



**Rajmata Jijau Shikshan Prasarak Mandal's**  
**Arts, Commerce & Science College**  
**Landewadi, Bhosari, Pune-411 039.**

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**Best Practice 1**

**1. Title of the practice:**

Guidance on Women Health

**2. Objectives :**

Currently women are facing numerous health issues, which ultimately affect their daily routine, their performance and many more things. Generally women ignore their health issues. The objectives of this guidance lecture are to empower women to take responsibility for their health, to understand their health problems and to identify the health services, resources and products that best help them prevent and reduce poor health.

**3. The Context:**

Women's health is increasingly recognized as a global health priority. The leading causes of death in women aged between 15 to 44 years include infections diseases such as HIV/AIDS, tuberculosis, maternal health conditions and injuries. Guidance on Women Health is very important for all the women, working as well as house makers. Such lectures can aware the girls as well as women staff regarding their health issues. During the pandemic situation of COVID -19 it was difficult to organize such lecture on women's health. There were some issues in organizing the lecture such as, availability of guest to deliver the lecture, technical, network and login issue.

**4. The Practice:**

To aware the women staff and girl students, the problems regarding their health the guest lecture on “ **Guidance on Women Health**” was organized



on online mode on 2<sup>nd</sup> February 2021 under the Jijau Women Empowerment Committee (Best Practice). It was delivered by Dr. Sunita Pote, MBBS (Gynec), Shirur, Pune.

Dr. Pote explained by presenting PPT to the students in detail about how to care about their health, how to maintain proper diet, proper exercises, eating proper and nutritious food and maintaining hygiene during menstrual cycle.

Though there was a pandemic situation of COVID-19, the lecture was highly attended and appreciated by women staff and girl students.

The girl students also discussed many problems about their health with the speaker and also received satisfactory response of all their problems with solutions.

The lecture contributed towards a great awareness in girls about maintaining proper health and hygiene which is very necessary in day to day life.

#### **5. Evidence of success:**

We got overwhelming response for this program. 153 number of girl students attended the program. The girl students discussed many problems about their health with the speaker and also received satisfactory response of all their problems with solutions.

The program was carried out successfully and got a positive feedback through the Google form.

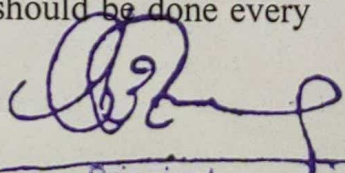
#### **6. Problems Encountered and Resources Required:**

The girls and women were hesitating to tell their problems. It was difficult to convince them to tell their problems. Also, the lecture was arranged on online mode, there were some technical issues, network problem and login issue. Due to login issue, some students join the lecture late. So it was difficult to explain again and again. Also it is little bit difficult to engage students during the session. But the problems were solved accordingly.

More expertise will required to solve the various health related problems of women. So more sessions will be required to aware about women's health.

Also health checkup of girl students and women staff should be done every year.



  
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## **Best Practice 2**

### **1. Title of the practice:**

Face Mask Making Activity in Covid -19 pandemic

### **2. Objectives:**

Wearing a face mask is recommended as a part of personal protective equipment and as a public health measure to prevent the spread of coronavirus disease 2019 pandemic. The objective of this face mask making activity for students is, to make a mask by themselves and prevent them and the society from spreading of corona virus disease, to aware the society about the importance of using a mask, to inculcate the features of entrepreneurship among the students.

### **3. The Context:**

For covering limit the volume and travel distance of expiratory droplets dispersed when talking, breathing and coughing, A face mask covering without vents and holes will also filter out particles containing the virus from inhaled and exhaled air, reducing the chances of infection.

The World Health Organization (WHO) advises the use of masks as part of a comprehensive package of prevention and control measures to limit the spread of COVID-19. Wearing face masks is recommended as part of personal protective equipment and as a public health measure to prevent the spread of coronavirus disease 2019 (COVID-19). To aware the students about the importance of using mask and to inculcate the creativity and the features of entrepreneurship among the students, the college decided to conduct the activity, **“How to make a mask in an easy way”**.

### **4. The Practice:**

This activity was undertaken by the **“Jijau Women Empowerment”** committee because we all are facing difficult times in this Covid-19 situation. Wearing a mask is now compulsory for each and every person to keep us safe and protected from spreading Corona disease. To aware students from this situation; a practical demonstration lecture on **“How to make a mask in an easy way in covid-19 pandemic”** was arranged on online mode on 17<sup>th</sup> March 2021. The speaker demonstrated different types of making the masks.



### **5.Evidence of success:**

The mask making activity was carried out successfully with the enthusiastic participation of students. We got overwhelming response for this program. 67 girl students attended the program. They curiously asked many questions during the demonstration and discussion. The program was carried out successfully and got a positive feedback through the Google form.

### **6. Problems Encountered and Resources Required:**

As the lecture was arranged in online mode, there were some technical issues, network problem and login issue. Due to login issue, some students join the lecture late. So it was difficult to explain again and again. Also it is little bit difficult to engage students during the session. But the problems were solved accordingly.



A stylized handwritten signature in purple ink, consisting of a large, flowing 'R' followed by a long horizontal stroke.

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