



B.M.S EDUCATIONAL TRUST

Ph: 080-26601836

B.M.S COLLEGE FOR WOMEN

Autonomous Institution under Bengaluru City University, Bengaluru.

NAAC Accreditation 'A' Grade

Bugle Rock Road, Basavanagudi, Bengaluru – 560 004

Institutional Best Practice

TITLE: ZEAL OBJECTIVES:

Aim: To promote sports, encourage healthy competition and identify talented sportsmen.

Objective: Overall development, boosting confidence and providing growth opportunities, fostering sports culture in the institution.

Practices: Encourages students from various colleges to participate as it gives a fresh perspective on life and a new approach to dealing with obstacles.

Evidence of success: Increased participation from various colleges year after year serves as evidence of success.

Limitations: Dealing with lack of adequate resources. breaking the stereotypes and culture.

TITLE: Sthree Swasthya

Aim: Aimed at improving the well-being of women and focus on addressing key health issues.

Objective: Promote women's health awareness and education programs, access to health care systems and tailored schemes to address women's health such as subsidies for health care services in hospitals under the umbrella of B.M.S trust and health insurance.

Practices: awareness campaigns, student surveys, competitions and programs on women's health, and access to menstrual products.

Evidence of success: the activities under the aegis of Sthree Swasthya have shown tangible success in improving the student's health. Increased response and participation of students in related activities are clear indicators of the positive impact of these initiatives.

Limitations: health challenges are not openly discussed leading to further stigma around seeking help. A large group of students need to be addressed at a time.