

Criteria 7.2 Best Practices

Best Practice 1

Title of the practice- 'Healthy mind in healthy body'

Context: Being healthy should be part of everyone's overall lifestyle. Living a healthy lifestyle can help prevent lifestyle-diseases and long-term illnesses. The moto is 'Feeling good about yourself and taking care of your health are important for learning, your self-esteem and self-image'. It is imperative to maintain a healthy lifestyle by doing what is right for the body.

Practice:

Six Day 'Yoga Workshop' was organized from 16.11.23 to 23.11.21 by the Women Cell.

A One-day camp was organised by NSS on 29th December 2021 to create awareness about COVID vaccination. NSS volunteers spread awareness by raising slogan "SABKO VACCINE MUFT VACCINE".

An **On-the-Spot Essay writing Competition** is organized by the **Zoology** department for All the science students on **10.12.2021 on various topics related to health i.e. Covid-19 and its challenges; Impact of Covid-19 on Education System; Effect of junk food on health**

Symposium was organized by the Zoology Department in the college on '**World Cancer Day**' i.e., 04.02.22. In which the students of Government P.G College for Women, Sector-14 and students of Government College, Kalka participated.

State Level Video /PowerPoint presentation making Competition on 28th February, 2022, by Zoology department on the topic 'Cancer'.

On '**World Down syndrome Day**' i.e., 21.03.22, an online state level Inter College Poster making competition was organized by the Zoology & Genetics Department of the college on the Theme '**Share Your Colors for Rare Diseases.**'

Women Studies & Development Cell, Dispensary Committee along with IQAC in collaboration with Civil Hospital, sec 6, Panchkula organised "Health Screening and Awareness Camp" on 12.05.2022.

A one-day workshop was organised

Evidence of success: Students got aware to look for evidences of what works well and what to use for being healthy. They learned about different type exercises, healthy food stuff and healthy routine synchronized with nature.

Problems encountered: it is very difficult to convince the students about junk-food that "just because it is available, does not make it OK for our bodies." "With an abundant supply of constantly available foods and beverages, it seems we can get away without planning meals and still there is always something right around the corner to eat." It feels hard to be healthy and maintain a social life. Thirdly, they do not have time.