

1. Title of the Practice:

Rubella Vaccination Drive 2021-22

2. Objectives of the Practice:

- To get students vaccinated against Rubella
- To help the female students have a safe pregnancy and prevent any kind of child abnormalities in the future

3. The Context:

This activity is conducted in K. R. M. M. M., Nanded every year in the memory of Lt. Dr. Ratnakar Trimbak Lakhe, father of Prof. Anjali Dudhmande. He was a very social person and used to participate in a lot of social causes related to healthcare. This activity is dedicated to him and his work for wellbeing for all.

4. The Practice:

All the newly admitted students and the old students who missed the drive are vaccinated against Rubella in the activity.

Dr. Vijaya Deshmukh, Principal, K. R. M. M. M., Nanded said that this vaccination drive is very important for the girl students so as to prevent abnormalities in the foetus in their future pregnancies. She urged all the new students to get vaccinated and secure their future.

Prof. Anjali Dudhmande arranged this activity and was assisted by the college's teaching and non teaching staff.

5. Evidence of Success:

Every year, at least 70-80 girl students are covered and vaccinated in the drive, their futures now being secure.

6. Problems Encountered and Resources Required:

Organizing a vaccination drive means securing the vaccines and their safe storage to prevent any loss. Along with the procurement and safe storage of vaccines, it is equally important to have able people who can administer the vaccine in a proper way, so that there are no problems going further. To help with this, Nurses from Bhalerao Hospital, Nanded came with the vaccines and helped administer the vaccine to every student.

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HOW TO COPE WITH MARRIED LIFE

K.R.M. Mahila College conducted Pre-Marriage/Post-Marriage counselling programme for the students. Due to the fact that some of them must get married after or before receiving their degree, our college holds workshops for females and students on guide counselling. Counselling before and after marriage is a form of therapy that aids in preparing the mind for marriage. It is meant to assist with various crucial issues. Additionally, it aids in locating troubled areas and provides tools for successful navigation. The goal of counselling is to support a solid foundation in a marriage.

CONTEXT

Due to the rising divorce rate, counselling before and after marriage is more important than ever. A type of couples therapy called premarital counselling can help you and your spouse get prepared for marriage. It is intended to ensure that you and your partner have the same perspective on a number of crucial matters, including finances and children. Furthermore, it can aid in spotting possible areas of conflict and provide you and your spouse the resources you need to properly negotiate them. Premarital counselling seeks to assist you in creating a solid marriage foundation.

Following are some areas where pre-marital counselling can assist you and your partner as you begin a married life together:

1. Gaining a wider insight of your partner: Pre-marital counselling can assist you in doing just that. You can better comprehend your partner's beliefs, values, expectations, motivations, priorities, and routines by doing this.
2. Setting realistic expectations: The above type of counselling enables you and your spouse to address all significant areas of married life so the two of you know what to expect. It also helps you and your spouse discover your individual and joint strengths and shortcomings.
3. Planning long term plans: A premarital counsellor can assist you in making plans for your marriage and your future together, much as how you and your significant other would meet with a wedding planner to prepare your special days.

OBJECTIVES

- To get mentally ready for marriage.
- To address concerns that arise after marriage.
- To keep the family system intact.
- To promote marriage after a prosperous career.
- To prevent disputes with the in-laws.
- To avoid clashes with in-laws.

BENEFITS

1. Conflict Resolution.
2. Problem solving skills.
3. Effective Communication.
4. Financial Management.
5. Aids intimacy.
6. Manages expectations.
7. Manages differences.
8. Build deep understanding and empathy.
9. Manages parenting style conflicts.

ACCOMPLISHMENT

Premarital and marital counselling is intended to strengthen a student's relationship with her partner and assist in laying a solid basis for marriage. Pre-marital counselling enables partners and students to make key decisions about their relationship before a problem arises. The programme was well received by the students who attended, especially the married students, who interacted with the counsellors and asked questions. The married students claimed that because they were living married women's lives, they considered the curriculum to be more beneficial. The students also claimed that receiving counselling prior to marriage would have been more beneficial.

PRACTICES

Smt Suchitra Bhagat has been doing marriage counseling and reconciliation between husband and wife for many years and giving them legal advice. She presented to the students the experiences that she gets every time she works. College Principal Dr Vijaya Deshmukh was present in this program. Also all the staff were present on this occasion.

CHALLENGE ENCOUNTERED

This program is organized every year in the college. Because both married and unmarried students take admission in our college. As we have always seen many problems arise in the married life of married students, this program is organized by the marriage counselors of the Police Superintendent's office to provide counseling to the students. It is benefiting the students a lot. This program is making the students more aware of their lives and helping married students get proper guidance and legal advice. Day by day we see many problems in married life of female students and the rate of divorce is increasing or the rate of female students returning home and getting education is increasing.

RESOURCES REQUIRED

Every year this program is organized in the college. Marriage Counselors of the Women's Aid Cell of the Office of the Superintendent of Police are invited to the college for this program every year. The students benefit from this program but along with marriage counselors, the

students will benefit more if they take the help of lawyers, judges, social workers and psychiatrists to provide legal advice to guide the students legally.



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