Best Practice 2

(Health Awareness Drive)

Objectives of the practice

- 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 gilrs early marriages to avoid health and medical issues.

The context-

Though the college belongs to the urban area but the 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 growth of consumer society and environmental pollution, students are one of the most vulnerable groups, who face a certain amount of negative changes. At the same time, there is a dirty settlement around the college. There 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. Health Checkup Camp- To create healthy atmosphere, the institute organized
- 2. Health Awareness Programs in the year 2018-19.
- 2. Eye Checkup Camp- During the year 2019-20, the college has organized two eye checks up camps.
- 3.During Covid 19, the institute has taken an active participation by donating more than 500 masks to students and hawkers and labour class as well as the vaccination drive was arranged where more than 100 people were vaccinated in the college.
- 4. Blood Checkup Camp was organized 02 times in the year 2021-22; where around more than 100 students took active participation. At the same time, Yoga which is essential for all-round improvement and intellectual development such as health, peace of mind, personality development, morality. Various lectures, quiz, surya namaskar, physical ability test of student were conducted in the college.
- 5. In the year 2022-23, Dental Care Program was organized by the college where 50 students took participation.

Evidence of success-

With a view to improve awareness a series of 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 student's community is looking towards more and more success. The various Health Awareness Programs organized by the college convey the message of importance of Health to all the students.

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.

All the students of the college are advised that under "Health Awareness Programme" Health Check up Camp has been organized on 18-08-2018 at 10 am. It is necessary for all the student should attend the health checkup camp.

Dete 17/08/18

Coordinator Japan Or. Anif Babhulkar



Health Checkup Camp

Health Checkup Camp was organized on 18-08-2018 under "Health Awareness Programme" in college. Dr. Shekhar Gawande was the chief guest. In this checkup camp number of students checked their health problems. After explaining the health problems of the students, Dr. Gawande gave them important guidance regarding health. Principal in-charge Dr. Anil Wankhade, Dr. Babita Hajare, Coordinator Dr. Anil Babhulkar and a large number of students were present on this occasion. The program was attended by teachers and non-teaching staff.



SHRI NARSING ARTS AND COMMERCE COLLEGE, AKOT STUDENT ATTENDANCE SHEET

HEALTH AWARNESS PROGRAM YEAR 2018-14 DATE 18/08/2018

NO.	NAME OF STUDENTS	SIGNATURE
1	ky. Akanksha siddharath mhaama	
2	KILL - KUHUICI ITUIOMUM (VIL 40	Rongone Refule
3	Ky. Sakshi Dilip Kalba	Dook
4	Ky sakshi sunto sh Tole	
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6	Padil Devanand Wankhade	Read:P
7	ku Nikito Ulhas Nevhaekae	N. U. Nevhaekae
8	Ankit Ashok Putel	PINKILE
9	Ankit Ashok patel Renuka R. Walsing	R.R. Galsinor
10	Dryaneshoari G. Halsings	D. a. Walsinge
11	Kurral S. Hanavate	1 hamaval
12	Sakshi V. Nepkap	5. v. nepkap
13	Vaishnavi V. Mehare	
14	Kaleum D. Gardas	(V)v. Mehare.
15	Presna Ranjit Abgad	Phage
16	payal sunil Abgad.	Bogas .
17	U Gayatri Janardan Talokar	Change . T. Talokar
18	Nikity kishor kanale	Whole
19	Pyrua Santosh Sapkal	Sterkey.
20	mayyri vinod kalaskar	M.V. Kalaskar.
21	Rushika Sonjay Lonkas	R.S. Lonkow
22	Ken Swall mohan netkar	da Sendi m. Ablkar
23	Ker pratidited Dipak Daly	Maly
24	Am Joli, Shomkak Kobay kak	As kobolakeb
25	Pallavi Arun Morode	P. A. Morode
26		Shill R. Telfote
27	Ky. Serniksha Gadanan Angole	Stryole.
28	sasshi padakao Wangehade.	5. D. Warschade
29	manishy milind Ingle	m. Trofle
30	Poole es aleman Cherren	P. G. Chavan
31	Aschama Jaykisana Walthe	dechama Walthe
32	Dakshata Keshav Chaepe	of Charle
33	Rina Govardhan Kene	100 K

