



## OFFICE OF THE PRINCIPAL

**DR. JWALA PRASAD MISHRA GOVERNMENT SCIENCE COLLEGE MUNGELI (C.G.)**

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### Practice – II

**Title of the Practice:** - Awareness about Health and Hygiene.

**The objective of the Practice:** Health is Wealth means good health is the real treasure. A healthy life enables one to remain positive and face all life challenges. The Dr. Jwala Prasad Mishra Government Science College Mungeli is located in such an area, where most of the students belong to middle and poor-class families. They sometimes seem not much care for health and hygiene. They might be caused by malnutrition & normal hygiene; they have a lack of awareness.

Our college is very conscious about the overall health of the students and constituted Youth Red cross society and some other health-related programs for students to fulfill the objective.

#### **The Context:-**

Health is defined by World Health Organization (WHO) as, a “State of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.”

Our college has been taking some very useful & necessary action on health & hygiene related to students as well as surrounding locality with the help of medical officers from district hospital Mungeli and other sources.

Moreover, the college organized a program about Handwashing and Sanitizing in the college. Our college is determined to make overall health maintenance of the students.

#### **The Practice:-**

1. Our maximum students are from villages and have agriculture background and they do laborious work at the field that's why they are fit and have a good immune system. In addition to this our sports teacher informs them about exclusive exercises and Yoga too for a more strong and active body.
2. For physical health, we instruct the students about the few dedicated efforts, including regular exercises and consumption of a lot of water. Water regulates all our body processes.

3. The students also suggested not to consume junk food all the time not smoke or drink as it has serious harmful consequences and try to take adequate sleep regularly instead of using the phone.
4. For mental health, we have a view “**me time**” it suggests the students, as well as the teachers, have their timekeeping apart from the day. The “**me time**” helps to reduce stress and feel calm in mind so that a person can perform better.
5. Dedicated counseling and mentoring by the teachers also help boost confidence and provides moral and psychological support to the students.
6. For social health, we organize social gatherings, debates, and many more activities so that the students can broaden their attitudes. Moreover, when a person is friendly and attends social gatherings, he will definitely have good social health. The students maintain their social health by effectively communicate well with others.
7. To sharpen the brain of the students, games like Chess, puzzles, and more are being played in the college.

**Evidence of success:-**

1. We provide a platform for students a free and regular checkup, getting free medicine from government hospitals. Our college is spreading health-conscious awareness to the college students and also in the villages nearby the college.
2. The college organized a hemoglobin and eye test program in December 2015.
3. The college organized a health camp on 04.01.2019 at village Chakarbhatha by the effort of the NSS program officer. Many villagers benefited from free health checkups and medicines.
4. Health camp again organized at village Karupan on dated 11.08.2020.
5. College not only organized health awareness program in college only but also planned and implemented it to out of the college, such as Health awareness program organized nearby new bus stand Mungeli.
6. NSS students teach the villagers, how to keep clean their surroundings and water sources. Our colleges also try to provide bleaching powder to villagers to keep their surroundings clean.
7. During covid-19 the pandemic days, the college worked on noticeable activities for health and hygiene such as convincing people to use sanitizer and masks. Our college organized one-day training for self-help groups to make masks at their home.
8. In Yoga Diwas, Pranayam, Kapalbhanti, Anulom-Vilom and Yogasanas were done.
9. Students who are facing health problems and from the poor family background are getting treated.
10. Awareness about some complex diseases like AIDS, TB & Hepatitis, etc.
11. Our college runs a continuous awareness program as a result we get the whole community in the college to be highly hygiene conscious. The students and the teachers make efforts to keep the campus clean and green and whenever any deviation is observed



it is immediately attended. Our students are hygiene representatives and applying these practices in nearby villages and localities.

12. Our college has a setup of RO plant for drinking water, neat and clean toilets, waste management, etc. have always been motivating for the students to follow suit.

#### **Problems Encountered and Resources Required:-**

1. As this region has a rural and poor background, so it is a very difficult task to aware people due to lack of education. We worked at ground level and faced many problems such as the people didn't agree to follow advice.
2. The College tries to make health checkup programs with medical officers but due to the lack of availability of Doctors, we face many problems.
3. Sometimes we also face the problems of unavailability of medicines and first aids in the college.
4. We consider mental illnesses taboo.
5. Sometimes it is difficult for the students to take part in all such activities with full enthusiasm.

  
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