

कार्यालय, प्राचार्य महर्षि वेद व्यास शासकीय स्नात. महा. भखारा, जिला—धमतरी (छ.ग.)

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Special Cde

//BEST PRACTICE//

Title of the Practice: -

Keep Students Stay Physically and Emotionally Healthy.

<u>Objectives of the Practice</u> Our college is situated distance away to be called semiurban and close to rural vicinity GRE is good, students are hardworking, devoted, sincere but this all could not turn many of their dreams into reality.

<u>The Context</u> – Student attend classes regularly and our overall University result is above 75%, but the problem arises when they face the competitive exams.

<u>The Practice</u> - To physically examine the students a medial ambulance visits our college on the insistence of our principal and provides medical consultations. Classes of emotional intelligence are taken regularly to boost their morale and make them emotionally resilient.

Problems Encountered and Resources Required — Most of the students suffer from Malnutrition. Their food doesn't contain enough vitamins proteins but rich in fats and carbohydrates.

<u>Evidence of Success</u> – Emotionally we prepare them to face the worldly challenges and physically along with consultations they are provided with tonics, vitamins and portions etc.

<u>Notes – Malnutrition requires healthy diet regularly.</u> Students are poor so supplement like vitamins and proteins are not sufficient. They are asked to include eggs and fish, which are available in their villages, in their regular diet.

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