

Best Practice -1

Title of the practice- Establishment of Hygiene and Sanitation Cell

Objective- Maintaining menstrual hygiene is crucial for girls in India, as it directly impacts their health, well-being, and overall quality of life. Lack of proper menstrual hygiene practices is one of the hindrances in attaining health and wellness, leads to absenteeism of students, lack of focus in personal and professional developments and also impact mental health, dignity and confidence. Since the problem of maintaining menstrual hygiene practices is more in socially & economically disadvantaged class and the college caters to the academic need of more than 50% of girl students who belong to socially & economically disadvantaged/ minority class therefore need was felt to educate students on this issue. College has established Hygiene and Sanitation Cell with the following objectives.

- To create awareness about menstrual hygiene practices and importance of maintaining cleanliness during menstruation.
- To help students to overcome societal stigma and cultural taboos surrounding menstrual hygiene.
- To provide access to Menstrual Products.
- To help students learn the techniques of sanitary pad making and to motivate them for start up in sanitary pad making business. So that they can promote menstrual hygiene and help other girls in getting sanitary pads at a very nominal prices.

Context- Menstrual hygiene is a critical aspect of girls' health, but many girls in India face challenges due to a lack of awareness, affordability, and access to sanitary products. The stigma associated with menstruation can also contribute to inadequate menstrual hygiene management. To address menstrual hygiene effectively, it's essential to implement comprehensive programs that include education, access to affordable and quality menstrual products, and the provision of sanitary facilities. College took the initiative for Establishment of Hygiene and Sanitation Cell to contribute not only to the well-being of college girls students but also to the broader health and development goals of communities.

Practice- Napkin making Workshop held from 16/12/22 to 23/12/22 for sanitary napkin where student learnt to make sanitary napkins. More than 40 students participated in the workshop in which they have manufactured more than 500 sanitary napkins. Slogan competition on menstrual hygiene day on 29/05/2023 in collaboration with Alda foundation. More than 40 students have participated in the competition and express their views through different slogans. Mahima Rajpoot of B.Sc. Fourth semester got first prize in this competition.

Evidence of Success- Ladies Club of SBI donated Sanitary Napkin making Machines and raw material worth more than 4 lakhs rupees. Sanitary Napkin making Workshop was held in the college from 16/12/22 to 23/12/22 in which more than 40 students have participated and where more than 500 sanitary napkins were manufactured by students.

Problems Encountered- Societal stigma and cultural taboos surrounding menstruation persist in some parts of India. This can lead to feelings of shame and embarrassment, hindering open discussions about menstrual hygiene. The stigma may also contribute to girls using inadequate or unsanitary materials during their periods. Removing these social stigmas amongst students are

the main challenge faced by the Hygiene and Sanitation Cell. Motivating more and more students to participate in workshops on sanitary napkin making and adopting it as a means of self employment





Best Practice -2

Title of the practice- Talent Hunt Programme

Objective- Talent hunt programs provide a platform for identifying and recognizing individuals with exceptional skills and abilities. This can be in areas such as music, dance, acting, sports, academic excellence, and more. Identifying talent early allows for targeted support and development. College has been successfully conducting talent hunt programme to attain following objectives.

- To provide a platform for identifying and recognizing girls with exceptional skills and abilities.
- To promote diversity and inclusivity by giving students from different backgrounds and communities, the opportunity to showcase their unique talents.
- To encourages students to hone their skills and pursue excellence in their chosen field. Knowing that there is a platform to showcase their talents motivates participants to invest time and effort in skill development.
- To significantly boost confidence and self-esteem.
- To promote cultural and artistic enrichment.
- Successful participants may find employment or entrepreneurial opportunities.
- Successful participants in talent hunt programs can serve as inspiration for others.

Context- Talent hunts help in promoting diversity and inclusivity by giving individuals from different backgrounds and communities the opportunity to showcase their unique talents. It can break down barriers and provide a level playing field for participants. Participation in talent hunt programs encourages individuals to hone their skills and pursue excellence in their chosen field. Knowing that there is a platform to showcase their talents motivates participants to invest time and effort in skill development. Being part of a talent hunt and receiving recognition for one's abilities can significantly boost confidence and self-esteem. This positive reinforcement can have a lasting impact on an individual's personal and professional growth.

Practice-

Talent Hunt program was organized by the Cultural Committee of the College on 21.11.22.

In which solo singing, solo dance, group singing and dance competition and short film competitions were organised. A total of 18 singles and 3 group participants participated in the dance competition. Result of solo dance competition was as follows

I Prize- Suhani Jha B. A. Sem 1,

II Prize- Nisha Nikam B. Com Sem 3, and

III Prize -vidushi Rawat B. Com

Consolation prize winners Jyoti Upadhyay B. A. Sem 3, Nandita Srivastava B. Com Sem 3

The judges of dance competition were Dr. Sarita Kanojia, Dr. Seema Pandey and Dr. Apoorva Awasthi and Result of group dance competition was as follows

I Prize - Divyaashi Gautam, Arpita Awasthi,

II Prize- - Kajal Patel, Deeksha Patel, Kajal Kesarwala and

III Prize – Soumya, Shraddha Yadav, Jyoti Bharti

A total of 20 participants participated in the singing competition in which the jury was headed by Prof. Seema Sarkar, Dr. Avnika, Mr. Rishabh Mishra.

Result of solo singing competition was as follows

I Prize- Yashpriya Srivastava B. A. Sem 3

II Prize- Shreya Srivastava B. A. Sem 1

III Prize - Niharika Verma B. A. sem 5

consolation prize: Akanksha Rai B. Com Sem 3, Ayushi Sharma B. S. C. Sem 1, Vaishnavi Singh B. A. sem 3

5 participants of the short film have made a film on the talent Hunt programme

Evidence of Success- More and more students are participating in Inter collegiate and Inter Universities events to showcase their talents and are winning prizes. This gives more confidence to students in seriously thinking their skills and talents as a career options. Talent hunts programme is also helping in collaboration with other institutions, and experts in the relevant fields. This collaboration can lead to mentorship programs, internships, and partnerships that bridge the gap between education and industry requirements.

Problems Encountered- Effective coordination among organizing committee members, faculty, and participants is crucial. Encouraging student participation can be difficult, especially if they are hesitant to showcase their talents in a public setting. The selection of judges who are impartial and knowledgeable about the various talents being showcased is crucial to maintaining the credibility of the event. College calendars are often packed with academic and extracurricular activities. Finding a suitable time for the talent hunt that doesn't clash with exams, other events, or holidays. Careful planning, effective communication, and collaboration with different departments helped to overcome these problems.

