**Best Practices by Women Study Centre & Girls Health Club**

Women Study Centre and Girls Health Club of University under the supervision of Coordinator ***Dr. Nalini Misra***; is conducting **“Nari Shakti Vijayte Programme”** in which the women including Girl students, female staff and women from society participate. This Programme is conducted on every Saturday in the University premises. The Programme includes:

* **Yoga exercises:** As physical activity consisting mainly of postures, breathing exercises, relaxation and meditation. The Yoga exercises build strength and awareness. They also bring together the mind and body.
* **Martial Arts Training:** Workshops are organized for women who are benefitted by increase in core strength through functional exercises, help improve posture and also helps achieve improved relaxation of mind and soul.
* **Sports Activity:** The sports activities are organized for girls in the campus for physical fitness and mental health. Through participation in sports, they gain various skills, experience, confidence and team spirit that is helpful in development of their personality.
* **Counselling session:** Counselling Sessions are organized for women in which the solutions of their problems are suggested which benefits them in developing confidence, exploring opportunities for change, improving personal skills and learning to make better decisions.
* **Clean and Green Environment:** Special care is taken for the maintaining clean and healthy Environment for which activities like Tree plantation, Cleanliness drives, Awareness about Sanitation, etc. are regularly being done within and outside the University Campus. Tree plantation of fruit bearing plants is done in the Girls Hostel of the University by Women Study Centre which is regularly monitored for better growth of trees. The Girls of the hostel have been given adoption of one plant each for taking good care of it and development of environmental values.
* **Awareness about Government schemes** is given to women inside and outside the campus; in the villages adopted by University.





  


















