

## **Title of the Practice: Health And Hygiene Awareness**

### **Objectives:**

1. To develop health conscious culture among the students and the staff.
2. To better understand the correlation between Mental and Physical fitness and its effect on individuals.
3. To help individuals (staff and Students) to maintain quality of work life by maintaining mental and physical fitness.
4. To help individuals (Staff and Students) to create self-satisfaction for maintaining and utilizing their potential to the fullest.

### **The context:**

Our College has always given priority to the health and hygiene of the staff and students as well. In today's scenario human values are of prime importance. Every organization now treat its employees as assets rather than liabilities. Considering this, our college has decided to undertake practice of "Health and Hygiene". Our management believes that if we take care of our employees (Staff and Students as well), they will give their 100 percent for development of college as a whole.

### **Practice:**

Under the practice of "Health and Hygiene" college has decided to implement various activities with reference to Health and Hygiene. Such activities as organizing expert session on Health for motivating students for adopting regular health practices , National level Marathon for contributing towards health consciousness and social responsibility, Medical checkup of students and staff above age of 40 at medical center of the parent institute and providing counseling to needy for maintaining health, Hemoglobin test , Installation of Green Gym with objective of providing easy access to staff and students for physical fitness, Providing med claim to the students for overcoming future uncertainty , Provision of vending Machine for females(sanitization). Yoga Day is also celebrated every year on 21<sup>st</sup> June and is open to all. The aim is to have orientation towards enhancing more awareness about importance of mental and physical fitness by adopting regular practice of Yoga and its numerous benefits.

### **Outcome:**

- It was observed that students were motivated due to the conduct of Health session of eminent speaker.
- Interest and Participation of College students in physical activities seem to be increased.
- Medical checkup and Hemoglobin test helped the students to know their physical state.
- Counseling regarding health issues and need of Physical fitness was done by concerned medical persons to make students aware of it.
- Changed diet pattern and increased attendance was seen as outcome of above mentioned aspects. Every teacher was having keen observation w.r.t. it.

- Girl students were having open communication with concerned teachers regarding their personal health issues.

**Problems encountered and resources required:**

1. Counseling for enhancing student's interest and willing participation in above mentioned activities was required.
2. Several benefits of all such activities were communicated with students for reducing their resistance and enhancing awareness and participation.

**Resources Required:** Our College has best infrastructure to conduct several indoor activities. Even the support of parent institute, MVP's Medical College and all concerned people is remarkable and notable.