34	Pranigli Bhaskar Ingle	P.B. Intle
35_	Bharti Bhimman Schikas	B.B. GOWKUD
36	Acichal vinod wahirius	A.V. Wahuruu)
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Health Check up Camp

Health Check up Camp was organized in colleges under "Health Awareness Programme" on 15-12-2018 for the health of students. Dr. Sandeep Dhoke was present as the chief guide and health expert for this program. In this health checkup camp Dr. Dhoke checked the problems related to the health of the students. Dr. Dhoke give impotant health guidance to the students by resolving their health complaints. On this occasion, Principal in-charge Dr. Anil Wankhade, Prof. Vilas Pundkar, Dr. Umesh Dhumale, Coordinator Dr. Anil Babhulkar and a large number of students were present. Dr. Babhulkar thanked all the participants. The students of Marathi Literary Board worked hard for the program.



All the students of the college are advised that under "Health Awareness Programme" Eye Check up Camp has been organized on 30-11-2019 at 10 am. It is necessary for all the student should attend the eye checkup camp.

pate-29/11/19

Coordinator Total Or. Arif Babhulkar



Eye Check-up program

Under "Health Awareness Programme" in the colleges, Health Check up Camp was organized in the college for the health of the students on 30-11-2019. In this, Eye Check-up program was conducted due to increasing visual impairment among students. Dr. Suhas Kulat was present as the chief guide and eye specialist for this program. In this, the eyes of the students were checked up. Dr. Kulat gave important guidance to the students how to take care of their eyes. On this occasion, Principal in-charge Dr. Anil Wankhade, Prof. Prakash Awandkar, Dr. Santosh Tade, Coordinator Dr. Anil Babhulkar and a large number of students were present. Dr. Babhulkar thanked all the participants. All teachers and non-teaching staff worked hard for the program.



SHRI NARSING ARTS AND COMMERCE COLLEGE, AKOT STUDENT ATTENDANCE SHEET

HEALTH AWARNESS PROGRAM YEAR 2019-20 DATE 30/11/2019

NO.	NAME OF STUDENTS	SIGNATURE
1	Propos Raskiman Galande	. AR. Galande.
2	Ankit Asnok patel.	AMKit. P.
3	ku scikshi Dilip Kalhe	DOR
4	ky mometa Sweeth tayde	potago .
5	Ku. Nikita Ulhas Nevhaekae	N.U. Nevhaekae
6	sakshi santosh Ingle	
7	ku. Vaishnavi V. Mehare	Dv. Mehare
8	Kunal . S. Hanavole	Bhaman ste
9	ku. sakshi v. nepkap	s. v. nepkap
10	phyaneshwazi a. Halsinge	D.a. Halsinge
11	Reny Ka R. Galsinste	R.R. walsing
12	Auchal vivod wahurungh	A.v. watersweigh
13	Rina Govordhan Kene	Carlo
14	POOTA Ramdas Dhynde	Rohinde
15 16	Sumiksha Cataran Ingole.	of note
17	Khushi Sanjay Pharese	Obarra Company
18	Crema Ranjit Abgad Nikity Kishor Kahule	Alka A
19	Nikita Kishot Kahale	Blescon
20	Poxal Sunil Abgad.	-Rogad.
21	Anjeli Snonkoh Kebolakora	n's Kebauken
22	Protioned Hipak Daly	Model
23	Purua Santosh Sapkal	Balka
24	Mayuri vinod Kalaskan	M. J. Kalaskar.
25	Praniali Bhaskar Intle	P. B. Inste
26	Ku-Sureti mohan Netkak	A. Swalin. Nakos
27	Gayatri Jangman Talokgr	G. J. Talokar
28	Poola Outanan Chavan	P. Es. Chavern
29	Shital Rumkershny reviole	Shibal R. Telfote
30	Hechemy Cutticem Mariatha	Rectiona walthe
31	Rushika Sanjay Lonkas	R.S. Lonkas
32	tallar man moroup	P.A. Morode
33	Bhatall Bhinson Sarikus	B-B. Savikum

All the students of the college are advised that under "Health Awareness Programme" Eye Check up Camp has been organized on 28-12-2019 at 10 am. It is necessary for all the student should attend the eye checkup camp.

