



UNIVERSITY OF MYSORE

YUVARAJA'S COLLEGE (AUTONOMOUS)

(A constituent Autonomous college of the University of Mysore)
Re-Accredited A Grade by NAAC with CGPA of 3.34 and College with
Potential for Excellence

Mysore-570 005

2017-18



Best Practices:1

1. Title of the Practice

Assist and educate Lady students to handle menstruation physically and psychologically

2. Objectives of the Practice

- i. Creating awareness on menstruation-menstrual hygiene and management
- ii. Access to sanitary napkins to girl students
- iii. Ensuring safe and environment friendly disposal of sanitary pads
- iv. To reduce absenteeism from classes during menstruation which leads to poor performance

3. The Context

Girls face prejudiced attitudes on menstruation, due to social and cultural restrictions they experience embarrassment and stress during periods. In general, girls lack awareness or have inadequate information about menstruation.

There are more than 50% female students in our college. Majority of them are from rural background and hail from economically weaker section. Many a time due to financial constraints girls are deprived of access to sanitary napkins. This was resulting in skipping classes.

Non accessibility of proper menstrual protection products and non hygienic practices leads to physical and mental stress. Therefore, it was felt that menstruation, should not come in the way of our girl students performance. Hence it was planned to conduct program for creating awareness and free the girl students from

inconvenience and health risks. They should be able to participate in daily activities during their periods without being subjected to stigma.

4. The Practice

The inconvenience and health risks faced by our girl students for not having access to sanitary napkins during periods was discussed in the 'Green Audit Committee' meeting of our college. It was decided to conduct awareness program for the girl students and provide sanitary pads. The initial amount was contributed by the lady teaching staff. Lady admin staff volunteered to maintain the distribution of sanitary pad. It was decided to collect a nominal charge of Rs.2-00 from the students who can afford. The Sanitary pad is being distributed by The distribution system is maintained by an admin staff, a register is maintained by her. Students have to pay a nominal price of Rs. 2-00. The collected amount is used for the next purchase, in case of shortage of amount it is contributed by the Lady teachers of the college.

Awareness program is being conducted in association with 'Menstrual Health & Hygiene' program of Proctor & Gamble (P & G). Importance of menstrual hygiene, menstrual hygiene products, problems caused by the use of other materials such as old rags and other unhygienic practices were discussed. Detailed information on management of hygiene associated with the menstrual process was given.

5. Evidence of Success

The awareness program helped to understand that menstruation is a normal biological process, the facts related to the menstrual cycle and managing it with dignity, without discomfort. They are following healthy way to manage periods.

Some of the feelings expressed by the girl students :

- i. They feel safe in case of unexpected menstruation.

- ii. Help them to manage periods, they need not carry the pads in their bags.
- iii. Help them to overcome the menstruation pressure,
- iv. Helped to maintain healthy menstruation and concentrate on studies. Reduced the risk of urinary tract infections because of using damp menstrual clothes, using the sanitary pads for longer time.

6. Problems Encountered and Resources Required

There is little hesitation to collect sanitary pads.

Sustaining the program in terms of –

Long term plan: Due to financial constraints at present the plan is executed by the ‘Green Audit Committee’ in a small way. A sanitary pad vending machine has to be installed in the college premises.

Proper disposal of sanitary napkin: At present used pads are disposed in dustbins, which is an unhygienic method. Hence incinerators have to be installed in each floor of 3 blocks for the proper disposal.

Our college has a Lady’s room attached to the college office. Students find it difficult to reach the place because of the busy schedule and also during unexpected periods they feel uncomfortable to cover the distance. In the two more blocks our girl students need Lady’s room equipped with toilets, water facility where the girl students can sit, rest and give them safe and comfortable feeling.

Best Practices:2

1. Title of the Practice

Organising conferences /seminars / lecture series in honour of senior teachers who are on the verge of retirement.

2. Objectives of the Practice

The main objective of this practice is to provide a platform to all the young researchers and students to interact with the subject experts. Also it will highlight the achievement of the teacher mainly in his/her area of research and teaching. Also this practice is a goodwill gesture to the concerned senior teacher in acknowledging the yeomen service rendered by him/her to the institution. It is an excellent opportunity to the students to get exposed to the latest development in their respective fields and also to pay their respect to their teacher.

3. The Context

The main challenge is of finance. To organise a university level or a state level or a National level seminar/Conference of lecture series is not an easy task. First and foremost we need to identify the funding agency. The event has to be planned well in advance so that we can apply to the different funding agencies. Also the resource persons have to be identified, contacted and a confirmation has to be received so that we can go ahead with the programme. Many a times we receive the funds after the programme is held. In this context the entire onus is on the concerned Department or the convenor to somehow arrange for the finances and then claim the bills post the programme. But not all can afford the initial costs and it is very challenging to

arrange for the same. This is the main reason for many to not to accept the challenge of organising such programmes.

4. The Practice

This practice is unique mainly because it is not possible to organise such a programme to all the retiring teachers. Sometimes two or three teachers retire at the same time. To arrange for finances to organise conference/seminars in honour of all of them is a daunting task. To accomplish this task is the uniqueness of this best practice. The main purpose of conducting these conferences and seminars is to provide an opportunity to the students and teachers to know the latest development in their subject so that it paves the way for their higher studies in the respective subject and the students get to meet many eminent resource persons in one platform and can have valuable interaction. All this is possible through such programmes. The only and the main constraint is the generation of funds to organise such programmes. Otherwise our college is rich in manpower, teachers with expertise and enthusiasm and a very good official machinery which are also very essential for the smooth conduction of conferences and seminars. All in all, these programmes aim at according due respect to the retiring teacher, recognising and acknowledging his/her relentless service, providing valuable information to gain higher knowledge etc. These features contribute to the uniqueness of the best practice.

5. Evidence of Success

In the academic year of 2017-18, one of the senior most teachers of our college, Dr. S Latha, retired as a professor of Mathematics and attained her superannuation on 31st January 2018. In recognition of her yeomen service in the areas of research

(Geometric function theory) and teaching, the department of Mathematics, Yuvaraja's college, organised a Two- day National Conference on Geometric Function Theory in honour of Dr. S Latha on 29th and 30th Jan 2018. This conference was sponsored by the UPE grant of University of Mysore, Mysuru. Subject experts were invited from Indore, Chennai, Bangalore, Andhra Pradesh to deliver invited and contributory talks. Paper presentation sessions for the young researchers were held. Teachers, research students and college students from different institutions attended this conference and made the maximum use of the presence of many subject experts who were present at the conference. The conference was a huge success with a total of 168 participants.

6. Problems Encountered and Resources Required

As mentioned earlier the main problem is that of finance. Usually the teachers and the research students of the concerned department pool in the resources and conduct the programme till the financing authority releases the fund. In the case of the conference mentioned above, the department of Mathematics received the fund just two days prior to the Conference, but by then all the arrangements were made by Convenor and staff of the Department. This is the main hurdle in organising conferences and seminars. It would be more effective if the funding is received well in advance so that financial burden on one person or one person or department can be avoided.