



Shreeyash Pratishthan's
Shreeyash Institute of Pharmaceutical
Education and Research

Gut No.258(P), Satara Parisar, Beed Bypass Road near SRPF Camp
Tal, &, Dist, Chhatrapati Sambhajanagar (Aurangabad), Maharashtra 431010

Best Practice 1

Women's Health Hygiene Awareness Programme

OBJECTIVE

Women's Health awareness programme was initiated by the institute for the healthy life of women and girl students. We have identified the following objectives which are in tune with the practice.

- 1) To promote Women's Health Hygiene Awareness among the students, staff, and society
- 2) Educating women on frequent health issues
- 3) To sensitize women towards key aspects of women's health,
- 4) To ensure prevention, early screening and treatment of cancer of the reproductive organs
- 5) Identify and address the unique health challenges and requirements of women in the workplace

The Context

The health of women and girls is of particular concern because, in many societies, they are disadvantaged by discrimination rooted in sociocultural factors. Some of the sociocultural factors that prevent women and girls to benefit from quality health services and attaining the best possible level of health include:

- ❖ Unequal power relationships between men and women;
- ❖ Most of the women shy to discuss their problems
- ❖ An exclusive focus on women's reproductive roles

So, considering above facts we come to conclusion that a lots of awareness programme is necessary for the betterment of women's health. So, we take the initiative to spread awareness regarding many issues.

The Practice

Women's health refers to the branch of medicine that focuses on the treatment and diagnosis of diseases and conditions that affect a woman's physical and emotional well-being. Therefore, Institute makes survey through google form about the women's health issue and come to know that there is need to spread awareness of some of the topics related with women's health hygiene which are listed as below. The college also organizes street play programmes and seminars of experts persons on the various issues of Women's Health.

The institute also arranged women free health check-up camps on second Thursday of month where all the women and girls take benefits of this camp.

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Menstrual Cycle

PCOD/PCOS

Breast Cancer

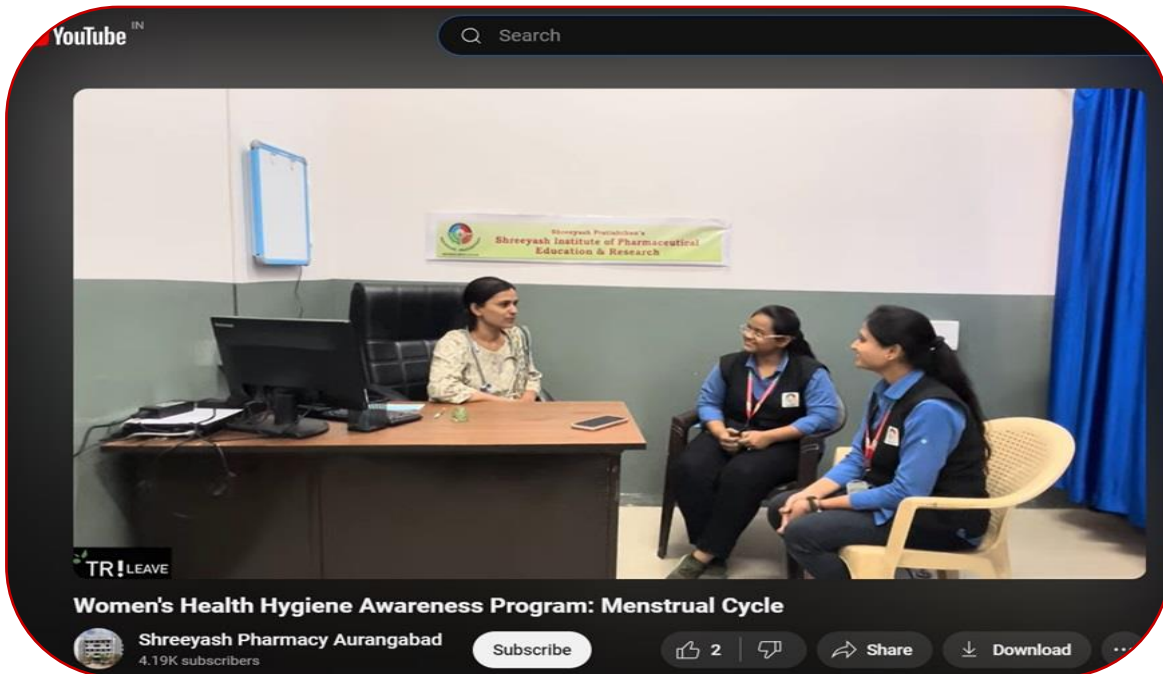
Hemoglobin and related issue

Diet in Pregnancy

Evidence of Success

The students of the institute along with doctors team of Shreeyash Ayurvedic college & Research Centre takes the initiative to prepare some awareness video lecture series on the selected topics which is uploaded on college you tube channel.

