



Best Practices: 01

Institutional Best Practices

1. Title of the practice :


“Training programme for women and adolescent girls regarding Home-Science activities.”

2. Objectives of the practices :

1. To create nutrition awareness among women and adolescent girls.
2. To create health awareness among women and adolescent girls.
3. To give training of tie and dye a textile printing method for economic upliftment of rural women.
4. To give training of knitting and embroidery ‘Skills’ for enterprise development.
5. To organize BMI workshops.

3. The context: Women are the backbone of our society who contributes fifty percent of our population. Women especially in rural area are illiterate or not highly educated, So that their awareness regarding health and nutrition is poor, that’s why the occurrence of diseases, inflections and health problems are found more among rural women. Majority of women and girls are anemic. That’s why there is need to give them knowledge of nutrition and health. Rural women are engaged in household and farm activities. Most rural women are financially dependent on others. To make them self reliant there is need to give training of various skills such as tie & dye, embroidery, knitting, tailoring etc. So that they could earn money by using their skills. Health is wealth, generally women take care of all family members but not conscious about their own health. So it is necessary to bring awareness about health. Through BMI workshops women could know about their health status. So that we organizes training & BMI workshops for rural women and girls receding in nearby society.

4. The practice : All over India Home science subject is taught in various universities i.e. Punjab university, Assam University, Nagpur University, V.N.M.A.U. Parbhani, S.R.T.M.U. Nanded University in Andhra Pradesh, Himachal Pradesh and Calcutta Universities. Home science is a field of study with its mission to empower individual, family and community for effective role performance and management of resources to improve the quality of life. Home science was conceptualized basically as an interdisciplinary applied area of study built upon the basic and social scienctetific


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knowledge .There are five major areas viz food and nutrition, clothing and textiles, Family Resource Management, Child Development and Family Relationship and Home Science Extension Education. It is the only professional study with the nucleus of the family as a social and economic institution. Every year Department of Home-Science organize minimum two training and health awareness programmes for rural women and adolescent girls free of cost .These programmes focuses on the various skills in the subject Home science .These are Tie and Dye, knitting and Embroidery, Tailoring ,etc. We also organize Nutrition and Health awareness lectures in mahila meet. Women and girls are provided information regarding nutritious and balanced diet. In the training of 'Tie and Dye' practical demonstration. regarding tie and dye techniques is given by involving them .They are asked to do it themselves.The required material is provided by our institution. In the training of embroidery and knitting demonstrations were given in front of all the participants material required is provided by our institution. They asked to do themselves and learn the skill of knitting and embroidery. We also organize BMI workshop for women and girls especially for mahila mandals and self help groups in purna. Due to lack of time we can't organize training programme frequently. We organize minimum two training programmes per years as per our department planning. The duration of training requires more time ,That is why the participants who are interested are asked to visit faculty in the college time.

5. Evidence of Success : "Training programme for women and adolescent girls regarding Home -Science activities" proves fruit ful. The women and adolescent girls got knowledge of various skill such as knitting, embroidery, Tie and Dye. With the use of this knowledge they prepared scarf's, bed sheets, pillow covers, dress material etc. They utilized these skills for themselves as well as their economic upliftment. Women got knowledge regarding nutrition and they become more conscious about their health. Women and girls also prepared various textile materials by using knitting and embroidery skills. Such as decorative mobile covers of woolen, sweater, booties and cap for kids. Some women and girls kept it for sate. They also prepared embroidery handkerchiefs, ladies garment material, decorative purses and luggage bags etc. All these are prepared for themselves as well as for giving gifts for their relatives. With the help of BMI workshop women became aware about their health and are taking precautions according to their nutritional grades.

6. **Problems encountered and resources required:** while implementing the training programme for women and adolescent girls we come across various problems. In the beginning response from women was poor because inconvenience of the time. We organized training in our college time and the women were engaged in their household work. But when they approach us they realized the importance of that training programmes. And after that response was found improved. For the training programme college provided material required for that particular training but when the number of participants increased it became difficult to provide material. This was the bigger problem for us, women are more enthusiastic about the training programmes. They want to have more practice but we can't take practice session due to our academic responsibilities.
7. **Notes (Optional):** The subject Home-Science is concerned with almost all the field of education that is essential for running a home. Home represents a miniature community in broader sense. So knowledge of Home-Science is very much useful for the society. So where ever there is a Home-Science college or university such type of training programmes may be implemented.

