

Institutional Best Practices

BEST PRACTICE 1

Title : Health Awareness Activities

Context: Our college is affiliated to S.N.D.T.Women's University and caters to female students. Often there are some health issues faces by them related to menstrual health and anemia. We also conduct general health awareness lectures and activities.

Objectives: -

1. Providing guidance and creating awareness about health and hygiene.
2. Organizing lectures, workshops and checkup campus.
3. Aiming at a healthy body and a healthy mind .

The Practice: -

We conduct activities in collaboration with NGOs such as Stree-Mukti Sanghatana and Janseva Samiti, Swatrantraveer Sawarkar Kendra and others. We invite experts from these organizations to guide our students about health awareness. This year, Ms Sangita Saraf and Shri. Chandrakant Sarvagol from Stree-Mukti Sanghatana guided our students about Gender Sensitization and Sex Education in a Two-day Workshop between 25-26 October 2023 on Pre-marital Counselling.

We conducted a Thalassemia Check Up Camp in collaboration with Swatantryaveer Savarkar Kendra on 28 March 2024. Dr Medha Shete, Dr Surekha Dhurandhar, Ms Sujata Narasale and Ms Varsha Andhare joined this camp.

Under CHETNA Courses, an S.N.D.T.Womens University initiative, atwo credit course in First Aid and Health was conducted by Dr Surekha Dhurandhar for students.

Our undergraduate syllabus covers topics such as women's health issues, nutrition, malnutrition, health and hygiene.

Obstacles faced/Problems encountered: -

Sometimes, students are reluctant to discuss certain health conditions related to menstrual health. Also, funding becomes an issue, though with help of collaborators, we try to resolve this.

Evidence of Success: -

Many students participate in the workshop and get their queries resolved. Students diagnosed with Thalassemia minor and other issues are provided free guidance and suggested treatment by the doctors

Resources Required: -Government funding for Medical Expenses of girl students.

BEST PRACTICE 2

Title :- Organizing Inter-collegiate Students' Seminars

Context: Students at the undergraduate level must understand the importance of research. Therefore, they are encouraged to prepare research papers with in appropriate format and make presentations in college and in other colleges.

Objectives: -

1. To introduce students to good research practices and available resources.
2. To encourage them to prepare and present standard research papers.
3. To interact with their peers at seminars and gain valuable feedback and insights.

The Practice: -

Our History department has been consistently organizing triangular intercollegiate Students' seminars in collaboration with two other college since 2014. We have collaborated with K.V. Pendharkar College, Dombivli and P.L. Shroff College, Chinchani, Dist-Palghar. Each college hosts the event yearly in rotation. Students present papers and exchange feedback across colleges.

Obstacles faced: -

Physical distance as both colleges are far away, with Chinchani college being almost 150 kms away from Mumbai. Funding also becomes an issue sometimes.

Evidence of Success: -

Students participate in seminars and prepare papers enthusiastically. Many have overcome stage fear and developed the habit of careful and deep research, with the number of participants increasing every year. Interaction with students and teachers from other colleges and other affiliating universities is an enriching and rewarding experience for our students.

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