



Government College

Jatauli, Haily Mandi, Gurugram, Haryana

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CERTIFICATE

Response 7.2:

It is to certify that the institution follows two best practices which are successfully implemented.

1. Title of the practice - Health Awareness

Objectives of the Practice

To improve the quality of life through prevention and treatment of disease, including mental health. Promoting awareness of community health issues and preventive action is a vital part of our foundation mission. It aims to promote the well-being of the students and encourage healthy life styles, prevent disease illness and injury, enable environment that support health and well-being and to reduce personal, economic and social harm. These programmes help students in solving their health using their potential and to establish proper health behaviour. The ultimate goal is to improve the health not only of the individual but for community also.

Context

The idea and concept of all these programmes is to make the people healthy and to create awareness about healthy life style which is the need of the hour. The students are made aware about their physical health and mental health and dietary needs. They have been further educated during various campaigns about a value based lifestyle for absolute physical and mental health. Certainly there are remarkable achievements in some dimensions of health as compared to the past. But the change of scenario is due to better living conditions and availability of some resources like safe drinking water, general awareness etc. But not due to change in human behaviour. So with this burning desire and motto "HEALTH FOR ALL" the college conducted different activities and programmes related to health issues every year. It is in this context that these awareness programmes are of great relevance.

The Practice

The college had conducted a number of health programmes in the last few years and is still on the same path :

Observance of "Voluntary Blood Donation Fortnight" from 1st -15th October 2019 in 249 Red Ribbon Clubs Haryana. Red Ribbon Club (RRC) along with Youth Red Cross Society (YRC) of Government College of Jatauli Haily-Mandi, Gurugram with the help of Red Cross Society Gurugram, organized a blood donation camp in College premises on 12-10-2019 and collected 38 units of blood. This blood donation camp was inaugurated by chief guest Smt. Krishna Devi mother of Sh. Amit Khatri (District Collector, Gurugram). Secretary of Red Cross Society, Gurugram Sh Mahesh Gupta stated that his society aimed 100 blood donation camps in this year. Social worker Smt. Kalyani also motivated students to donate blood on regular basis. On 10th October 2019 a Poster making event was organized to aware the students about HIV/AIDS and VBD and displayed the IEC material. A lecture is organized by

health worker Smt Anuradha in order to aware the students about HIV/AIDS. She also promoted the Toll-free Helpline number 1097 for awareness for HIV/AIDS. About 90 students from our college get registered for regular Voluntary blood donation and prepared the list of these students. A 06 Days Yoga and Fitness workshop was also organised from 13 Dec to 18 Dec 2021 for the girl students under women cell. Mr. Hitesh Saini, Health and Fitness and Yoga Trainer from DPE Raj International School Rewari was the resource person. A fifteen days AIDS awareness camp was organised by Red Ribbon Club in the month of October, 2021. The students were given the awareness, reason, preventive measures about this disease. Students also shown their interests by making posters. Awareness Rally on No Tobacco Day was organised by N.C.C. and N.S.S students of college in November, 2021. The students were given the awareness information of cancer caused by consuming tobacco. One 7-days awareness camp about drug addiction awareness was organised in March, 2022 by N.S.S. The students got benefit of listening lectures from various experts in this field.

2. Title of the Practice – Social Awareness

Objectives of the Practice: Social awareness gives you the ability to improve your social skills for the betterment of a nation. The objective of these programmes are to educate the students of their rights and duties, benefits and facilities available through various government agencies and how to obtain them e.g. opening a bank account, avail health insurance, get educational loans and use of RTI etc. These programmes create awareness by counselling youth to stop bad habits and by educating people on political reforms and how one should exercise his vote. One of the main objectives is also to inculcate the ideas of respecting other rights to promote community living and doing something for society. Students are also encouraged to save environment from degradation and to control pollution level.

Context

Social Awareness is defined as being aware of the problems that different societies and communities face on day to day basis and to be conscious of the difficulties and hardships of society strive to achieve this through interaction and education. Such programmes are the need of the hour so that our young citizen can better understand social and ethical norms for behaviour and recognize family, college and community resources and supports. The main stress is laid on to aware the students of their environment as well as being able to accurately interpret the emotions of people with whom they interact which will further help them in life. What we learn in our young life leaves on indelible impact on our lives. During this stage of our life, we form and reform views on the different aspects of life. Keeping all these things in view, all these programmes are organised in college.

The Practice

To achieve the set goals, a number of social awareness programmes were organised in the college here is a reference to all these programmes in the last years. On 11-08-2018, students of GC Jatauli Haily Mandi were given the knowledge of DURGA SHAKTI APP. This campaign was promoted to spread awareness about women safety. On 25-08-2018, all the females of GC Jatauli Haily Mandi marched a rally to show women empowerment. This rally

was initiated to spread the awareness of women power. The rally was marched with many slogans and banners.

On 01-09-2019, a camp was organized for legal awareness among public. The objective was to aware the students about their legal rights. On 29-09-2019, inter college state yoga tournament was organized. The objective was to spread the awareness about health through yoga.

On 25-01-2019, a seminar was organized on sexual harassment and awareness about that by women cell. The girl students were explained the details of sexual harassment and gave awareness about this that how they should protect themselves by their legal rights.

On 04-03-2019, a camp was organised to spread the awareness about cleanliness. Students from college participated in huge strength and made the campaign successful.

NSS SEVEN Days Special Camp was organized from 10-02-2020-16-02-2020. April 2020: The volunteers look part in many activities during COVID -19 helping the needy by providing them food, shelter, hand-made masks. The Unit took great care to uplift the spirit of people through social media by making awareness videos relevant to the Lock down period. June 21, 2020 - International YOGA day: The volunteers took initiative to do yoga along with their families.

Anti-narcotics day, Doctor's day, Paper bag day, International Youth Day were celebrated by NSS unit.

An Extension lecture was organised by Women Cell as on 13th November, 2021. The topic was Women Entrepreneurs in India. The Resource Person for the same was Mr. Ashish Gulia, Key Manager, CollegeDunia, Ex-Deloitte, IIM Indore.

An Extension Lecture was organised on 04th Dec, 2021. The topic of the lecture was Gender Sensitization: Issues and Challenges. Ms Abita Yadav, Assistant Professor, Govt College Sidhrawali, the resource person, shared her expert opinions and views.


A Self defense training programme of 06 days was organised from 13 Dec - 18 Dec 2021. Mr. Kunal Singh, Self defense and Taekwondo Coach from DPE Raj International School, Rewari was the Resource Person.

Van Mahotsav, International Peace Day, National Integration Day, Nation Clean Mission- Rally and Camp - various programs were organised by N.S.S. team of college.

A motivational lecture on 18th Feb, 2022 on Star Gazing was given by Dr. Parinder Singh, D.G.C. Gurugram to interest the students about astronomy.

A motivational lecture/Seminar in collaboration with Anudip Foundation was given on 09-05-2022 to final year students. The students were provided the information about various career perspectives, new technical skills etc.

On 19-05-2022, a motivational seminar was conducted for job opportunities in I.T. and A.I. The representatives from D.H.E. came and informed the students about free courses that the department offers.


Principal
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