Best Practices No.2

1. **Title of the practice :**
'Child Guidance and Nutrition counseling centre '.
 2. The department of Home-Science has established ' Child Guidance & Nutrition Counseling centre 'on 25th Feb.2017 to give guidance and counseling to women ,adolescent girls, children and aged people regarding their health.
- 2 **Objectives of the practice:**
- To give child guidance and counseling to parents seeking information regarding any aspect of child development and child upbringing practices.
 - To give nutrition counseling to all age groups i.e. children, adolescent girls, pregnant and lactating women, and age individuals.
 - To give therapeutic diet counseling.
 - To give counseling to special children, lagging behind children, exceptional children & children with development irregularities.
 - Assessment of nutritional status of adolescent girls and women.

- Assessment of intelligence quotient, (IQ) emotional quotient (EQ), Social quotient (SQ), self esteem, Creativity etc.
 - Assessment of development quotient (DQ), intelligence quotient of infants and toddlers.
 - To calculate BMI of adolescents i.e. college students, teaching & non teaching staff of the institute and all age women approaching to CGNC centre.
3. **The context :** The department of Home-Science has established 'Child Guidance and Nutrition counseling centre ' with the aim of guidance and counseling to women, adolescent girls, children and aged people regarding their health .This CGNC centre has two dimensions. One is child Guidance centre and another is Nutrition counseling centre for all age groups. In our society we find different types of children such as gifted children who's IQ is high, exceptional children, lagging behind children etc. Parents of such children require counseling and guidance for proper upbringing of such children .So department of Home-Science established child Guidance Centre. Nutrition counseling centre is established to give counseling to pregnant lactating girls and old age women adolescent girls and children about their normal and therapeutic diet. The beneficiaries of this centre are all age group individual.
4. **The Practice :** The department of Home-Science established 'Child Guidance and Nutrition counseling centre ' in college campus to give benefit of Home-Science knowledge to the society .Here all age groups people are welcomed for counseling teachers working in department of Home-Science provide counseling here. The centre is open in college hours. The facilities available in this centre are IQ testing of children up to 16 years, mentally retarded children IQ testing, Guidance about scientific upbringing practices of differently abled children, supplementary diets in early age, meal planning during pregnancy and location , therapeutic diet counseling, nutrition counseling to adolescent girls and women to prevent anemia, counseling about middle age problems, calculation of BMI, calculation of nutritional status by anthropometry as well as by nutrient intake ,etc. All age group people may visit the centre during working hours of college and take guidance about their health problem by paying minimum fees. Department of Home-Science has primary resources Such as weighing machine measuring tape, nutrition & human development books, standards of anthropometry, age suitable IQ tests etc. All this resources are utilized for guidance and counseling. All activities of CGNC are carried out in room which is

attached to the department of Home-Science. Any beneficiary when come to our centre is engaged by Home-Scientist. Firstly close rapport is maintained with general talk .The home scientist takes detail information of the candidate in a pre planned case study format. In that prenatal, peri-natal and post natal history is collected .On that basis guidance and counseling is provided .This procedure is followed in children's Guidance and counseling. While giving counseling to pregnant and lactating women, Home scientist collects information about their health, weight, dietary intake, food habits, etc through one to one conversation. Then provide required counseling for the betterment. In this centre therapeutic diet counseling is given to diabetic, hypertension, jaundice, anemia, constipation, suffering people .Old-age health problems are also tackled here. Apart from this guidance is provided to middle aged women suffering from various health problems. Weight loss and weight gain counseling is also provided to women and adolescent girls. In all the activities of CGNC students of Home -Science are involved whenever necessary.

5. **Evidence of success :** Child Guidance and Nutritional counseling centre is really a useful centre .Which fulfill the aim of social contribution and development of the society and all round development of children in rural area. Parents visit the centre with their children and take guidance for proper upbringing of their children .The guidance and counseling given to such parents is proving fruitful as the parents of differently abled children are showing their faith in the counseling. They are following the steps that are asked them to complete. Positive improvement is seen in the development of children after counseling. The women in rural area are unaware about their health and proper diet in pregnancy and lactation. After visiting the centre they come to know about balanced diet in particular stage. This helped to improve their health. Middle age starts from 40 years and extends up to 60 years. This period is a transaction period in every woman's life. They face many health problems. This can be minimized by taking proper health and nutrition care. Middle age women who come to our CGNC centre are advised to take proper diet and bring changes in their routine lifestyle. They are asked to do exercise, yoga and morning walk etc. Counseling provided to girls and women regarding weight loss and weight gain is also found fruitful .Many women could control their weight by following balanced diet and some adolescent girls could gain weight by adopting suggested diet. Counseling given to aged women was found fruitful .Our centre suggested them diet



acceptability. In some cases diet counseling is given to control their diabetes, blood pressure and constipation problems.

