

# **Tika Ram Girls College, Sonapat**

## **Best Practices -2021-2022**

**Title of the Practice** FREE HEALTH CHECKUP CAMP

**Objectives of the Practice**

Various prominent days such as World Cancer Day, AIDS Day, National Health Day, and etc are celebrated to create awareness about healthy lifestyle.

**The Context**

Numerous Campaigns are Coordinated with the help of NSS Units, Red Cross, Women Cell, Yoga department etc.

**The Practice**

A free health checkup camp was organized by women Cell-on 3rd March 2021 in which a team of doctors gave their services.

**Evidence of Success**

Health awareness Campaigns increase the awareness among the students | Community and they are becoming more conscious about health, hygiene.

**Problems Encountered and Resources Required**

The students feel hesitation to ask some health-related issues but the expert team of doctors clear their inhibitions

### **Best Practices - 2**

**Title of the Practice** Each One Teach one

**Objectives of the Practice**

This practice aims at creating opportunities for under privileged.

**The Context**

This programme is running since 2021. We have reached out to a large number of children in urban and rural India.

**The Practice**

A community center is established to teach the under privileged.

**Evidence of Success**

This practice encourages the weaker section children to recognize their moral and social obligation to educate at least one illiterate person.

**Problems Encountered and Resources Required**

Due to financial constraints they can't fulfil this desire, we have tried our bit to educate these under privileged children and adults.

