



NiRMALA
COLLEGE of HEALTH SCIENCE

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7.2.1: Best practices 1

Women Empowerment Activities

Objective of the practice

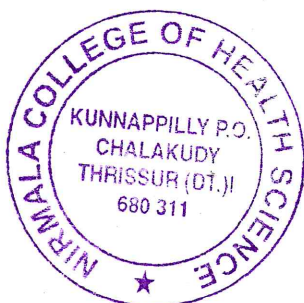
1. To raise the awareness about Women's rights, gender equalities, women's role in society.
2. Increase opportunities of professional and personal development of women through the provision of support skills.
3. To prevent women and young girls from all types of discrimination and violence within the society and community.

Intended outcome

1. Women can empower themselves to determine their value in the society and chances to bring a shift in their status.
2. To increase the responsibility of individuals to make choices.
3. To increase the spiritual, social, educational, gender and professional strength of individuals.
4. To provide health and hygiene awareness to students in the campus.
5. To encourage women to develop in their field and make a career.
6. To ensure the safety and security of women both inside and outside the campus.

Context

1. Gender discrimination is a big barrier and is common in society.
2. Women are not free to express their opinion on anything.
3. Lack of education, self-confidence, health and hygiene awareness.
4. Lack of safety measures.



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Underlying practices:

Women empowerment refers to making women powerful by encouraging them capable of deciding for themselves. The teaching and non-teaching staff as well as the student has a prominent number of women enrollments.

Women Empowerment Cell (WEC)

WEC is designed to empower women socially, economically, politically and legally with a focus on promoting decision making. As a part of WEC the institution has organized various events and activities for women empowerment and to create an environment to realize their full potential.

Counseling

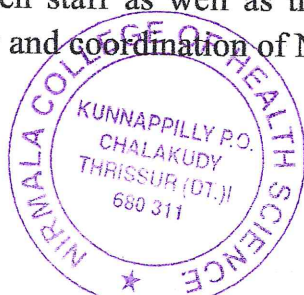
Counselling for girl students is in practice with professional counselors and mentors in the campus to promote the emotional status, social and behavioral needs together with create friendly environment to help each one of them with different approaches

Common room and Rest room

The college provides separate common room and rest room with all the facilities for ladies. First aid box with Over The Counter drugs, band aids, bandage, cotton, sanitizes etc. are available for students. Sanitary napkins are also provided from the college if needed.

Women Promotion activities

Nirmala College of Health Science conducted several women promotion activities to empower the women in the campus. Some of the activities conducted include International Women's Day, Workshop on Self-defense for women, several seminars and webinars related with women's health and hygiene. Our college also provided Zumba classes for ladies which give physical and mental health benefits. As a part of Onam celebrations 2022, a "Mega Thiruvathira" was performed for women staff as well as the students of Nirmala institutions which highlights the unity and coordination of Nirmalites.



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Maternity leave benefits

College provides maternity leave for all the lady staffs.

Feasible working hours

College provides feasible working hours for lady staffs and if any extension in working hours happens the members are provided with secure transportation by the management.

Safety and Security

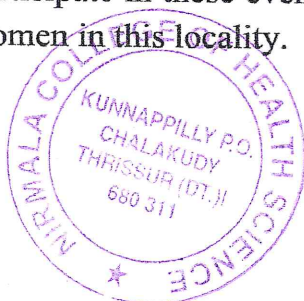
For the safety and security of students, teaching and non-teaching staffs, the institution has installed CCTVs throughout the campus. Also, a security personal has been appointed by the management to ensure safety and security of the campus. It is mandatory for the staff and students to keep their identity card while inside the campus.


Evidence of success

- The student's team co-ordination, leadership skills and presentation skills has improved a lot.
- Women facilitation activities conducted through NSS in association with FHC, Poolany empowered the women of Meloor gramapanchayath.
- The awareness about health and introduction of modern menstrual hygiene materials to women and adolescent girls were a new experience for the residents gathered.
- The feedback form taken from the resident ladies on International Women's Day clearly interpret the success of the program.

Problem Encountered and Resource required

- Considering the involvement of the public, only residential ladies can participate in these events. These were not able to be utilized by the working women in this locality.




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7.2.1: Best Practice 2

Health support to the society

Objectives of the practice

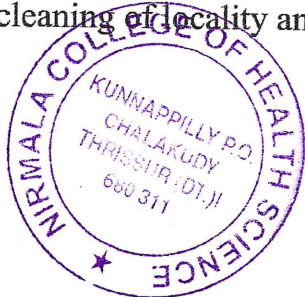
1. To plan and evaluate health programs.
2. To obtain new information about disease/health problems.
3. To develop health awareness among the public.
4. To make the public aware of the importance of healthful environment.
5. To support the public by contributing various health and hygiene products.


Context

1. As our college is located in a rural area; the public is illiterate and unaware of the health and hygiene to be maintained daily.
2. Though educated the public is ignorant regarding the importance of keeping healthy environment.
3. In the current scenario the booming influence of drugs, alcohol and tobacco products take away the life of public including younger generation.

The Practice

1. Activities are conducted by the Pharmacy students in association with the Primary Health Centre, Meloor Gramapanchayath.
2. Faculties are also assigned to give proper guidance to the students in preparing charts and presentations according to the need.
3. Awareness programs are conducted in the nearby schools to make the students conscious about the illicit habits.
4. Different surveys are conducted by students to assure the utilization of vaccination provided by the government and also to find out the possibility of a particular disease in the locality.
5. The environmental promotion activities are also done including plantation drive, cleaning of locality and public places.




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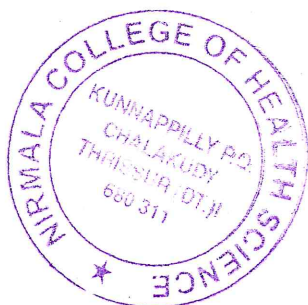
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Evidence of Success

As a part of these activities, the students developed skills to interact with the public which in turn help the public to lead a healthy life. The Polio Vaccination survey reports collected by our students helped the PHC to list out the missed vaccination. Cancer survey done by the students also supported the PHC in finding out suspected community. The students support the mass monsoon cleaning program coordinated by the Meloor Gramapanchayath which helped to reduce the prevalence of contagious diseases. The students also took several awareness classes regarding

Problem Encountered and Resource required

- Tightly packed semester schedules sometimes hold us in conducting different activities to its full extent.



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