

### **7.2.1 – Two institutional best practices:**

(1) Title of Practice: Weekly (Every Saturday) OPD by renowned gynecologist Dr.(Mrs) Janak Arora MBBS, MD, Landmark Hospital, Shahabad(M).

Objectives of the Practice: (1)Converting Girl students from anemic to non-anemic.  
(2) Sensitizing the girls students towards hygienic living practices.  
(3) Addressing and overcoming menstruation cycle related issues.

Context: (1) Identification of girls student as anemic.  
(2) Poor in hygiene and menstruation problems.

The Practice: The college provides OPD Facility for all students and 4th class staff employees for the betterment of their physical health and wellness distributed free medicines.

Evidence of success: Now girls are aware about their physical health and they know how to maintain their hygienic level. The number of anemic girls are decreased due to regular OPD'S.

Problems Encountered and Resources Required: No Major Problem faced in this context.

(2) Title of Practice: Morning Prayer (Every Monday from 11:00am to 11:20am)

Objectives of the Practice: (1) To Promote human values in the students  
(2) To create auspicious atmosphere that helps instill certain discipline.  
(3) As Prayer is a form of meditation that can help the students to overcome from evils.

Context: (1) Prayer spread the positive energy in the students.  
(2) Prayer brings us closer to ourself that reduce ego and promotes humanity in us.  
(3) Prayer help us to be humble and gives us the quality of forgiveness.  
(4) It is a source of mental peace.

The Practice: In our institute prayer is done by all the present students staff (included teaching non-teaching). Every Monday from 11:00 am to 11:20 am with special alarming.

The students and the staff starts their week with the holy words in the memory of God. After the prayer time the principal addresses the students and also this is the time to appreciate the participants and winners who achieves in any extra-curricular activities. Many information about awareness regarding any latest modifications related to college and universities regulations are given to the students on prayer time.

Evidence of Success: Now the students have enough knowledge about latest modifications related to college and universities regulations.