pate 27/12/19

Coordinator Figen Or. Anil Babhulkar



Eye Check-up program

Eye Check-up program was organized in our college, under "Health Awareness Programme" on dated 28-12-2019 for the health checkup of students. The program was organized to address the side effects and diseases caused by excessive use of mobile phones. For this, Dr. Suhas Kulat was present as the chief guide and eye specialist. In this checkup camp, the eyes of the number of students were checked. Dr. Kulat gave important guidance to the students on how to take care of their eyes. On this occasion, Principal in-charge Dr. Anil Wankhade, Prof.Dr. Babita Hazare, Prof. Prakash Awandkar, Dr. Santosh Tade, Coordinator Dr. Anil Babhulkar and a large number of students were present. Dr. Babhulkar thanked all the participants. The workers of Marathi Literary Board worked hard for the program



SHRI NARSING ARTS AND COMMERCE COLLEGE, AKOT STUDENT ATTENDANCE SHEET

HEALTH AWARNESS PROGRAM YEAR 1019-12 DATE 18/13/12019

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NO.	NAME OF STUDENTS	SIGNATURE
1	ku Akanksha siddharith Dangame	Baryone
2	Ku Rulya Grayanan Chulo	Berele_
3	Ku sakshi santesh Ingle	Robert .
4	Ankit Ashak Ocital	AMKit.P.
5	Peadip Drygrand wankholde	Prodit
6	Peadip Deverant weinkholde by mander Severth Leyde	Moude.
7	ky sakshi Dilip kolhe	Dete
8	ku Nikita Ulhus Nevhaekae	N. U. Nevhuekae
9	ku. Vajshnavi V. Mehane.	D.V. Mehame.
10	Sakshi V. Nepkap	5. V. New Kap
11	Kunal S. Hanavate	Chanavade
12	phyoneshoodi a. Halsinge	D. G. Halsinge
13	Kenuka R. walsinge	R.R. walsinge
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15	Rina Govardnan Kent	gress
16	Khushi Sanjau Thouse	Tre Shareso
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25	Gayatri Janardan Taloker	G. J. Talokar
26	Rushika Sanjay Lonkas	R. S. Lonkas
27	Aniali Shankak Kohald Keto	A.S. Kahadkas
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All the students of the college are advised that under "Health Awareness Programme" Blood Check up Camp has been organized on 18-12-2021 at 10 am. It is necessary for all the student should attend the Blood checkup camp.

pate 17/12/2/

Coordinator

Tr. Anii Babhulkar



Blood Check-up Camp

Blood Check-up Camp was conducted in colleges under "Health Awareness Programme" on 18-12-2021 for the health of students and Staff. Since the incidence of diabetes has increased these days, this program was organized to address the side effects and diseases it causes on the body. Nurses Kalyani Kale and Reena Topkar P of Akot Rural Hospital were prominently present for this. Blood check up of students was done in this. Important guidance was given to the students in this regard. On this occasion, Principal in-charge Dr. Anil Wankhade, Prof.Dr. Vilas Pundkar, Dr. Santosh Tade, Coordinator Dr. Anil Babhulkar and a large number of students were present. Dr. Babhulkar thanked all the participants. The workers of Marathi Literary Board worked hard for the program.



