

Format for Presentation of Best Practices

1. Title of the Practice: Lecture Programme on ‘Role of Women’s Health in Nation Building’

2. Objectives of the Practice

What are the objectives / intended outcomes of this “best practice” and what are the underlying principles or concepts of this practice (in about 100 words)?

To make the women community of a marginalized village aware about the importance of good health in overall well being and the role of physical and mental soundness in the process of nation building

3. The Context

What were the contextual features or challenging issues that needed to be addressed in designing and implementing this practice (in about 150 words)?

The programme was organized on the occasion of ‘International Women’s Day on 8th March ‘2021. The context of the programme lies on the fact that women community of India in general are physically malnourished and vulnerable but women’s health is the least discussed issue. There is a definite link of women’s health with the prosperity of a family or society. Thus automatically women’s health determines the health of nation.

Keeping on the above hypothesis we believed that the women community from the adopted village of our institution ‘Nagakhelia’ are also not much aware and conscious about their health and thus there is the necessity of making them understand about the importance of sound health both mental and physical. The rural women from the village comprised old aged, middle aged and young and vulnerable women who requires the education on different aspects of women health and so our institution decided to carry out the extension activity in the village.

4. The Practice

Describe the practice and its uniqueness in the context of India higher education. What were the constraints / limitations, if any, faced (in about 400 words)?

In the context of higher education, extension activities carry a very important role as it is not enough for a nation to get and impart education in closed premises. Real education will happen if the stake holders of the field expand the fruits of education beyond the borders and reach out to rural, vulnerable and to those who can least access the benefits of development. Thus our institution, for many years now has been emphasizing on extending the benefits of

development and progression to the least developed and marginalized groups who are yet to get proper access to quality education, sound health and fruits of other economic and socio-political enriching programmes. Health education and specially women's health becomes a very crucial area in this regard. It is said that women's health is the least negotiated and discussed topic from a political-economic perspective. In such situation, women's health of a peripheral region like that of our adopted village certainly finds a legitimate space to be addressed. Women of the rural areas suffer from multiple health disorders starting from mal nutrition, anemia, menstruation hygiene related issues, pre conception and post delivery issues, neo natal care etc to grave life threatening diseases like cancer and so on. In such situation, it becomes obvious that they should be aware of the do's and don'ts of their health and thus we assumed that a health care-sensitisation programme in our adopted village is a must.

5. Evidence of Success

Provide evidence of success such as performance against targets and benchmarks, review/results. What do these results indicate? Describe in about 200 words.

A total of 60 women including young girls and elderly women attended the programme and very actively participated. They raised multiple questions associated with their personal health and overall well being of the women community. To be specific, the following topics and activities were done:

1. Speech by resource person on their role to today's society.
2. Health of women.
3. Prevention and precautionary care to breast cancer.
4. Menstrual problems of girls.
5. Menopause problems of women.
6. Precautionary measures to different women related diseases.
7. Awareness on how to use Sanitary napkins to the village women.
8. Distribution of Sanitary napkins to the village women as well as to our Students.
9. Many village women sang marriage songs, prayers etc.
10. Village women gave a highly appreciable feedback of the interactive session with the resource person Dr. Pranati Medhi.

6. Problems Encountered and Resources Required

Please identify the problems encountered and resources required to implement the practice (in about 150 words).

There are many problems of socio-economic nature that require immediate attention in the rural –underdeveloped areas. These need immediate care and can be minimized with extension services offered by organizations like ours. In this case, the basic problem encountered was to convince the women community to attend the programme as the rural women are burdened with multiple responsibilities associated with home and family. Secondly, it was slightly difficult to bring them out of their established value system associated with issues like puberty and the superstitious prescriptions that society attaches with the process of menstruation. And women's physic.

Extension service in the marginalized areas require both human and economic resources to be properly effective. Resources required in this regard are manifold and multifaceted. Women community of such areas like that of our adopted village require multi-level support like psychological counseling, medicines, active medical support, stuffs like cloths and sanitary pads etc.

Best Practice No 2. Cleanliness:

1. Title of the Project: Cleanliness drive in and out Campus

2. Objectives of the Practice

What are the objectives / intended outcomes of this “best practice” and what are the underlying principles or concepts of this practice (in about 100 words)?

To make the community and stake holders of the institution aware about clean and green environment and to continue the habit of developing cleanliness as a way of life.

3. The Context: On December 2020, NCC Wing, MDKG College, NCC wing, MDKG College, Dibrugarh organized a ‘Cleanliness Programme’ in the college campus. On March 12th March 2021 our NSS unit volunteers participated in a awareness program on cleanliness and anti polythene campaigning at Chowkidinge field during a book fair and normal fair.

The main context of the programmes was to clean the college premises and also to create awareness among the students regarding cleanliness and its benefits.

4. The Practice: All total 25 NCC cadets of the college actively participated in the first programme. Cadets cleaned the college campus by using brooms and mops. Cadets also cleaned the 'Shahid Bedi' in the college campus. They also picked up dry leaves and plastic wrappers lying scattered on the ground and threw them in the dustbin. After the cleaning was done for about 2 hours, all the cadets washed their hands. They were then provided refreshment. After that, cadets took oath to keep their home, locality and society clean. The programme was ended by singing NCC song. In the second programme also more than 30 students participated.

5. Evidence of Success: The success of the programme lies on the fact that cleanliness helps in keeping body, mind and soul contented and peaceful. Maintaining cleanliness is the essential part of healthy living because it is cleanliness only that helps to improve our personality by keeping us clean, both internally and externally. The cleanliness programme undertaken by the NCC wing had definitely generated a sense of awareness among the students of the institution.

6. Problems Encountered and Resources Required: Cleanliness is one of the best practices of our institution. The stakeholders of the institution are very much enthusiastic in keeping the surrounding of the institution neat and clean. But this year due to the COVID 19 pandemic, the cleanliness activities could not be carried out in its full strength. The participation of students and stakeholders in the cleanliness activities was very low impacting on the number of programmes and amount of participation. Thus the basic problem encountered in this regard was the concerns created by the pandemic and the threat that it induced in the lives of the people. The resources required in this regard are more – manpower and resources like cleaning equipments, sanitization machines, masks, kits and first-aid facilities.