

Modern Education Society's,  
**College of Education, Vita**  
2020-21

**1 Best Practice**

“Health Awareness Program” Objectives of the practice

**Objectives**

- 1.To create awareness on various health or wellness related topics among students and public.
- 2.Sensitizing girls and women about their health.
- 3.To support girls and bring awareness on menstrual and gender related issues
4. To create awareness among the parents regarding girls early marriages to avoid health and medical issues.

**The context-**

Our college students are from utmost rural areas. Those students do not know about diet and health. Therefore, it has become more important to monitor the health of students. Due to the of consumer society and environmental pollution, students are one of the most , who face a certain amount of negative changes. At the san same time, here is no health awareness among the people there.

Therefore, it is very important to create public awareness about health among the students in the college and in the locality. If we develop an interactive Health Awareness system that would teach the students about health consciousness, we would be able to make the students aware of healthy food life style.

**Practice-**

**1.Covid-19 related practice-** Public awareness was created in the society about Covid-19 The institute was an authorized Covid-19

Centre with Vaccination camp was organized in the college. . Our staff members also worked as a Corona Warriors.

**2. Programs on Women's Health** – Women's health is being neglected due to society's customs, traditions, superstitions, lack of medical facilities and neglect of personal health.

The prevalence of the disease is increasing among women. Therefore, lectures on women's health and daily diet and Menstrual management are organized in the college,

**3. Programs on Yoga-** Yoga is essential for all-round improvement and intellectual so the yoga camp also organized in the college.

**Evidence of success-** With a view to improve awareness lectures organized on yoga, women health, Covid -19, healthy food etc. have been taken up to spread the message of prevention and promotion of health through wellness practice throughout the year. Student also participate in health awareness program and also yoga programs. This consciousness in the students community is looking towards more and more success.

### **Problems Encountered and Resources Required**

1. Dealing with different people, adapting to change and keeping people motivated are universal challenges face in any program.
2. Women and girls in rural areas are not ready to tell about the disease.
3. Poverty is a major obstacle to obtaining a nutritious diet.



Vaccination  
camp