SHRI NARSING ARTS AND COMMERCE COLLEGE, AKOT STUDENT ATTENDANCE SHEET

HEALTH AWARNESS PROGRAM

YEAR 2020-2 DATE 12/17/2021

NO.	NAME OF STUDENTS	SIGNATURE
1	Ky. Aachal vinod wahrederth	A.v. wahunways
2	Kasana Dhammad franci	Blacky
3	MIKITY KISHOE Kahale	Whene
4	Poold Ramdas Dhunde	Rohnde
5	Khushi Sanlay Chainse	18 Man 2
6	Rinci Goudadhan Kene Dalishata Keshau Chaepe	Rose
7	Dayshata Keshau Charpe	Dik, chuepe
8	Pallavi Arun Morode	P.A. Morode
9	sagoshi Dadarao Wangohade.	Saleshi D. Wanghade
10	Bhaseti Bhimseao savikase	B.B. savikar
11	ku Swali Mohan Nelkas	Leu Swati n. Nethas
12	Aniali Shamkap Kabadkap	A.S. Kobordkob
13	Pratidnya Dipak Day	edali-
14	Samileta Gatanan Jnyole.	Statute
15	Shivani Gairman Wankhade	Shuchxhude
16	Papier Shivashipkanunkharde	P. S wunkhad
17	Rachana Gajanan Dhyle	7.5.W.
18	Rachana Gajanan Dhule	(e)de
19	Mayuri vihod kaluskyr	M.v. kanskar
20	Pyrug Santosh Sapkal	Boxal
21	Payal sunil Abgad	Pogao
22	V Prema Raniit Abgad	Rigae .
23	Rushika Sanjay Lonkae Gayatri Jangraan Talokar	R.s. lonkas
24	Gayatri Jangraan Talokar	G. J. Talokar
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26	Narolini Rolly pointellar	NRP
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28	Sheral Rumkeushny Terfore	Shelly R. Telgos
29	Poela Gralaman Chavan	P. Cy. Charlon
30	Archama Jayloisem wollthe	(V) V. Mehome.
31	Vaishnavi V. Mehare	8. V. Nerkar
32	sakshi V. Nerkar	D. C. Halelane
33	onyaneshasari a. Halsinge	D.a. Halsinge

34	Renyka R. walsing	R.R. valsing
35	Kunay S. Haravade	Shanavate
36	ku. Sakshi Dilip Kolhe	- 16/12
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All the students of the college are advised that under "Health Awareness Programme" Blood Check up Camp has been organized on 22-01-2022 at 10 am. It is necessary for all the student should attend the Blood checkup camp.

Date 29 -01 - 22

Coordinator



Blood Check-up Camp

Blood Check-up Camp was organized in our college under "Health Awareness Programme" on dated 22-01-2022 for the health of students. This program was organized for the increasing incidence of diabetes due to the changing lifestyle in today's stressful life and its side effects on the body and the resulting diseases. Nurses Neelam Gore and Reena Topkar of Akot Rural Hospital were prominently present for this checkup camp. In this checkup camp blood check up of students was done. Important guidance was given to the students in this regard. On this occasion, Principal in-charge Dr. Anil Wankhade, Prof.Dr. Umesh Dhumale, Dr. Babita Hazare, Coordinator Dr. Anil Babhulkar and a large number of students were present. Dr. Babhulkar thanked all the participants. The teachers and non-teaching staff of the college worked hard for the program.



SHRI NARSING ARTS AND COMMERCE COLLEGE ,AKOT STUDENT ATTENDANCE SHEET

HEALTH AWARNESS PROGRAM YEAR 2021-2 DATE 22/01/20 2

NO.	NAME OF STUDENTS	SIGNATURE
1	Aechama Jaykisam Walthe	Aschema Wolthe
2	Shifel Ramkeushny Tettote	grieball R. Telfote
3	Poola Balanan Charan	P. Ey. Chavan
4	ku Rushika Sanjay 10nkae	R.S. Lonkat
5	Gayatri Janardan Talokar	G. J. Talokar
6	Prezna Ranjit Abgad	Rogad.
7	Paval Sunil Abgad.	Arand.
8	Pyrua santosh Sapkal	Sekal
9	Mayri vihod kalyskar	M.v. halaskar
10	Anjali Shankob Kaborakab	A.S. Kobald Kab
11	Postidhyar Dipak Dalu	
12	Ku swali Mohan Nettsoke	ky Sweli no Netters
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14	Shirkini Grajanan wankhahe	Skillinkholde
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17	Rachano (dajanan Dhule kashish Sanjan Nazolakaz	Chile
18	ROSNISM SUNJOY MUX BIDIX OF	akerde
19	Nikity kishof kuhyle	Bereway
20	Kareuna D. Grandas Dakshata Keshav Charpe	D. K. Churpe
21	Nameliai Rain Pannalkas.	NPPenny kon.
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23	THE STATE OF	Manichat
24	Truitistics triffic artis	A.V. Wahrengh
25	Pallavi Arun morade	p. A. Morode
26	Sakshi Dadarao Wan Phade.	S.D. Wankhade.
27	Bharti Bhimson Savikar	B.B. Savikup
28	Rina Govardhan Kene	Bone
29	Poota Ramdas Dhynde	Phyde
30	Khushi Sanjay Olawsk	(Shalle
31	phyaneshood a walsinge	D.a. Halinge
32	Renuka R. walsinge	R. R. walsinde
33	sakshi V. Nerkar	S. V. Nerkar

