

**RAM NIRIKSHAN ATMA RAM COLLEGE, SAMASTIPUR, BIHAR  
LALIT NARAYAN MITHILA UNIVERSITY, DARBHANGA**

**Best Practices**

**2023-24**

**Best Practice 1**

**1. Title of the Practice**

Organizing an educational trip by the Department of History

**2. Objective of the practice**

Visiting various historical sites to familiarize the material aspects of historical studies.

**3. The context**

Apart from teaching history and historical reconstructs in the classroom, exposure to material aspects of the past is required for students. This helps in understanding deeper aspects of history.

**4. The Practice**

On December 1<sup>st</sup>, 2023, the Department of History organized an educational trip of Part III students to the sites of Nalanda and Rajgir.

**5. Evidence of Success**

Students who were part of the educational trip became quite enthusiastic and learned greatly from visiting archaeological monuments at Nalanda and Rajgir. This created great interest and enthusiasm among students of other sessions as well. This was organized by the department for the first time.

**6. Problems Encountered and Resources Required**

Funds were limited therefore only a day trip could be organized. Limited number of students could be taken to the trip. The trip was partially sponsored by the college and some fee was also collected by students.

**2023-24**

## **Best Practice 2**

### **1. Title of the Practice**

Celebrating Menstruation Week in collaboration with Yuva Seva Sadan, Piramal Foundation

### **2. Objective of the practice**

To create awareness about menstruation among girl students.

### **3. The context**

Menstruation is a natural human process occurring among girls after they attain puberty. It is common and everyone is in some way aware of it. However, there are several misconceptions and misunderstandings about it in the society at large. Even, girls are not completely aware about it which may lead to situation of complex health problems. There are several do and don'ts associated with it in its societal-cultural background. However, they must have a scientific outlook towards it and pay more attention towards scientific do and don'ts in terms of care to be taken during menstruation period, cleanliness and hygiene, and removing baseless assumptions regarding the flowing of blood. In a state like Bihar where human development index is relatively lower than other states such organizing such awareness programmes becomes too important and urgently needed.

### **4. The Practice**

An awareness programme was organized for students on 28.05.2024 in collaboration with Yuva Seva Sadan, Piramal Foundation in which its importance, hygiene, cycle, restrictions, validity of such things were discussed in detail.

### **5. Evidence of Success**

This session was attended by several students and faculty.

### **6. Problems Encountered and Resources Required**

Even higher number of students could have joined as it was a very important event. Students come from rural areas and areas that are far away. So, a limited number of students could join this programme.