

TITLE OF THE PRACTICE

Aarogyam Dhansampada :A Women's Health and Empowerment Program

- **Objectives**

- To screen the students for some common health problems.
- To impart health education for raising awareness and adoption of healthy lifestyle.
- =To provide referral services for complex health problems.
- To know and to create awareness about nutritional and health status of girl students to promote awareness of health, hygiene, nutrition and family welfare home management.
- To gain a better understanding of the environment related social issues and their impact on lives.
- To stimulate a desire for more social exposure and knowledge and to help students to improve their decision making capabilities.
- To train and equip the adolescent girls to improve upgrade home-base and vocational skills.

- **Context:**

Institute is known for transforming, empowering girl students came from diverse backgrounds ranging from underprivileged sections to affluent ones. A vision of institute is Women Empowerment. Growing within: nurturing the potential of girls students enabling them, empowering them to carve their unique paths. Besides regular activities on Womens Empowerment, this year our focus is on health issue.

- **Practice:**

We have conducted two major programs that investing in girls education and health is one of the smartest investment to empower women and nation. viz. 1. Beta Jara Japoon 2. Free Health Check Up Practice: Women form an important pillar of society and they are the primary care takers in every house but still they suffer more and have poor health condition. Poor health affect adolescent girls life very badly. Improving health awareness along with education is the prime most important intervention to make women aware of their rights and also prevent them from becoming easy prey to severe emotional and mental disturbances. Creation of better awareness among the girls students about the importance of strengthening health and better understanding of their environment related social issues and its impact on their lives are the prime most important issues. Focusing on these issues, a very specially designed informative, illustrative and interactive workshop of Dr Vrushali Mane and Dr Girish Mane under the title बेटा जरा जपून was organised on 27 /7 /19. After the grand success and applause for this workshop,

institute has decided to organise Free health check up for students. In first phase of health camp, more than 1000 girls were examined. The Primary screening result showed that 220 girls are facing high risk health problems. These 220 girls wear thoroughly examined for HB count, thyroid level check up and sickle cell checkup. The girls which are in high risk guided by consultant doctors. It was observed that overall hemoglobin percentage is low in majority of girl students. Hence a lecture on diet and health problems was organised along with this.

- **Evidence of success:**

Health education regarding nutrition, hygiene and safety has been imparted well. As the health and health related problems of tribal and other socially deprived community are immense. Malnutrition, thyroid and Sickle Cell are the majorly detected among participants.
