

Best Practice

1 1. Title: Promoting Holistic Health and wellbeing of students

2. The Context: Our college is located in a rural area the people from this region believe more in superstitions and do not give adequate care of health and wellbeing. Most of the students admitted to our college are firstgeneration learners of higher education in their families. Most of our students belong to Aagri or Koli community which belong to other backward classes. The area is also socio-economically weak. People are not aware of the necessity of taking care of basic health to avoid further problems in life. Hence there is a need to bring medical awareness among the students about health by conducting the health camps, blood checkup camps, and arranging lectures.

3. Objectives of the practice: Objectives for promoting health and wellbeing to attain holistic health is to achieve interconnectedness and balance and address the health and wellbeing of the whole person and acknowledges the interrelationship between the individual, the environment, and the world around us. Rather than focusing on disease, the emphasis is on wellness and ease, largely through prevention. It is a system of preventive care that takes into account the whole individual, one's own responsibility of one's well-being, and the total influences-social, psychological, environmental-that affect health, including nutrition, exercise, and mental relaxation.

4. The Practice: The health and wellbeing of the students is promoted by a variety of activities during the last five years. The college realized the need for health education to improve the health and wellbeing of students. Regular counseling was given to create awareness about health, to reduce health risk behaviors, to promote a healthy lifestyle, and improve quality of health. Health camps were done to provide check-ups and educate students about their health. NSS of the college in collaboration with PS Pathological Laboratory Mohapada, Rasayani arranges blood checkup camp every year. Medical practitioners give medical reports to the students along with counseling for a better diet and if needed medications are prescribed to promote health. It was noted over and again that these camps were successful in improving the health of the students. Yoga and meditation room is available for the benefit of students and the staff. College conducted lectures related to yoga and health. Dr. G. T. Sangale, the principal of the college delivered a lecture on Food and Nutrition. Awareness was generated about organic cultivation too. Awareness was generated to promote health and prevent disease and disability. Measures were taken to improve their knowledge attitude skills and behavior to enable students to identify their health needs and problems. A very successful international conference on Wholistic Health and Wellbeing was conducted by the college which saw 21 participants from various parts of the world. The conference underlined the importance of health and generated much interest and discussion among the students and the general public. The presenters looked into various aspects of health and exhorted the students to go for preventive practices to have good health, to monitor their health and solve basic health problems and to build and maintain normal health rather than treating the diseases once they fall sick.

5. Obstacles faced if any and strategies adopted to overcome them: Blood checkup of each and every student is difficult due to lack of availability of resources. The college was able to rope in volunteers to help in blood checkup and also found The Laboratory to donate a part of what is needed. Most of the students are taking part in the program but some of them are not much aware of their health status. Health talks and an international conference was conducted to generate

awareness. Need more health awareness programs. Some students may not follow up on diet and medication due to their financial condition and ignorance and lack of awareness of parents. Community-wide initiatives are needed to bring awareness to the general public about having good health and how to promote good health.

6. Evidence of success: It was found that students who followed the given health instruction and the dietary plan had their health improved. Low hemoglobin, a problem found in most girl students was corrected by diets, medications, and precautionary steps. Awareness about their blood group is helpful to students in emergency situations for themselves and also when needed to donate blood to save other people's lives. Successful in creating awareness about the importance of health. The health and blood checkup helps students in maintaining a healthy life. The programs were successful in making them think about their part in having good health and the necessity to keep away from risky behaviors

7. Resources required: Blood checkup of each and every student is difficult due to a lack of availability of resources. Adequate finance can help cover all the students in conducting blood checkup and also to provide follow up treatments where ever necessary. More finances are required to conduct more talks/seminars/conferences to promote adequate health and wellbeing.

Best practice 2 1. Title: Developing a Reading Habit among students

2. The Context: Our college is situated in a very rural area the people from this region are not much educated. Most of the students admitted to our college are first-generation learners of higher education from their families. They do not really understand the need for developing a reading habit. Backwardness in education along with the problems associated with technology and cell phone use really restricts the habit of reading. Most of our students belong to Aagri or Koli community which belongs to other backward classes. The area is also socioeconomically weak.

3. Objectives of the practice: Extensive reading is a prerequisite for language development. Benefits include faster reading skills, greater and better vocabulary, which leads to better speech. The more they read the better their understanding. They have a better understanding when they hear someone talk. .Extensive reading increases their motivation to read more, and it improves their character and develops more empathy to boost their selfesteem.

4. The Practice: "Best Reader" Award is given to the student who does maximum reading in an academic year. The award is initiated to develop a love for reading. The socio economic and educational background along with adverse technological impact (Cell phone use rather than reading) prevents them from developing book reading habits. Research has repeatedly shown that motivation to read decreases with age, especially if students' attitudes towards reading become less positive. If children do not enjoy reading when they are young, then they are unlikely to do so when they get older. Hence the best reader program was initiated to attract the young person to read. Award Criteria: 1. The Reading Participation Award Program is open to all students registered with the College Library. 2. The Award Program runs from July 1st to Jan 31st each year. Books or items must be read within this time period. 3. Participants must register each item they read by filling in an entry form available in the Library. 4. Reading materials may include books or articles in magazines or newspapers. 5. While the total number of books read is not the main criteria, participants are encouraged to submit entries regularly throughout the academic year. Reading progress and an

interest in reading is what will be looking for. 6. Participants are encouraged to read a variety of materials, such as different genres of fiction (e.g. horror, adventure, science fiction, mystery, westerns, etc.) and different types of non-fiction (e.g. textbooks, magazines, biographies, or other information reading).

5. Obstacles faced if any and strategies adopted to overcome them: Obstacles were lack of enough copies of certain books so that it is available to each student. Another obstacle is the lack of adequate space in the reading room to meet the needs of all students. Efforts are on to improve the availability of books and to increase the reading space.

6. Evidence of success: It is observed that more number of students start to spend time in the library. The students spend more time reading. The activity promotes reading as a lifelong activity for both educational and recreational reasons. The following are important changes observed in students: Improved Knowledge Better results Better vocabulary Better understanding Better character development and overall personality development.

7. Resources required: Adequate finance is required to develop a wide variety of collections in the library. More finances are required to have a spacious library