6. **Problems Encountered and Resources required.** The child guidance and Nutrition counseling centre was established with the aim of serving society the knowledge of Home-Science .At the beginning we came across that the publicity and awareness of this centre is important .At the inaugural function of this centre we distributed the pamphlets in student and asked them to distribute in society .Our area is rural and majority are farmer families, that is why at the beginning we charge minimum fees. In future our plan is to develop this CGNC with the income obtained from CGNC. Now this centre has optimum infrastructure to run CGNC activities .We have two IQ test in future we require more IQ testing material for mentally retarded children. All the facilities provided in CGNC require sufficient time. In addition to routine workload of the department our department faculty is engaged in CGNC activities. So we are able to give guidance and counseling to one or two candidates per day. If more candidate's approach in day then we plan according to our time and call them later.
7. **Home-Science deals with five main subjects i.e. food & Nutrition child development and family relationships, Home management, textile and clothing, and Home-Science Extension and education.** With the help of basic knowledge in all the branches of Home Science it is possible to every institute, which has Home-Science subject for UG and PG programme to plan various training programmes and counseling centers in their institutes locality .We have established child guidance and Nutrition counseling centre 'on the basis of two subjects i.e. food & Nutrition and child development ,Like this other subjects in Home-Science i.e. textile and clothing and Home management is also having very much scope for planning and execution of various activities for community up liftmen and economic empowerment of women in rural area. Thus Home -Scientist in every institute has very much scope for social contribution and ultimately for the national development. In future it will be very advantageous for Home Science students if they are participating in these activities .Students will get platform for serving their knowledge to society.

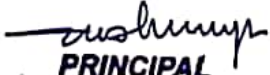
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Institutional Distinctiveness

The performance of our institution in one area distinctive to its vision, priority and thrust is visible in its priority to girls education in rural area. We are in Marathwada region which is socio-Eco backward. In these region early marriages of girls is a burning issue. That is why many girls in this region are deprived from education and some are stopping their education after marriage. The vision of our institution is "The institute shall make efforts towards becoming a recognized institution to provided multifarious education to the rural masses so as to equip them to face the emerging challenges of the time and to serve the society at large. As our vision institute always takes efforts towards becoming a recognized institution to multifarious education to rural masses. Most of our students are from rural area and majority of them are from farmer families of nearby villages and they are from poor family, they don't have any resources to face the challenges of modern society. The concept of education from the beginning of its establishment centered on overall development of family and community for qualitative improvement of life. Girl students not only become an efficient home maker but also an efficient professional also. Institution in rural area always promote girl education, at the time of admission we give priority to girl students and give guidance about importance of education. Faculty in our institution gives field visits in rural areas to make parents and girl students aware about girl education. While giving field visits we have came into notice that parents of girls students are very much concerned about the marriage of their daughters. According to parents marriage of their daughter is important than education. This trend was found same everywhere in villages. Regarding education of girls our institution always promotes our faculties to convince the parent about continuation of education of girls after marriage. All faculties in our institution take care about motivation of parents for girls' education. From last few years we observed that our efforts are fruitful and parents are educating their married girl's. Now in our institution girls percentage is more than boys. And many girls' students are married but they are not stopping their education after marriage. Institution maintains all infrastructures required for girls students takes special care about the separate security of girls students, such as providing common room for girls with basic facilities rest room, complaint box etc. Besides this annual committees in our institution for example women Anti sexual Harassment prevention committee, discipline committee also takes care of girls students, C.C.T.V.cameras are displayed in campus. Institution focus is on running the various Home science activities for girls and women by involving students. One of the major activities is 'child guidance and Nutrition Counseling centre' run by department of Home Science. Thus according to our vision we are providing multifarious education to the rural masses and we are promoting education of girl students and Continuation of girl's education after marriage.


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