

Best Practice 1 : Upliftment of traditional healers to mitigate malnutrition among rural girls through incubation centre

Goal – To provide platform for rural traditional healers and to formulate nutraceuticals product for mitigation of malnutrition in rural girls

Context - India is blessed with rich and diverse heritage of cultural traditions. These traditions are associated with use of wild plants as medicinal herbs. The use of medicinal herbs is still a tradition adopted by ethnic communities. Traditional healers got ethnic knowledge about herbal medicine through passage of many generations but lost due to lack of awareness. Our institution located in socio-economically backward area mostly dominated by tribal community. Most of the enrolled students are rural girls having many health issues mostly due to anemia. Many herbs known to traditional healers have nutraceutical values and potential to mitigate problem of malnutrition among rural girls. In this context, incubation centre approved by Gondwana University, Gadchiroli reach upto traditional healers and aware them about importance of dissemination of their age old knowledge for the benefits of community especially rural girls.

Practice - College organized one day Workshop on “Traditional Medicinal Plants, Formulations of Health care Products, IPR and Inauguration of Incubation Centre” sponsored by Gondwana University Gadchiroli on date 27th September 2019. The workshop was inaugurated and addressed by Hon’ble Dr. N. V. Kalyankar, Vice chancellor G.U. Gadchiroli. Dr. Sachin Ladha SNDT University Mumbai, explained the importance of IPR. Pro-vice chancellor Dr. S. V. Bhusari, Dr. Manish Uttarwar, Director, Incubation, Innovation and Linkages Gondwana University Gadchiroli share the importance of starting incubation centre in college. In this workshop Dr. Sachin Ladha, interacted with local traditional healers and students and give valuable inputs about refinement of their products in effective packaging and expresses that newly established Incubation Centre will be instrumental in providing helping hand to *Viadus*. In this workshop, 44 traditional healers participated and display their products for sale. Approximately 70% students in institution are girls, mostly from socio-economically underprivileged rural community, suffers from chronic malnutrition and anemia. Malnutrition poses a variety of threats to women. It weakens women’s ability to survive childbirth, makes them more susceptible to infections, and leaves them with fewer reserves to recover from illness. On this context, ICC-POSH of Institution in collaboration with Department of Integrated Child Development Services (ICDS), Nagbhid organized Workshop on malnutrition on dated 17th September, 2019 in order to bring awareness in undergraduate adolescent girls. Programme started with introductory speech of Dr. Rudey, chairperson of ICC-POSH, in her speech, she has explained different physiological changes during the onset of menstruation in girls. Due to incremental growth during this period, need of body for macronutrients like proteins, vitamins and minerals increases many fold. Mr. Thombare Saheb, officer from ICDS Nagbhid, interacted with girls and give detailed information about different drives being implemented, which aimed towards alleviating malnutrition in rural adolescent girls. Many ‘Asha Workers’ working in



different villages also participated in this programme. In this workshop, 245 students participated.

Sensitization - Traditional Healers get aware about IPR and get interacted with recent trends in the field of Traditional system of medicine. They assured about the security of their traditional knowledge and their products through incubation centre. Incubation centre will be instrumental in bringing phenomenal change in socio-economic prosperity in the life of traditional healers by adopting modern technique to extract products from medicinal plants. During the workshop girls feel sensitized towards importance of proper nutritional diet. They ask queries related with nutritional needs of body and few expresses themselves. Students after workshop, feel free to interact with Dr. Rudey madam, Chairman, ICC-POSH, regarding their health related issues.



Best Practice 2 : Sensitization of girls towards hygiene measures during menstruation

Goal – To generate awareness among girls regarding hygiene measures during menstruation

Context - Menstruation or menses is the natural physiological process of discharge of blood, unfertilized egg, mucous and cellular debris from the uterus through the vagina as part of the menstrual cycle. Menarche is the onset of menstruation, the time when a girl has her first menstrual period. In this part of rural India, menstruation and menstrual practices are still clouded by taboos and socio-cultural restrictions resulting in adolescent girls remaining ignorant of the scientific facts and hygienic health practices, which sometimes result into adverse health outcomes. As our institution, located in the socio-economically backward region of eastern Vidarbha, adolescent rural girls succumb to many venereal diseases, on this pretext, it becomes imperative to organize one day workshop on hygiene measures to be taken during the time menses.



Practice – ICC-POSH committee of institution, had organized Workshop on 'Hygiene measures during menstruation' for girl students on dated 6th August, 2019. In this workshop, Dr. Sharvari Rudey, Nagpur, had interacted with girls through thought provoking slides on power point presentation. At the beginning of programme, documentary on the menstruation related problems was shown to the students. In this workshop 157 girl students participated.

Sensitization – Girls due to social taboo associated with menstruation, initially hesitated to express their thoughts, but due to friendly interaction by the Dr. Sharvari Rudey, they felt free to express their views and tried to understand the scientific facts related with menses and importance of hygiene measures to be taken. Later girl students educated in such workshop helped and started promoting as brand ambassador to propagate, the message of hygiene measures in community.



Principle

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