

BEST PRACTICES OF COLLEGE

INTERACTION PROGRAM WITH ADOLESCENT GIRLS REGARDING HEALTH AND HYGIENE.

➤ **Goals:**

To elicit the beliefs, conception and source of information regarding menstruation among the study population and

To find out the status of menstrual hygiene among adolescent girls.

➤ **Context:**

Menstruation is a phenomenon unique to the females. The onset of menstruation is one of the most important changes occurring among the girls during the adolescent years. The first menstruation (menarche) occurs between 11 and 15 years with a mean of 13 years.

Adolescent girls constitute a vulnerable group, particularly in India where female child is neglected one. Menstruation is still regarded as something unclean or dirty in Indian society. The reaction to menstruation depends upon awareness and knowledge about the subject. The manner in which a girl learns about menstruation and its associated changes may have an impact on her response to the event of menarche. Although menstruation is a natural process, it is linked with several misconceptions and practices, which sometimes result into adverse health outcomes.

Hygiene-related practices of women during menstruation are of considerable importance, as it has a health impact in terms of increased vulnerability to reproductive tract infections (RTI). The interplay of socio-economic status, menstrual hygiene practices and RTI are noticeable. Today millions of women are sufferers of RTI and its complications and often the infection is transmitted to the offspring of the pregnant mother.

Women having better knowledge regarding menstrual hygiene and safe practices are less vulnerable to RTI and its consequences. Therefore, increased knowledge about menstruation right from childhood may escalate safe practices and may help in mitigating the suffering of millions of women.

➤ **Practice:**

We contact with ASHA workers and ZILHA PARISHAD SCHOOL authorities of nearby villages and ask them to co-operate us to communicate with adolescent girls from villages and schools. In these groups we with the help of posters and blackboard diagrams we explain about menstrual cycle and personal hygiene.

➤ **Evidence of Success:**

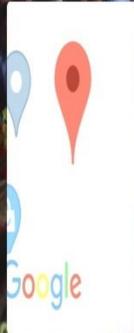
After our group discussion we discuss about various doubts and questions regarding menses orally or through chits. Each year we communicate with at least 50-70 students of nearby villages of each school.



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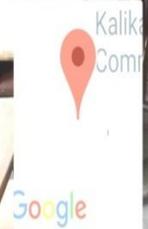
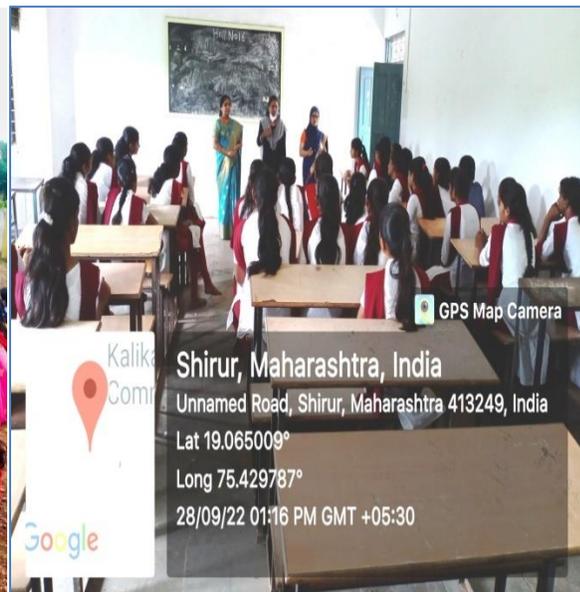
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Beed, Maharashtra, India
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Shirur, Maharashtra, India
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UPBRINGING OF NUTRITION AWARENESS AMONG PRIMARY SCHOOL STUDENTS EACH YEAR ON BEHALF OF WORLD NUTRITION WEEK.

➤ **Goals:**

To bring awareness regarding nutrition

To provide nutrition education to primary school students and improve their nutrition knowledge.

➤ **Context:**

Many different types of interventions are commonly quoted when discussing how the lives of people in developing countries can be improved. Typically, these are measures in the area of infrastructure, production methods, policies (regarding trade, agriculture, etc.), environment, and so on. Nutrition education is hardly ever included in such a list. For prospering societies, nutrition education, particularly in schools, can indeed contribute significantly to sustainable development in poor countries. Among the many pillars that form the basis of a thriving nation, three are particularly important: nutrition, health and education. School-based nutrition education – properly done - touches upon all of them. It almost goes without saying that health is important to development – without it, a country and its population cannot function properly. Good nutrition is another pillar of development, and not only because food is the most basic human need. Without proper nutrition, health is impossible. The amount and kinds of foods people eat, and their nutritional quality and safety, have direct effects on people's health and well-being, and hence on their ability to act to improve their own lives.

➤ **Practice:**

Each year on behalf of world nutrition week we visit to primary schools of Shirur (ka) and nearby villages to educate primary school students regarding good nutrition and health benefits. We educate these students with the help of posters, calendars, charts, speech and songs. We also interact with them and try to know their knowledge and clear their various misunderstandings and doubts regarding food and nutrition.

➤ **Evidence of Success:**

Each year we interact with students after completion of program personally and also tell them about nutritious foods they could afford to eat. Each year near about 70-85 students are benefited by our program.

Visit to Rakshasbhavan primary schoolon 12/09/22



Visited ZilhaParishadPrimarySchoolShirur (Kasar)



Visit to Primary School 03/02/2023




Principal
Kalikadevi Arts, Comm. & Sci. College,
Shirur (Ka.), Dist. Beed.