

**Guru Vishwambharkrupa Bahuuddeshiya Shikshan Prasarak Mandal Lakkadjawalga's**

**SHIVNERI MAHA VIDYALAYA,  
SHIRUR ANANTPAL, DIST. LATUR- 413544**

**BEST PRACTICE-I**

**ASSIST AND EDUCATE GIRLS STUDENTS TO HANDLE MENSTRUATION  
PHYSICALLY AND PSYCHOLOGICALLY**

**Academic Year 2021-22**

**INTERNAL QUALITY ASSURANCE CELL**

## **BEST PRACTICE –I**

**Title of the Practice:** ASSIST AND EDUCATE GIRLS STUDENTS TO HANDLE MENSTRUATION PHYSICALLY AND PSYCHOLOGICALLY

### **1. Objectives of the Practice:**

- Creating awareness on menstruation, menstrual cycle and its management.
- Access to sanitary napkin to girls' students
- Ensuring safe and environment friendly disposal of sanitary pad.
- To reduce absenteeism from classes during menstruation this leads to poor performance.

### **Intended Outcomes of the Practice:**

- Awareness among the girls' students regarding use of sanitary pads.
- Girls' students from rural background will intend to use of sanitary pads during M.C.
- Proper hygiene will be maintained during these critical periods of girl's students.
- Sufficient instructions were given to students for use of pads and its safe destruction.
- Health related issues will be addressed.

### **2. The Context of the Best Practice:**

Girls face prejudiced attitudes on menstruation due to social and cultural restriction. They experience embarrassment and stress during periods. In general girls lack awareness or have inadequate information about menstruation.

There are more than 50% female students in our college. Majority of them are from rural background and hails from economical weaker section. Many times, due to financial constraints girls are deprived of access to sanitary napkin. This was resulting in skipping of classes.

Non accessibilities of proper menstrual protection products and non-hygiene practices leads to physical and mental stress. Therefore, it was that menstruation should not come in the way of our girl student performances. Hence it was planned to conduct programme for creating awareness and health risks associated. They should be able to participate in daily activities during their periods without being subjected to stigma.

### **The Actual Practice and Its Implementation:**

The inconvenience and health risks faced by our girls' students for not access to sanitary napkins during periods was discussed in the green audit committee meeting in our college. It was decided to conduct awareness program for the girl students and provide sanitary napkins. Lady staff members and volunteers are requested to maintain and distribute sanitary pads. It was decided to charge nominal fee of Rs. 05 rupees and collected fees will be used for next purchase and in case of shortage of amount will be fulfilled by the lady staff members.

### **3. Evidence of Success of the Practice:**

Awareness program helped to understand that the menstruation is normal biological process, the facts revealed.

1. They feel safe in cases of inexperienced girls' students' menstruation.
2. Help them to manage periods they need not to carry the pads in their bags.
3. Help them to overcome the menstruation pressure.
4. Helped to maintain healthy menstruation cycles.
5. Reduced the risk of urinary tract infection because of using damp menstruation clothes using the sanitary pads for longer times.

### **4. Problems Encountered and Resources Required Implementing this practice**

The lack of awareness amongst the girl regarding the importance of hygiene during the menstruation and fear while sharing the problem has been solved through counselling only.



**Demonstration of Sanitary pad vending machine**

**Guru Vishwambharkrupa Bahuuddeshiya Shikshan Prasarak Mandal Lakkadjawalga's**

**SHIVNERI MAHA VIDYALAYA,  
SHIRUR ANANTPAL, DIST. LATUR- 413544**

**BEST PRACTICE-II**

**COVID-19 VACCINATION DRIVE IN COLLEGE CAMPUS**

**Academic Year 2021-22**

**INTERNAL QUALITY ASSURANCE CELL**

## **BEST PRACTICE- II**

**Title of the Practice:** COVID-19 VACCINATION DRIVE IN COLLEGE CAMPUS

### **4. Objectives of the Practice:**

- The introduction of COVID-19 vaccine is a major step towards reducing the spread of the pandemic and further reducing the associated disease and deaths.
- Vaccination should be easily available for rural population like Shirur Anantpal.
- Booster vaccinations aim further to strengthen the immune barrier of the high-risk population and effectively curb the spread of the epidemic situation.
- The COVID-19 vaccine introduction is the world's largest vaccination drive and roll out requires planning at various levels.
- Students from our college should take proper vaccine as per their requirement because these vaccinated people can come to college and they will be lesser vulnerable to infection.

