

INSTITUTIONAL BEST PRACTICES

BEST PRACTICE - I

1. **Title of the practice – (A program of pre and post natal care)**

2. **Objectives of the Practice –**
 - a) To create awareness among girls who are the future mothers.
 - b) To reduce maternal and infant mortality in Odisha

3. **Methodology-** We conduct in-house training and awareness sessions in collaboration with Home Science Department,

At first we select a group of students from all batches along with NSS volunteers. Then we give training to the selected students on relevant topics to make them competent enough so that they can teach, motivate and disseminate the same in the society as well as for their family and themselves. The training is divided into different segments like induction, workshops, demonstrations, group discussions, one-to-one interaction, role play, quiz etc. After the students are filled with all the information on health care, Pre natal care of the mother, Post natal care of the mother and the new born, basic health care procedures, Nutritional care, myths and taboos they are taken to the nearest slums and villages. Where they spread awareness to the general public. Besides that we organize poster display, flash card, street play and demonstration methods to make easier to understand. We create a group of pregnant and lactating mothers with whom we interact and give all valuable information and support to make them enjoy safe motherhood which directly helps to build a

progressive nation. Regularly we follow up them to make the program sustainable and beneficial.

4. **Outcome-** Young girls are skilled and well informed about the consequences of motherhood, well prepared with all relevant information to reduce all the risks and can able to enjoy a safe motherhood along with good hygiene and sound health. This program has created manifold effects among the expectant mothers living around us.

BEST PRACTICE II

1. Title: TRYGEM (Tanning of Young Girls for Employment)

2. Objective:

- 1. To equip our young girls with self-employment skills**
- 2. To make them financial independent and enhance their social position in the society with their own identity**
- 3. Methodology:** We provide tanning, workshop, exposure visit, participation, internship and along with we create industry linkages to facilitate self-employed avenues. We also organize exhibitions to show case and promote their skills.

We are providing training to the young girls on food processing, food preservation techniques under the supervision of Home Science department, which will enhance their learning skills on how to process food, make use of seasonal foods with preserving their nutritional value and increase the life span, so that it can be used for a longer period. The knowledge of Food preservation technology is very essential

now a day. Therefore the students get training on mainly with various food products and their preservation techniques. The students have been imparted training on the oldest methods of preservation like drying, refrigeration, and fermentation along with modern methods including canning, pasteurization, freezing, irradiation, and the addition of chemicals preservatives. Along with that we also give training on art and crafts, ICT, Bee keeping, Mushroom cultivation, training on livestock farming by university and industrial interface.

Outcome – They acquire skills, became self –dependent and prepare for future livelihood with confidence to face their future challenges in the spheres of sustainable livelihood options.