



Adarsh Shikshan Sanstha's
KALIKADEVI ARTS, COMMERCE AND SCIENCE COLLEGE
SHIRUR KASAR, Dist. -Beed
Internal Quality Assurance Cell

CRITERION VIIth

Institutional Values and Best Practices

Key Indicator 7.2.1: Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual

**Two Best Practices Successfully Implemented
By the Institution**

BEST PRACTICES: I

1) Title Of Best Practices- Interaction program with adolescent girls regarding health

And hygiene.

2) Objectives of the Practice -

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.

3) The 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.

4) The 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.

5) Evidence of Success:

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

6) Photos-

Interaction program with adolescent girls 2019-2020



Interaction program with adolescent girls 2020-2021



Interaction program with adolescent girls 2021-2022



BEST PRACTICES: II

1) Title Of Best Practices -We conduct Mahila Melawa and try to empower women through Various guest Lectures on health, legal matters and economic independence.

2) Objectives of the Practice –

To empower women regarding various women problems and current issues related to women like; education, legal rights, human rights, health and nutrition and financial independence.

3) The Context:

Knowledge is life of every Indian woman. It results with the experience that she gains from environment and the supporting world around her, which allow her to live as knowledgeable productive members of the society. Today women play the leading role in developing the society. Society cannot be created without an active contribution of women. In India women do not use their rights and neither is considered independent to take any decision. In order to provide equal status in the society women need to be empowered. Women's empowerment in India is heavily dependent on many different variables that includes geographical location (urban/rural), educational status, social status (caste and class), and age. Policies on women's empowerment exist at the national, state, and local (Panchayat) levels in many sectors, including health, education, economic opportunities, gender-based violence, and political participation.

4) The Practice:

On behalf of Sawitribai Phule and Jijabai Anniversary and Makarsankranti each year we organize MAHILA MELAWA and invite women from different fields; like school teachers, office staff, nagarsevikas and home makers. Sometimes we visit nearby villages or local women to conduct the meeting. On this occasion we distribute informative folders, pamphlets and gifts to them.

5) Evidence of Success:

Each year women from local community and mother parents of our college students visit to our college enthusiastically whenever invited and give positive remarks regarding our programs.

6) Photos-

Women Meet 2019-2020



WomenMeet2020-2021

In academic year 2020-2021 because of COVID 10 we could not continue the practice of Women Meet but we had visited the women of our locale and tried to aware them regarding women health issues



WomenMeet2021-2022






Principal

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