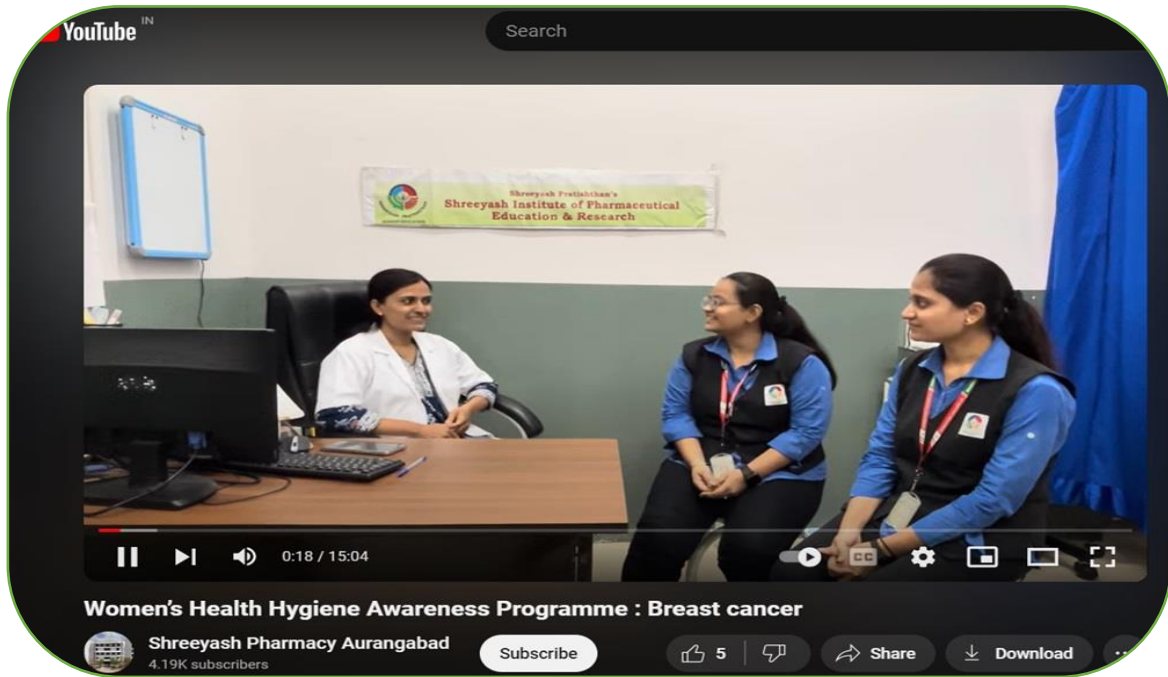
- ❖ Menstrual Cycle: <https://youtu.be/evSgiavBOww>
 - ❖ PCOD/PCOS: <https://youtu.be/4OBryyqObyo>
 - ❖ Breast Cancer: <https://youtu.be/q-FvadeMRGY>
 - ❖ Hemoglobin and related issue: <https://youtu.be/kgMRC8MALpo>
 - ❖ Diet in Pregnancy: <https://youtu.be/ogWb1j0YJqI>
- Seminar on “Tyche Health Awareness Programme” conducted where majority of the issues were discussed and some of the problems were solved by the discussion with expert person.
- By arranging women’s health check-up camps in the campus all the women and girls from the campus and beyond the campus get benefited. After health check-up, comes to know that some of the girls which were residing in hostel having low heamoglobin. So college planned to give them some food like peanut jaggary chikki or laddu weekly so that their Hb level increases which results in weight gain ultimately results in good health.
- By watching the awareness video through college youtube channel most of the women get answers of their question which they were hesitate to ask.



MENSTRUAL CYCLE AWARENESS



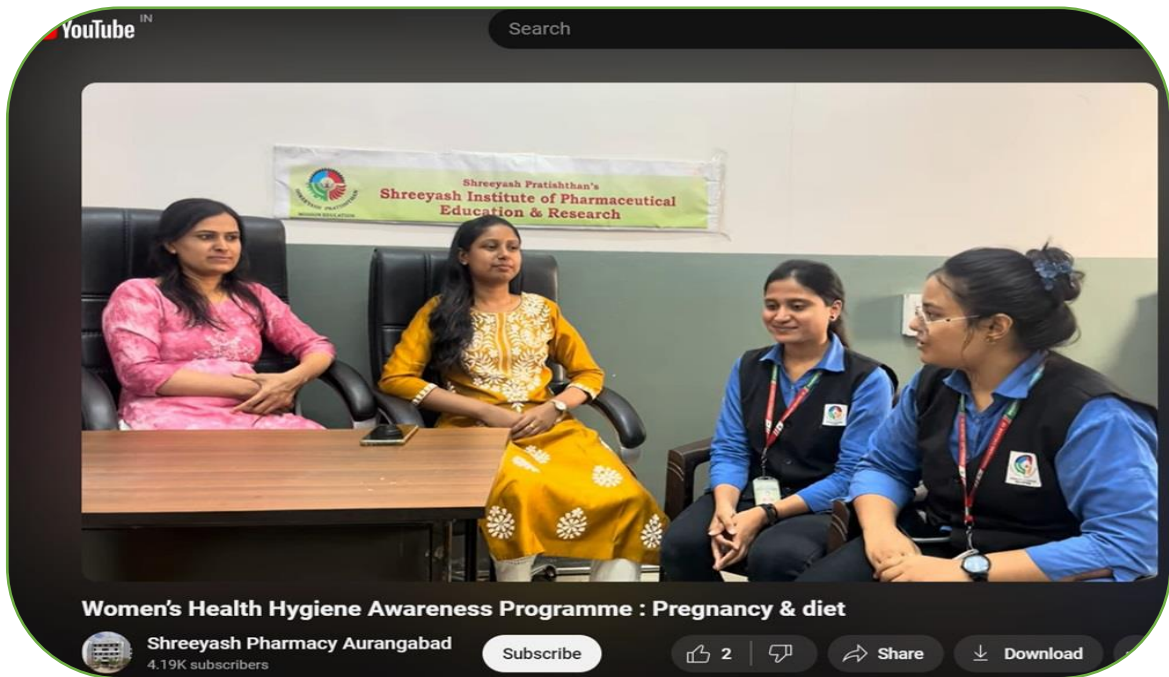
PCOD PCOS AWARENESS



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HEMOGLOBIN AND RELATED ISSUE AWARENESS



DIET IN PREGNANCY AWARENESS



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