		D.v. Mehame.
34	Voushnavi V. Mehare	(A) hangyal
35	kunal. S. Hanavate.	N. 1. Nevhore Kare
36	ku. Nikita Uhas Nevhaekae	N. O. NEVICE NOT
37	Ku Sakshi DiliP kolhe	
38	ku. Sakshi santosh Ingle	Gabula
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All the students of the college are advised that under "Health Awareness Programme" Dental Care Program has been organized on 26-11-2022 at 10 am. It is necessary for all the student should attend the Dental Care Program.

pate 25/11/22

Coordinator



Dental Care Program

Dental Care camp was organized in our college under "Health Awareness Program" on dated 26-11-2022 for the students. The camp was organized to make the students aware about rising incidence of dental diseases due to today's changing lifestyles and changing eating habits. Dr. Rajesh Gaur was prominently present for a camp. In this camp, students' teeth were checked. Important guidance was given to the students in this regard. On this occasion, Principal incharge Dr. Kailas Karale, Prof. Dr. Umesh Dhumale, Dr. Babita Hazare, Coordinator Dr. Anil Babhulkar and a large number of students were present. Dr. Babhulkar thanked all the participants. The teachers and non-teaching staff of the college worked hard for the program



SHRI NARSING ARTS AND COMMERCE COLLEGE, AKOT STUDENT ATTENDANCE SHEET

. HEALTH AWARNESS PROGRAM

YEAR \$022-23 DATE 26/11/2022

NO.	NAME OF STUDENTS	SIGNATURE
1	Renuka R. Walsinde	R.R. walsinde
2	phyaneshousi a Walsings	D. a. Walsinge
3	Kunay . S. Hanavate	Chamavate
4	Sakshi V. Netkar	S. V. Nerkar
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24	Mayyri rihod kalyskyr	M.V. Kalarkaz
25	Purua santosh Sapkal	Stekaj.
26	Rushika Sanjay Lonkae	R.S. Lonkae
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All the students of the college are advised that under "Health Awareness Programme" Dental Care Program has been organized on 18-03-2023 at 10 am. It is necessary for all the student should attend the Dental Care Program.

Dole 18/03/2023

Coordinator



Dental Care Program

On 18th March 2023, The Dental Care Program was conducted in the college under "Health Awareness Program" for the health and hygiene of the students. The event was organized to address the increasing incidence of dental disease due to today's fast food eating habits and the resulting diseases.

Dr. Abhijit Wankhade was prominently present for this program. In this event, students' teeth were checked up. Important guidance was given to the students in this regard. On this occasion, Principal in-charge Dr. Kailas Karale, Prof. Dr. Santosh Tade, Dr. Babita Hajare, Coordinator Dr. Anil Babhulkar and a large number of students were present. Dr. Babhulkar thanked all the participants. The teachers and non-teaching staff of the college worked hard for the program.



SHRI NARSING ARTS AND COMMERCE COLLEGE, AKOT STUDENT ATTENDANCE SHEET

HEALTH AWARNESS PROGRAM

YEAR 2029-24 DATE (8./43/2022

NO.	NAME OF STUDENTS	SIGNATURE
1	Kunal S. Hanavate	@hanavate
2	onyaneshouri a. Halainge	D. C. Walsinge
3	Valshnavi V. Mehare	D.W. Mehare
	Sakshi V. Nepkap	s. v. Nerokar
5	Renuka R. Walsing	B. B. malsinge
6	Ku. Nikita Ulhas Nevhatekas	N. U. Nevhaekae
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28	Shipen PRYMKELENNY TELAUTE	Shillar Telfate
29	saleshi Dacheao Wangehade.	S.D. Wanschade.
30	Bharti Bhimrao savikar	B.B. Savikar
31	Dechano Schikicana Wallto	Decheno wolffe
32	Pallavi Arun Morode	P.A. Morode
33	Dayshata Hen Charpe	D.K. Chaspe

34	Gayatri Janardan Talokar	r G. J. Talok	CUY
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