

**NAYAGARH PRAJAMANDAL MAHILA DEGREE MAHAVIDYALAYA,
NAYAGARH, ODISHA**

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Best Practice in 2019-20

Best Practice-1:

Title : “WE HOLD THEIR HANDS UPTO THE SKY”

Objectives : Women being the back bone of the society and the creator as well, they were made to know about their equal rights under the law. We tried our level best to change their concept of women being only confined to husband, home and hearth. In this context, our faculties made their presence felt in an orphanage named “SEVA” to provide them moral, psychological and financial support. The said initiative was made by our faculties at regular intervals.

Context : Such task was taken up to make the women in the orphanage know about their status in the society. They were made to know about their equal rights under the law in comparison to their male counterparts.

About the Practice : Our faculties visited the orphanage several times. On the first occasion, efforts were made to boost their moral strength. Secondly, they were provided with materials and necessary study equipments and on the next visit they were made to know the ways and means to be self sufficient and to stand on their own legs.

Problems: Financial crunch was a major obstacle for the improvement of their livelihood. Majority of them were treated as indigent by their family and the society as well. They had a crave for love and affection. We felt that every conscious citizen should portray his or her concern, love and affection for such groups of people in the society.

Evidence of Success : We tried our best to spend substantial time with them in order to make them feel comfortable and encourage them to fight for their rights. At last they felt that they were not alone and there were some people who can be termed as angels who can give them any kind of support at their time of need.

Best Practice-2 :

Title : “OUR JOURNEY FROM UNHYGIENE TO HYGIENE” :

Objectives : Our college, being a women’s college, organised a health camp to make the rural women aware of their health and hygiene. Specially this programme was based on the stopping of menstrual cycle within the age group of 45-55, which is termed as menopause.

Context: The context of the programme was to make a particular age group of women aware of the impending mental conditions which prevail during this period. Further we made them aware of the bodily changes occurring during this period.

About The Practice:- At the time of menopause , many females experience physical symptoms such as hot flashes ,night sweats, vaginal dryness and a reduced sex drive . It can also lead to anxiety,changes in mood.These symptoms start before the menstruation ends and they can last for several years. They were told by our faculties about the measures to be adopted to face the situations like hormone therapy, stress balance and adopting themselves to the nature.

Evidences of Success: The said age group of women made many queries and the faculties of our college answered the same on due reading of their mind. Further, they were advised to accept the biological change positively and assured them that we would directly remain in contact with them in case of any difficulties in this regard.

Problem:- As it was a rural based programme and the rural women believed such subjects as a taboo ,they did not show any interest in the discussion ,so we were forced to go door to door to discuss with them.



Talk on Special Care during Menopause at Durgaprasad, Nayagarh a nearby vilage



Counseling of staff about Menopause



Talk on Special Care during Menopause at Durgaprasad, Nayagarh a nearby vilage By YRC ,NSS & IQAC



Distribution of study materials at SEVA, Nayagarh



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