



PRINCIPAL OFFICE
LAXMAN PRASAD BAIDH GOVT. GIRLS COLLEGE, BEMETARA
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BEST PRACTICE OF COLLEGE

First Best Practice

TITLE:

"Awareness on menstrual hygiene"

GOAL:

To create awareness among adolescent girls on menstrual hygiene.

CONTEXT:

The goal has been set by the college to achieve the following objectives, which are as follows:

1. Educating young people about their periods and feminine hygiene.
2. Creating awareness about women's rights to access to sanitization and good menstrual hygiene.
3. Making the girls aware of the dangers of using unhygienic things during periods.
4. Educating the girls of having hygienic and healthy food during menstrual.
5. To solve the problems of girl students through individual counselling.
6. Helping the young girls to manage their periods better, safely, hygienically and without embarrassment.

PRACTICE:

1. Sanitary vending machine installed by the college.
2. Awareness program was organized by the college for the use of sanitary napkins.
3. Hygiene related charts are posted on the wall of the campus.
4. Students give cleanliness education to the nearby people.
5. Students distributes sanitary napkins to the women of nearby village.
6. Newspaper cuttings and dustbin are available in washrooms.
7. Our college promotes Prime Ministers Jan Aushadhi Kendra.

PROBLEM:

1. Due to lack of knowledge on menstruation preparedness or due to shyness and embarrassment the situation becomes worse for girls.
2. Menstrual hygiene practices were affected by cultural norms, parental influence, economic status and socio-economic pressure. These norms were the barriers in the path of good menstrual hygiene practices.
3. Menstruation is a natural process but it is still a taboo in Indian society as it is considered unclean and dirty.

Second Best Practice

TITLE:

"Motivating the students to clean the college premises and classroom"

GOAL:

Maintaining a clean and tidy classroom (Campus).

CONTEXT:

1. Keep students and Administration healthy and install positive habits.
2. Motivating the students to clean the college premises and classroom.
3. To better understand the importance of keeping the campus clean.
4. To make a better environment for learning so the students maintain higher grades and better graduation rates in clean educational environments.
5. To reduce student absences and teacher sick days.
6. To maintain infrastructure, quality of teaching and teachers and extra-curricular activities.

PRACTICE:

1. Competition like "MERA CLASS SABSE SWACHH" are organized by the college.
2. Campus stores Rain water and fed to plants through it.
3. Herbal plants were grown in the campus.
4. Students are taught about proper handwash.
5. College provides hand sanitizer and disinfectant wipes to the students.
6. Students are taught about germs.
7. The CR in each class has been appointed who looks after the cleanliness of the class.
8. Photos of scientist, writers and Philosophers are pasted on the walls of the classroom.

PROBLEMS:

1. Due to poverty, communities find it difficult.
2. Different ethnic groups have varying beliefs and customs on hygiene.