### **Intended Outcomes of the Practice:**

- Awareness among the students and other stakeholders of our institute regarding Immunizations especially Covid-19.
- Safe vaccine is powerful tool in battle against covid-19 virus.
- The data collected will allow action to be taken where needed and vaccination strategies to be fine-tuned, as well as being used to inform and reassure the public.
- The acceptance and uptake of the vaccines by the population is the key to a successful COVID-19 vaccination programme.
- Contribution to Maharashtra State's Mission **KAVACH-KUNDAL**.

### **5. The Context of the Best Practice:**

Barriers to uptake need to be identified and there is a need to understand and properly address individuals' and communities' beliefs, concerns and expectations regarding the vaccines and the disease. Early in the campaigns, scientific knowledge regarding the impact of vaccination was limited, as was the supply of vaccines so we have to promote vaccination and need to change the attitudes of peoples towards misinformation regarding vaccine. In the first phases of vaccination, the main objectives were to reduce mortality and morbidity in those populations most at risk and to improve the resilience of health systems. Thus in such critical phase we had decided to contribute to society by making awareness regarding vaccination our priority and making available place for vaccine in our college campus.

## 6. The Actual Practice and Its Implementation:

Students and other stakeholders advised to take vaccine dose as though the Maharashtra State's mission KAVACH-KUNDAL. This scheme was implanted by state during rising death toll of corona patients in area was very high. To reduce such no of corona patients and make most of population immune to infection our college decided to take part in battle against corona. Through the mission we have decided to implement such scheme twice in same month so as to get maximum of remaining students get vaccine at earliest possible.

Maharashtra state's **Mission Kavach-Kundal** was implemented on date 12<sup>th</sup> October 2021 moreover many peoples were advised to take vaccine and all the myth were busted regarding vaccine from people's minds. In this program we had 31 participant vaccinated successfully. Similar type of program was arranged through **Mission Yuva Swasth** which was implemented at Shivneri College campus Shirur Anantpal Dist.-Latur Maharashtra dated on 30<sup>th</sup> October 2021 and more than 30 participants got covid-19 vaccine in this program. All the stakeholders, parents and students along with teaching and non-teaching staffs were advised to take vaccine and no. of myth associated with Covid-19 vaccine were busted.

In these programs peoples advised to take Vaccines and Keep physical distance of at least 1 meter from others, even if they don't appear to be sick. Avoid crowds and close contact. Wear a properly fitted mask when physical distancing is not possible and in poorly ventilated settings. Clean your hands frequently with alcohol-based hand rub or soap and water. Cover your mouth and nose with a bent elbow or tissue when you cough or sneeze. Dispose of used tissues immediately and clean hands regularly. If you develop symptoms or test positive for COVID-19, self-isolate until you recover.

## 7. Evidence of Success of the Practice:

Awareness program helped to understand how to make your environment as safe as possible:

Peoples got vaccine dose and immune can live in risk free environment. Thus peoples promised us the following things which was further success.

- Avoid the 3Cs: spaces that are closed, crowded or involve close contact.
- Meet people outside. Outdoor gatherings are safer than indoor ones, particularly if indoor spaces are small and without outdoor air coming in.

Thus through these two program students and other peoples were got vaccinated and moreover got aware about vaccinations and risk of infection. Peoples also got information how we can cope with this virus attack covid-19.



**Covid Vaccination Drive-I under 'Mission Kavach-Kundal' on 12.10.2021 in college**



**Covid Vaccination Drive-II under Mission Yuva Swasth on 30.10.2021**