

## Best Practice 2:

### 1. Title of the Practice

Understanding the Gender & Adolescence Issues.

### 2. Objectives of the Practice:

To create awareness on Gender Equity and Issues faced by the students during the adolescence period.

### 3. The Context:

The practice is to make students understand the concepts of gender and sex through pragmatic discussions, fostering a more nuanced awareness of these topics. To create awareness about gender roles, discrimination, and opportunities in society, aiming to connect gender equity and gender values with daily life. Students were given ample opportunities to engage in performing arts and role-playing activities, which allowed them to explore and challenge traditional gender norms and stereotypes actively.

### 4. The Practice:

The practice prompted students to consider how they could actively promote gender equality within their own spheres of influence, whether at home, in school, or in their communities. Additionally, students were encouraged to create posters on assigned topics, allowing them to creatively express their understanding and commitment to challenging gender biases and advocating for a more equitable society. The practice helped students understand their physical and mental growth, as well as other associated changes that occur during adolescence. It covered topics related to menstrual hygiene, including the proper usage of sanitary napkins and maintaining personal hygiene, while also dispelling common myths and misconceptions surrounding menstruation.

### 5. Evidence of Success:

Students developed a deeper understanding of the impact of gender on individual experiences and societal structures, encouraging them to advocate for a more equitable and inclusive community.

Students were better equipped to navigate the challenges of adolescence and more informed about their rights and responsibilities in fostering a respectful and safe community for all.

6. Problems Encountered:
  - a. Student's reluctance to adapt hygiene practices.
  - b. Unawareness on Gender Issues.
  - c. Lack of basic physical exercises.