



Internal Quality Assurance Cell DAYANAND GIRLS P.G. COLLEGE



BEST PRACTICE - 1

TITLE:

Health is Wealth -- Health Initiatives and Well-Being in Context of Holistic Development of Students

OBJECTIVES:

1. To focus on Health Benefits on all counts - Physical health, Mental Health, Fitness Campaigns, Nutrition, Hygienic Practices, Health and Self-defence Camps, Stress Management and effective Counselling towards healthy lifestyle.
2. To focus on proactive participation of girls not merely in College but also in nearby localities and adopted villages in health camps organised very often as a best practice of our Institution.
3. To lay emphasis on a co-ordinated balance between health, mental well-being, work productivity with resilience and hygienic practices.
4. To create consciousness towards involvement in Health Camps, Blood donation Camps, Eye Camps and various benefits of health counselling and well-being.

THE CONTEXT:

Adhering to the underlying principle of "Living a Healthier Life is the key to success", the College seeks pride in the fact that it has commendably endeavoured to focus on Health concerns so as to provide not only just Physical Fitness to its students but also mental health, counselling, Lectures sessions, Self-defense activities, Health Camps (Blood Donation, Eye Testing, Yoga, Lecture health Experts on preventive health cum nutrition and hygienic practices) for empowering students and women of adopted villages to understand the essentialities of the challenging contextual issue of 'Health is Wealth' and non-sedentary lifestyle.

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THE PRACTICE:

- Empowering girls to proactively participate in various health Camps- related to hygiene practices (special mention to installing incinerators), blood donation, and eye testing and stress management discourses both in Campus, slum areas and adopted villages under Unnat Bharat Abhiyaan.
- Counselling is provided very often in solving health and ailment related issues – the mechanism entailing constructive feedback (for further improvements towards holistic health approach) including ethics cum values incorporated, redressal of students' grievances and enhancement of decision making skills.
- Regular Health Monitoring, and health assessments in its diverse spheres by Camps, Fitness activities, distribution of books on Well-being and Lectures by Experts.
- The College efforts to create an impacting, inclusive, positive health culture where our students nurture a space to share vulnerabilities with timely guidance, assistance in need of empathy and initiative support.

EVIDENCE OF SUCCESS:

- ❖ An outcome of this best practice relates to successfully expressing and reaching out awaringly regarding the detrimental health impacts of unhealthy lifestyles.
- ❖ Learners will and to a large extent have developed increasing awareness towards improving their qualitative living standards, Well-being count and happily empowering themselves with 'Health is Wealth ' attitude.
- ❖ Correlating the concept of health, happiness and wellness, the participation of students in spreading awareness in village areas – mainly women to maintain healthy hygienic



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practices – has proved to be commendable and result oriented in less privileged segments of society.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:

Shortage of funds towards contributory activities poses some constraint in carrying outreach programmes. Also, one of the major problems confronted is students not granted permission especially minorities and from less educated backgrounds. But such challenging issues and resource requirement are constantly been dealt with proficiently by the College Committees and Counselling Cell.

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