem encountered-** Some students are difficult to be motivated due to traditional belief.

## **Best Practice- II**

### **Title- Yoga and Meditation Classes**

**Goal-** To conduct of Yoga and Meditation classes for physical and fit and mental fitness

**Context-** Yoga is a well recognized way to maintain physical and mental health. It has also a positive and spiritual effect on us. This great way to keep one fit is practiced by the teachers and students of our college under reputed instructors regularly. Programmes on Yoga, stress management and meditation classes have been organized time and again throughout the year.

**Practice-** Yoga classes are conducted on Sundays. Week long Workshops are also conducted occasionally with invited resource persons.

**Evidence of success-** Teachers and students both are benefitted from this practice.

**Problem encountered-** Difficulty in arranging yoga classes on weekdays.