

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

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Best Practice in 2018-19

Best Practice-01

1. Title of Practice

“STUDENTS DE-RAILED..... WE PUT THEM ON THE RAILS”.

Objective –Our college has a value Education cell which gives importance to promote the inherent values among the students like truth, selflessness, righteousness.

This makes the students confident and virtuous. The value Education cell brings out the inherent qualities & virtue in the students which enrich the society.

1. To preach and practice truthfulness.
2. To develop a positive attitude.
3. To help others when they are in problem.

About the practice

The cell has organised the following activities.

1. A class on moral values on the topic “Moral values for students to lead a great life”, Dt. 24.08.2018
2. Counselling session on “Health Psychology” held on Dt.12.09.2018.
3. A special lecture on Human values by Sri Aurobindo Study Circle ,Rajasunakhala Dt. 15.11.2018
4. Psychological counselling of students by the psychology department on the topic “ How to increase positive attitude”, Dt.18.01.2019.

Evidence of Success

Students are increasingly taking interest in this practice .They are regularly attending these classes.

They were able to expand their understanding of ethics and moral values. Moral values shaped their attitudes ,beliefs, ideas and made them morally strong individuals.

Problems

1. Shortage of infrastructural facilities – The college conference hall is very small so that all students are not able to participate in these programmes .
2. Shortage of man power –dedicated, morally sound faculties are taking these classes. More man power may help to strengthen this practice further.



Seminar on Moral values for students to lead a great life. Moral Values topic “Moral Values makes a man perfect”



Audience in the Health psychology

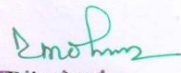


A seminar on How to increase positive attitude



Moral Journey by our NSS Group




Principal
V. P. M. Mahavidyalaya
Nayagarh.

Best Practice-02

Title of the programme

Awareness programme on “OUR JORNEY FROM UN HYGIENE TO HYGIENE” .

Objectives – Our college being a women’s college organised a health camp to make the rural adolescent aware of their health and hygiene.

Content –Women related health programme

1. To create health and hygiene awareness among the rural adolescents.
2. To obviate all shorts of taboos and apprehensions .
3. To prepare an adolescent for future motherhood .
4. To instill the sense of sanitization in the adolescents during puberty .

About the practice –

An Awareness programme is organised by IQAC in collaboration with Home science department . As it is a women’s college our goal is to ensure good health and hygiene amongst the women in the college and around . The students and faculties of Home Science Department visited a nearby village, Duragaprasad of Nayagarh District and made the whole rural woman folk aware of the physical changes of the women anatomy with growing age , the bodily changes in puberty , the menstrual cycle and its related health problems . There was a threadbare discussion with the rural women with regard to their menstrual cycle and cleanliness and use of sanitary napkin etc. .

Evidence of success-

Women adolescents have many queries regarding the biological changes and the same were answered by the faculties of Home science Department..

By distribution of sanitary napkins the rural folk became aware of its use.


Problems –

The programme was held in a rural area. The rural folk had inhibitions and were ashamed of discussing about the menstrual cycle etc.

Initially the rural folk were a bit hesiatant to attend even such programme and were persuaded by the faculties of our college to attend the same.



Health Awareness Programme on Mensural Health & Hygiene in near by village Durgaprasad


Principal
V. P. M. Mahavidyalaya
Nayagarh.

