

## Life Skills and Women's Health

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### Objectives

- To encourage the students to learn about various vocations apart from academia.
- To expand their career options by teaching them about self-sufficiency.
- To help them gain mastery over various skills that might help them in their future.
- To promote a healthy life style and inculcate a positive attitude towards their mental health.

### The Context:

In order to make the students competent for their future, the college facilitates the advancement of life skills. Lakhimpur Girls' College wanted to initiate a procedure which helps its students to be trained in viable life skills, thereby enabling them to improve their career opportunities in the future. To meet these demands, the college encourages the development of life skills which will benefit the students in the future.

The college also puts the health of its students in the forefront. Being a pioneering women's college in the North bank of Assam, the onus of uplifting the condition of women in the society falls upon the college. Therefore, the college has always been dedicated towards engaging the students and educating them on the importance of their health, both physical and mental. In order to make this engagement successful, the college has been conducting programs on the basics and importance of women's health.

### The Practice:

- The NSS unit of the college in association with Azad Health Club, North Lakhimpur celebrated the 3rd International Yoga day on 21st June, 2017.
- Observed "National Nutrition Week on the theme "Optimal Infant and Young Child feeding practices: Better child health" at the college premise on 7th September, 2017.
- Observed "World Food Day" on the theme "Change the future migration, Invest in food security and rural development" in the department of Home Science on 16th October, 2017.
- Observed "World Diabetes Day" at Gharmara Gosai Chapori Prathamik Vidyalaya on 14 December, 2017.

- A presentation on habit formation of pre-school child and nutrition required during adolescence period was presented by students of Home Science Department, Lakhimpur Girls' College at Gharmara Gosai Chapori LP School on 24 February, 2018.
- Organized a special talk on "Role of probiotic on health". The talk was delivered by Dr. Kailash Bhattacharya, Professor and Head of Bio-chemistry, Guwahati Medical College at department of Home Science on 24 March, 2018.
- Organized a symposium on "Climate Change Extreme Events and Disaster Risk Management" on 30th October, 2018.
- A speech on "Nutrition and Good Health" was delivered at Krishi Vigyan Kendra, Lakhimpur on 8th March, 2019 on the occasion of International Women's Day.
- The Career Counseling Cell in collaboration with Tata Consultancy Service (TCS) Kolkata conducted a 100-hours Affirmative Action Training Programme from 6th June, 2019 to 23rd June, 2019.
- Installation of a sanitary pad machine in the college library on 10th June, 2019.
- Celebration of "National Nutrition Week" at Madhab Dev M.E and High School, Karhaichapori, Lakhimpur on 7th September, 2019.
- Organized an RSETI and UBI training program on "Cutting and Tailoring" from 19<sup>th</sup> September, 2019 – 29th September, 2019.
- A career counseling session was conducted by Assam Downtown University at Lakhimpur Girls' College on 18th February, 2020 on various career prospects after graduation.
- The Department of Economics organized an educational tour at Vidya: The Living School in Subahi, Dhemaji on 22nd February, 2020. The tour was meant to initiate the students into a holistic approach towards education.
- A counseling programme on career prospects in Film and Television Industry was organized in the college on 11th March, 2020.
- Organized a lecture session on "Horticulture" and "Breast Cancer" on 2nd March, 2021.
- A month-long self-defense course was conducted on 3rd December, 2021 by the Career Counseling Cell and Women's Cell, Lakhimpur Girls' College in association with Taekwondo Association, Lakhimpur.

### **Evidence of Success**

A few evidences of the success after the implementation of the best practice are listed below:

- The good habits of yoga have been inculcated within the students. This can be seen through the following:
  - i. Apart from winning the best team award in Dibrugarh University Inter-College Yoga Competition at HPB Girls' College, Golaghat on 24th January, 2017, the college also won all the three prizes in female section in Dibrugarh University Inter College Yoga Competition held on 5th February, 2018.
  - ii. Puspanjali Senapati, a student from the Department of Zoology, created a world record of "The longest time to perform Surya Namaskar" for International Book of Records on 21st January, 2021. She performed Surya Namaskar for 75 minutes 40 seconds long and did 135 sets of Surya Namaskar.

- The students were accustomed to the survival skills required during the time of natural calamities and disasters.
- The students were able to benefit from the sanitary napkin dispenser installed in the library.
- The students also gained knowledge and were able to gain awareness on breast cancer, its early symptoms and the care after prognosis.
- With the advent of the self-defense course, the students became competent and capable of defending themselves physically if the need ever arises.

#### **Problems encountered and Resources Required:**

The effective implementation of the practice was successful, albeit not without obstacles. While executing the practice, a few problems emerged. Some of them are listed below:

- Students' participation in the initial stage of implementation of the practice.
- Availability of resources and materials for implementation of life skills training.
- Limited number of organizations for collaboration to implement the practices.
- Challenges pertaining to the measurement of success.
- COVID-19 pandemic hampered the effective implementation of the practice
- Because of linguistic diversity, the medium of communication in several programmes became an obstacle for the participants involved.
- Allocation and mobilization of funds for organizing programmes pertaining to best practices is a challenge.

In order to efficiently administer the practice, a few resources were essential. The following are a few of the resources crucial for the systematic implementation of the practice:

- Resources related to health and hygiene were required.
- Classrooms and equipment related to certain life skill practices were required.
- Subject-specific experts were required for certain programmes.
- Procurement of sanitary napkins and installation of sanitary napkin dispenser.

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