

INTERNAL QUALITY ASSURANCE CELL

Criterion 7 - Institutional Values and Best Practices

7.2 Institutional Values and Social Responsibilities

Best practice 2: Health and Hygiene

Objective:

1. To promote menstrual hygiene among the students.
2. To reduce absenteeism among the menstruating students.
3. To improve the health conditions of the students
4. To make students aware of health and hygiene.

Needs identifies:

1. Financial aid
2. Awareness among students
3. Hygiene education

Practice:

The institute provides free sanitary napkins to all its students, facilitated by a donation from the renowned NGO Helping Minds, which has established a sanitary napkin bank on campus. This initiative aims to support female students in managing menstruation without anxiety or fear, ensuring access to necessary hygiene products at all times.

On-campus health initiatives such as general checkups, blood tests, eye camps, and dental checkups are organized to proactively monitor the well-being of students and detect any potential health issues at an early stage.

Additionally, the college offers nutritious meals to students every Wednesday, emphasizing the importance of healthy eating habits and discouraging the consumption of junk food. While this may seem like a modest effort, it plays a crucial role in promoting student health and well-being by raising awareness about nutrition and encouraging healthier dietary choices.

Evidence of Success:

1. Students' absenteeism has been evidently reduced.
2. Students are educated about hygiene and need to take proper self-care.
3. The importance of health and proper food habits is widely spread.

Problem Encountered and Resources required:

1. Financial support

BLOOD CHECK-UP



FREE EYE CHECK-UP



DENTAL CHECK-UP



FREE PAD BANK



FOOD DISTRIBUTION TO STUDENTS



Helping Minds



మనిషి జన్మ అద్భుతం..

దాని వెనుక కష్టమే అద్భుతనం

నెలసరి - ఆరోగ్య సూత్రాలు

- ◆ నెలసరి సమయం లో పాత చీర, పాత బట్ట వాడకుండా శానిటరీ ప్యాప్స్ వాడాలి
- ◆ ఒక రోజు కి కనీసం 250 గ్రాంల కార్టోఫ్లైషేడ్డ్ సగటు శరీర బరువు ఉన్నవారికి అవసరం.
- ◆ నెలసరి మొదలు కావడానికి ప్రధాన హార్మోన్ (Gnrh).
- ◆ వ్యాయామం చేయడం, నీటిని అధికంగా తాగడం, పోషక విలువ ఉన్న ఆహారం