

Annexure III Best Practices

1. Tobacco Free Campaign

The context: Tobacco chewing is observed as a habit in our country. The college is situated in the rural and tribal part of North Maharashtra. Dhule district is known as a low gross enrollment district in Maharashtra state. In the college's catchment area, people from small villages have the highest habit of chewing tobacco. Tobacco is openly sold as a commodity in the weekly markets. Certain people use tobacco as tooth powder. Some even believe that tobacco can heal toothache. It is due to the lack of education. It is a need of an hour to educate people and dissuade them from using tobacco. Tobacco has been the cause of many diseases like cancer, etc. Most of the people living in rural India have been suffering from various diseases caused by tobacco chewing or smoking. The college falls in rural and tribal areas of Dhule district of Maharashtra state.

Objectives:

- 1. To educate the public to reduce the use of tobacco.*
- 2. To make them aware of the dangerous causes of tobacco chewing and smoking.*
- 3. To make a tobacco-free campus and tobacco-free villages.*
- 4. To instill healthy habits.*
- 5. To inculcate healthy habits along with value education.*
- 6. To encourage men and women to stop chewing tobacco.*

The practice: The college NSS unit organises a special camp every year in an adopted village for seven days. The villages are small and tribal, having very few facilities. It was observed during the camp that people, including the parents of the students, have the habit of chewing tobacco. The NSS coordinator, along with student volunteers, discussed the matter with his fellow teachers and the principal of the college. It was then decided to create awareness about the harmful effects of chewing tobacco. To do this, the government and NGOs working for the cause sought assistance. The NSS coordinator, a dedicated leader, is spearheading the Tobacco-free campaign for the area. He has identified several small villages in the surrounding area where tobacco addiction is prevalent. He has mobilised a group of volunteer students to spread awareness. These students have been instrumental in making tobacco-free schools in the area.

This community-driven approach is a testament to the power of collective action in addressing social issues.

Difficulties Faced: At the beginning of the campaign, starting with a particular area wasn't easy. Therefore, it was decided to start from the parents of the students. Students were encouraged to educate their parents first. Then, it was decided to focus on the adopted village and educational institutions in the area. The economic hurdle is another difficulty faced.

Success: The success of the practice can be measured by the number of schools and educational institutes that ban tobacco chewing on their premises and become tobacco-free educational institutions. The students encouraged their parents and educated them on how harmful chewing tobacco is. The oaths were given to the students, parents and people of the area.

2. Empowerment of Female Students through 'Yuvati Sabha'

The context: The college is located in a hilly and tribal area. The students belong to small Padas (tribal villages). The college aims to empower female students and to achieve that, it runs a special women's unit called 'Yuvati Sabha' to tackle the issues and problems of female students. The coordinator of Yuvati Sabha is instrumental in organising several activities and programs to instil encouragement and strength amongst the women students.

Objectives:

1. To empower female students.
2. To provide a secure, healthy and educational environment.
3. To encourage gender equity among the pupils.
4. To train female students with 'self-defense' techniques.
5. To develop the personality of female students.

The practice: The college treats male and female students with equality. Yuvati Sabha, a special unit for female students, organised several empowerment programs and activities for female students. At intervals of a year, they have been offered ten days of 'Judo-Karate Self-defense training' to create a feeling of safety and security among female students. On the occasion of the inauguration of Yuvati Sabha, women doctors were called to guide female students on health, diseases, prevention, and treatment. They interacted with female students to learn about their issues. Female students were later checked up regularly at specific intervals. Women students found to have regular health issues were provided prescriptions. Problems of menstruation and anaemia were discussed at length with the students by the doctors and counsellors. Health check-up for women students is now made a practice in the college. The lectures on 'Laws about women and sexual harassment' were arranged. Personality development and entrepreneurship workshops for female students were organised to boost their confidence. Besides these activities, several facilities are provided regarding the safety and security of female students, including a zero-tolerance policy regarding sexual harassment and ragging.

Problems and challenges faced: Female students, especially tribal students, rarely discuss their issues. They are even unaware of the primary women's health problems. Financial issues are the

main hurdle in organising support activities. The unavailability of experts and doctors in rural and tribal areas is also a significant issue.

Success: It is evident that when female students participate in these various activities, they feel a better version of themselves. They get a better idea of the Laws regarding women. They also get health information and learn how to prevent various female diseases. They feel confident regarding safety and protection.