



**Kasegaon Education Society's,
ARTS AND COMMERCE COLLEGE, KASEGAON
Tal.- Walawa, Dist.- Sangli
Maharashtra, India**



Institutional Distinctiveness 2018-19

I Title:

Women empowerment: Health check-up camp for girl students.

II Objectives:

- i. To take a step towards the empowerment of women.
- ii. To create gender sensitivity among students.
- iii. To help the girl students to make them self reliant
- iv. To create self confidence among the girl-students and make them strong and bold to face day to day problems.

III Need Addressed and the Context:

NAAC Committee Visited our college for third cycle Reaccreditation on 2nd & 3rd August, 2018. At that time, they noticed and pointed out that the girl students of the college look feeble and asked to find out the cause. Besides, crimes against women occur every minute in India. Women are not safe even at their houses, in school and colleges or at public places. Hence, to make them physically strong and self-reliant is one of the steps to the empowerment of women. And we decided to conduct health check-up camp for girls.

IV Practice:

We invited a team of a doctor, from Primary Health Centre, Kasegaon. Dr. Rajendra Bhise with his team- Mrs. N. N. Shikalgar, Mrs. G. G. Kharat, Mrs. S. V. Chavan and Mrs. Bandgar who conducted health Check-up for girl students. At that time H.B. of girl students was checked. And it was noticed that majority of the students lack proper quantity of H.B., which was below 9.00 m. g. The doctor counseled the students about proper diet and appealed the students to increase H.B. which is the foundation of health. After that, we conducted another workshop for Women's health and cleanliness. Dr. Vikas Patil delivered a lecture on 'Women's Health' and provided guidance about proper diet which will help to increase hemoglobin of the girl students. The students asked various questions about their doubts which were cleared by the doctor. After three months we organized another H. B. check-up camp for girl students.

Outcome:

To our surprise, we noticed that majority of the girl students' H. B. which was below nine m. g. was increased up to 10-11 only with the help of natural diet and proper care. The students realized the importance of H. B. and good health. With the good health they would be able to face the odds of life. It is one of the Small steps to the empowerment of women.