



**Mahatma Gandhi Vidyamandir's  
Arts, Science and Commerce College  
Harsul, Tryambakeshwar Nashik**



**Best Practices-1**

**Title of the Practice:** - To create awareness among girl students about health-related issues.

**Objectives of the Practice:**

- To create awareness about health-related issues.
- To provide psycho social counselling to students for maintaining psychological health.
- To provide guidance for stress management.
- To identify the girl students having hemoglobin deficiency and malnutrition.
- To provide medical assistance to the girl students.

**The Context:**

Harsul and the surrounding region has been declared as “Tribal Zone” by the Govt. of Maharashtra. Majority of our students are socially and economically backward. According to the motto of our institution “Bahujan Hitay Bahujan Sukhay”, we are working sincerely for the welfare and betterment of this downtrodden section of society. As the saying goes ‘Health is Wealth’, girl students particularly in Tribal area suffer from common health issues such as Hemoglobin deficiency, Malnutrition, Depression, Stress related issues etc. Majority of the female students enrolled in college come from socially and economically backward families and are underweight.

India has high prevalence of iron-deficiency and anemia among women. Between 60-70% adolescent girls are anemic, a condition that can result in adverse pregnancy outcomes or even death, as well as reduced work productivity and impaired physical capabilities. In this context, it was felt that these girl students should be provided Medical and psychological counselling, guidance and assistance to overcome this problem.

**Practice:** The Ladies Forum has been constituted for the purpose of providing a platform to the girl students. It addresses a wide range of issues, ranging from Psycho social counselling to Physical Health. The college is striving sincerely for the welfare and betterment of girl students and for the cause of gender equity. Academic year 2018-19 has been Silver Jubilee Year of the college. Therefore, it was decided to focus on health issues of girl students. The Ladies Forum has organized Guest Lectures by Experts on Female Health Issues and have conducted sessions to overcome stress related issues among girl students. The Ladies Forum and National Service Scheme jointly organized a Health Check-up Camp for the girl students. The plan was worked out in association with a team from Rural Hospital, Harsul. The team of Medical Officers and supporting staff with the necessary medical equipment and drugs- (supplements- iron and folic acid tablets) conducted the physical check-up and the girl students diagnosed with anemia and hemoglobin deficiency were given required supplements.

**Evidence of Success:** With the help Doctors of Government Hospital situated in Harsul, the college has carried this program. Girl students participating in the program. Some of the girl students were diagnosed with anemia and other minor health issues. Doctors prescribed them with multivitamin and folic acid tablets. The medical experts also delivered lectures for preserving physical and psychological health. Most of the girls recovered from the problems after this program.

**Problems Encountered and Resourced Required** – The main reason of Anemia and Malnutrition among girl students is, poor and inadequate diet. It is difficult to fulfil the dietary requirements of these students, which is the main cause of Anemia. The college requires additional financial and human resources to tackle this issue.



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**Best Practices-2**

**Title of the Practice:** Awareness Programme for Tribal People (villagers) about Various Welfare Schemes.

**Objectives of the Practice:**

- To aware tribal community about various welfare schemes of the government.
- To help empower tribal community economically.
- To bring tribal community in the main stream of development
- To help them benefited economically through various schemes launched by the government.

**The Context:**

The majority of population in Harsul region belonging to tribal communities are poor and illiterate. There are number of welfare schemes launched by the government for the tribal people. But the number of beneficiaries in Harsul region is low because people are not aware of these schemes.

**Practice:** NSS unit of the college along with Gramsevak visited some villages and informed people about various government welfare schemes launched by central, state government and other local authorities regarding agriculture, education, health, employment etc. The guidance has been provided about various projects, schemes, the eligibility criteria, documents required and application procedure to become a beneficiary of those schemes.

**Evidence of Success:** Due to awareness program carried out by the college, number of villagers started applying of various welfare schemes launched by the various government authorities. Many villagers were benefited by the awareness program launched by the institute.

**Problems Encountered and Resources Required:** The main reason of the people of tribal area being unaware about various schemes launched by the government authorities is their own negligence and the other reason is failure of government officials regarding the promotion of their schemes. Hence the college took the initiative to reach out for the people who are either unaware or deprived of welfare schemes started by the government. Human and financial resources required to carry out this type of programs. Banners, hoardings, pamphlets, handbills featuring various schemes require some financial aid. Human resource is also required to reach various villages and its people to inform and spread general awareness regarding these schemes.

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