**7.2.1 Best Practices 2022-23**

**Best Practice 1:  Health Awareness**

**Goal**
Awareness of and sensitization towards physical, psychological and spiritual health

**Context**
This year we decided to focus on overall health of students and all staff.

**Practice / mechanism of organization and implementation:**

1) Celebration of Yoga Day

<https://dhcollege.ac.in/event-details.php?id=461>

9th International Yoga Day on 21 June 2023 is to be celebrated across the world as Yoga Day. Accordingly, a yoga camp program was organized on the morning of 21 June 2023 on the ground of Dharmendrasinghji Arts College here. Harshaben, a well-known yoga trainer, was present as the chief guest in this program and conducted mass yoga for the students and staff of the college. We know that if our body is healthy and strong, we can study properly, go for a walk, or compete in competitions. That is, our mental and physical working powers increase. Thanks to this gift of yoga given by the ancient sages, our body can stay healthy and strong and we can live a long life. In this yoga camp, everyone was made to do different yogas by the yoga trainer Harshaben who is a yoga expert who conditions this spirit. Students and faculty participated enthusiastically in this program. On this day, a program was held on Yoga at the appointed time by the Government. Everyone reached the ground at the appointed time. In which everyone did different yogas with live training under the guidance of a yoga expert. Students and the entire staff participated in the program. At the end of the entire program, feedback was taken from the participants present. The program was successful because the entire staff worked together (as a team) to make the program successful. Thus, today's program was completed.

2) Creating Awareness Regarding Various Aspects of Health for Female Students & Faculty Members

<https://dhcollege.ac.in/event-details.php?id=468>

Dharmendrasinghji Arts College, Rajkot organized a program under Women's Cell on Monday 10/07/2023 at 12:00 PM in the seminar hall titled 'Mahila Swasthya Jagurti Abhiyan' for female students. Mr. Nilabhen Pattani was invited as an expert. At the beginning of the program Dr. M. B. Pandey, President of Women Cell welcomed and introduced the speaker. The expert discussed problems related to women such as cervical cancer and their solutions. A discussion on Beauty Care was also conducted. Later, there was a Question Answer session with students.

3) Mental Health Day Program

<https://dhcollege.ac.in/event-details.php?id=669>

On 26-10-2023, Saturday, Mental Health Day program was organized by the Department of Psychology. Students performed an assignment activity by writing down the problems that puzzled them. Solutions were discussed by Dr. Jagriti J. Vyas, Head of Psychology. She also imparted knowledge about why and when Mental Health Day is celebrated. A large number of students attended and made the program a success.

3) AIDS Day Program

<https://dhcollege.ac.in/event-details.php?id=521>

AIDS Awareness Programme (1/12/2023)

The aims were to make students aware of the causes of the spread of HIV AIDS, to create awareness of symptoms of HIV AIDS, to make students alert about the healthy life to HIV AIDS positive person, to build awareness of prevention of HIV AIDS.

Infinite number of people are infected with HIV/AIDS. Many children are being orphaned due to the same reason. Everyone does have knowledge of the devastating effects of HIV positive. It is estimated that 7 million South Africans are HIV positive. There is in actual sense no remedy for HIV/Aids. In such a situation the only way to overcome this disease is to spread awareness of this incurable challenge. The best method to prevent this fatal issue is to create awareness and educate people about this. Infected people cannot live longer lives. Surveys have shown that working age groups as well as child bearing ladies are the victims of this trouble. Without spreading awareness this can never be solved. Contemplating the urgent solution to this grave issue, Dharmendrasinhji Arts College, Rajkot conducts several activities through which our team can guide undergraduates about HIV/AIDS. On 1/12/2023, our college conducted this event in Seminar Hall at 12:30 pm. The whole awareness programme was arranged by NAAC Criterion Team, Dr Krishna Daiya and Dr Hansa Gujariya. This function was anchored by Dr. Hansa Gujariya. Mr Manuel Lobo was the chief guest of the programme who gave an illuminating lecture on Touching and Eating Together Does not Spread AIDS Breaking Myths and Misconducts. Our College also organised students’ speeches and their views on this incurable disease. Dr Krishna Daiya gave a talk too and conducted group discussion. The Principal, Dr Hemal Vyas Madam, at last gave a speech regarding general health awareness. The vote of thanks was given by Dr. Hansa Gujariya. The biggest advantage of this awareness programme is noticed in the behaviour of college going students. They become alert about their perception regarding HIV/AIDS and learn how to treat HIV/AIDS patients. This programme was also noted in Sayujya- the Mukhpatra of Saurashtra University Problems encountered & resources required: One problem one can encounter is that girls students are less expressive to this disease and unable to ask the experts candidly.

**Evidence of success/ beneficiaries:**
Students became aware of the lapse in mental and spiritual health and hygiene related issues.

**Problems encountered & resources required:**
The only problem we face in this program is that students are not exposed to scientific and medical information related to psychological problems.

**Best Practice 2:  Contribution to Research**

**Students’ Seminar
06/03/2024**<https://dhcollege.ac.in/event-details.php?id=611>

**Goal**
To orient students and teachers towards research

**Context**
The Research Cell and Department of English from the institute organized a Students’ Seminar on “Historical Background in Literary Works” on 06/03/2024.

**Practice / mechanism of organization and implementation:**
On 6th March,2024 Mr. Manuel Lobo was invited as an expert for students’ seminar on ‘Historical Background in Literary Works’. The session was fruitful for students of languages as they have a historical background in works like ‘A Tale of Two Cities’. The speaker, along with presentations and discussions by students, discussed this topic with multiple examples from literary works. The whole event was arranged by the Research Cell & Dept of English. All the students and Staff members remained present. At the end, Dr. Hemal Vyas, the principal of our institute honored the speaker with a certificate and memento.

**Evidence of success/ beneficiaries:**
The conference was attended by students of Languages & Literature.

**Problems encountered & resources required:**
Due to a large number of participants, the discussions ran on and had to be curbed due to time crunch.