

# **Government Degree College Kaffota** **District Sirmaur, Himachal Pradesh**

## ***Ranking of Government Colleges in HP – 2025***

### **Criterion 7: Miscellaneous**

**Key Indicator 7.1: Any Other Important Information or initiative not Covered Above**

**Metric 7.1.5: Swasthya-Setu — Student-Led Integrated Health, Nutrition and Menstrual Dignity Outreach for Trans-Giri Tribal Communities**



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# **RANKING FRAMEWORK**

## **7 MISCELLANEOUS**

### **7.1. Any Other Important Information or initiative not Covered Above**

#### **7.1.5. Swasthya-Setu — Student-Led Integrated Health, Nutrition and Menstrual Dignity Outreach for Trans-Giri Tribal Communities**

##### **i. Objectives of the Practice**

The key objectives of the practice are:

1. To bridge the health literacy gap in remote tribal areas through student-led awareness initiatives.
2. To promote preventive healthcare, balanced nutrition, and anaemia prevention using locally available resources.
3. To foster menstrual dignity by addressing stigma, myths, and hygiene practices among adolescent girls and women.
4. To empower students as “Swasthya Sathis” (health facilitators) for community engagement and outreach.
5. To strengthen linkages between the college and local health systems (ASHA, ANM, PHC).
6. To enhance awareness regarding hygiene, sanitation, and health-seeking behaviour.
7. To encourage community participation in government health schemes such as Ayushman Bharat and HimCare.
8. To develop leadership, empathy, and social responsibility among students through experiential learning.
9. To promote sustainable health practices aligned with national missions such as POSHAN Abhiyaan and Swachh Bharat Abhiyan.
10. To integrate academic learning with community service for holistic student development.

## **ii. The Context**

Government Degree College Kaffota is located in the Trans-Giri tribal region of District Sirmaur, Himachal Pradesh, characterised by rugged terrain, scattered settlements, and limited healthcare access. The region faces persistent challenges such as anaemia, malnutrition, poor sanitation, and deeply rooted menstrual taboos.

Most students belong to rural and tribal backgrounds and possess strong cultural and linguistic connections with the community. Recognising this inherent strength, the institution conceptualised “**Swasthya-Setu**” as a student-led outreach initiative to act as a bridge between formal healthcare knowledge and community practices.

The initiative addresses both infrastructural limitations and socio-cultural barriers by leveraging students as trusted communicators and change agents.

## **iii. The Practice**

“Swasthya-Setu” is implemented through structured, participatory, and community-oriented activities under NSS and extension programmes.

### **a. Student Orientation and Capacity Building**

- 40–60 NSS volunteers are trained annually through sessions conducted by faculty, ASHA workers, ANMs, and PHC doctors.
- Training includes nutrition, anaemia prevention, hygiene, menstrual health, and communication skills in local dialects.

### **b. Village-Level Health Outreach**

- Students adopt nearby villages and conduct regular awareness programmes.
- Activities include demonstrations, role-plays, and interactive sessions on:
  - Balanced nutrition using local foods (millets, pulses, greens)
  - Anaemia prevention
  - Personal and environmental hygiene
  - Preventive healthcare practices

### **c. Menstrual Dignity and Awareness Campaigns**

- Gender-sensitive sessions are conducted for adolescent girls and women.
- Focus areas:
  - Breaking myths and taboos

- Hygienic practices and safe disposal
- Nutrition during menstruation
- Free sanitary napkins and awareness materials are distributed in collaboration with health departments.

#### **d. Integrated Field Activity: Dugana Village Health Awareness Programme**

A Health Awareness Programme was conducted in Dugana Village in collaboration with Mahila Mandal Dugana under the *Sahaj Campaign*.

- The programme focused on women’s health, menstrual dignity, and awareness with the impactful theme: “Menstruation: Not Blood, But Dignity – Fearless, Unashamed, Free.”
- The students conducted a street play (nukkad natak) to sensitise the community and break social stigma around menstruation.
- ASHA workers actively participated and distributed iron and calcium supplements to women, promoting anemia prevention.
- The programme successfully created a safe platform for open dialogue, encouraging women to discuss menstrual health without hesitation.
- The activity was conducted under the guidance of:
  - NSS Programme Officer Sh. Dinesh Sharma
  - Rovers Incharge Sh. Aniket Pundir
  - Faculty members Sh. Vipin Singh
  - Ms. Ravena, Member, Internal Committee and Women Development Cell
  - Student volunteers

This programme exemplifies the practical implementation of “Swasthya-Setu” by integrating awareness, community participation, and healthcare support at the grassroots level.

#### **e. Community Linkages**

- Students facilitate awareness about government health schemes and services.
- Coordination with ASHA workers, ANMs, and PHCs ensures better outreach and follow-up.

**iv. Evidence of Success**

1. Increased awareness regarding health, nutrition, hygiene, and menstrual dignity among community members.
2. Greater openness and reduced stigma around menstrual health issues.
3. Increased use of sanitary products and improved hygiene practices.
4. Positive behavioural changes in diet, sanitation, and health-seeking behaviour.
5. Strengthened collaboration between the college and local health institutions.
6. Active participation of community groups such as Mahila Mandals.
7. Enhanced leadership, communication skills, and social responsibility among students.
8. Recognition and appreciation from local Panchayats and community stakeholders.

**v. Problems Encountered and Resources Required**

**a. Problems Encountered**

1. Cultural taboos and hesitation in discussing menstrual and health issues.
2. Logistical challenges due to difficult terrain and dispersed settlements.
3. Balancing academic schedules with outreach activities.
4. Need for continuous engagement for sustained impact.

**b. Resources Required**

1. Faculty mentoring and NSS coordination support.
2. Collaboration with ASHA workers, ANMs, and PHC staff.
3. Low-cost awareness materials (charts, pamphlets, sanitary samples).
4. Basic transport support for remote village visits.

**vi. Notes (Optional)**

- The practice is cost-effective, sustainable, and replicable in rural and tribal settings.
- It reflects Institutional Social Responsibility (ISR) and aligns with NAAC Criteria V & VII.
- The initiative contributes to SDG 3 (Good Health), SDG 5 (Gender Equality), and SDG 6 (Clean Water & Sanitation).

- “Swasthya-Setu” successfully integrates academic learning with community engagement, fostering holistic student development.
- The model can be scaled through digital follow-ups, alumni engagement, and integration with local development programmes.



**Figure 1: Newsclip**



**Figure 2: Health Outreach Programme in Village Dugana**



**Figure 3: Street play (Nukkad Natak) to sensitise the community about menstruation hygiene management**



**Figure 4: Street play (Nukkad Natak) to break the social stigma around menstruation.**



**Figure 5: Supplements being distributed to Village Women**