



SSR Memorial Trust's

**SSR**

**COLLEGE OF ARTS, COMMERCE & SCIENCE**

Affiliated to Savitribai Phule Pune University



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## **Best Practices**

As the body and mind are closely related, the mind cannot be healthy without good health. Health refers to a healthy stage of mind and a body physically fit to have no disorder, illness or disease. With a view to realizing this end, the prominent best practices the college carries out comprises **Students' Counseling and Health and Hygiene Awareness.**

The first activity ensures overall qualitative improvement through helping the students deal with the complexities of their everyday life and enabling them meeting up the challenges of adolescence. To meet this noble end, the college went an extra mile and set up a full-fledged Counseling cell in the year 2015 in collaboration with the Shri.Vinoba Bhawe Government Hospital, Dadra Nagar Haveli. At the same time in keeping up with the healthy tradition of holistic personality development of the students, the institution decided to organize various events that can help to improve and maintain good health of students.

The college highly boasts of these events in terms of huge number of students from the rural areas to get proper awareness regarding health and hygiene. Having a healthy lifestyle will lead the students to a better overall health and keep them away from medicines.

### **I. Students' Counseling**

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

**Guidance for Excellence**

#### **2. Objectives of the practice:**

- To address the problems of students in distress.
- To help students shed their inhibitions, become better beings and understand their responsibility towards society.
- To help them develop humane qualities like pro-social behavior, emotional maturity and civic sense.





## II. Health and Hygiene Awareness

### 1. Title of the Practice:

**Guidance for a person's physical, emotional and psychological well-being.**

### 2. Objectives of the practice:

- To help Staff and Students to maintain quality of work life by maintaining mental and physical fitness.
- To develop health-conscious culture among the staff and the students and thereby to create self-satisfaction for utilizing their potential to the fullest.
- To promote health and hygiene education to lower high risks related to personal hygiene in the rural areas and its replication from generation to generation.

### 3. The Context:

This is a practice where the college focuses on areas other than purely academic. The events help creating an awareness among the students and are provided with an opportunity to interact with eminent speakers as well.

### 4. The Practice:

The events under the title Health and Hygiene are held at a massive scale. The newly admitted students of First year go through a Medical Checkup, in which a particular form will be filled up through which their habits will be recorded and can be directed to the counseling cell if needed. Similar activities include State level Marathon for contributing towards health consciousness and social responsibility, special sessions for girl students regarding menstrual health and hygiene, Provision of vending Machine for females(sanitization), Hemoglobin test for staff and students, Covid 19 test for all individuals in the campus, Provision for Corona Vaccine for staff members etc.

Yoga Day is also celebrated every year on 21st 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.





## 5. Outcome

- Interest and Participation of students in physical activities seem to be increased.
- Medical checkup, Hemoglobin test and Sick cell test helped the students to know their physical state.
- Girl students can have open communication with concerned teachers regarding their personal health issues.

## 6. Problems Encountered & Resources Required:

- Counseling for enhancing student's interest and encourage them to participate in the above-mentioned activities is required.
- It is required to communicate several benefits of all such activities to the students for reducing their resistance and enhancing awareness and participation.

Our college has a Sports Complex with best infrastructure to conduct several indoor as well as outdoor activities.

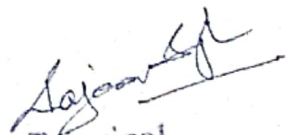
Apart from the practices mentioned above, the college has also come up with a very sound mechanism to increase the global competency of the students, the strategy of which revolves around conducting PG lecture series, organizing soft skill development programs, industrial visits, educational tours etc.

To foster the idea of oneness amongst the staff members, the college has also been exercising the idea of a specific dress code.

The institution also takes due efforts to help students exercise self-discipline and self-restrain by guiding them from time to time.

Poor mental health can affect a person's ability to make healthy decisions and fight off chronic diseases. Healthy practices are at the core of a firm and sound foundation, an institution is built upon. These values impart strength and vision to the institution and help produce strong headed and morally sound minds. Going by this good old tradition, the institution is moving ahead with conviction and conformity.



  
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