

NDANDA COLLEGE OF HEALTH AND ALLIED SCIENCES



DRESS CODE GUIDELINES FOR NDANDA COHAS STUDENTS

2024

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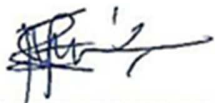
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PREFACE

Ndanda College of Health and Allied Sciences is responsible for preparing Guidelines and to manage its implementation in the college. In carrying out this responsibility, the college has prepared Dress Code for students.

This guide will be used to ensure that the clothing worn by college students is dignified and discipline. It is the expectation of the college that if this Guide is observed by all parties then the college will not only be a place to teach professions but also an area where the culture and values of public service will be inherited by graduates.

Dress codes help create a professional and productive environment, promote a professional image, ensure safety, and minimize distractions. Corporate culture and corporate dress codes vary, and the impact of dress code on work performance may vary.



Frank Shemhande

PRINCIPAL NDANDA COHAS

1. DRESS CODE GUIDELINES FOR NDANDA COLLEGE OF HEALTH AND ALLIED SCIENCES STUDENTS

1.1. Introduction

The decent Dress Code is applicable to all students to provide and maintain high professional ethical standards of integrity and discipline on the campus. All students shall maintain person hygiene, dress in decency, modesty and respectable attire in Accordance with acceptable norms.

The higher education institutions dress code has become an increasingly common policy nationwide. When students grow and develop their identities, they often use clothes as a way to express who they are and what they believe.

The college will not allow the situation to get worse by tolerating purposeful violation of the Dress Code. The good name of Ndanda COHAS is not built by good academic performance alone but also by a high level of discipline, decency and propriety among students.

Ndanda College of Health and Allied Sciences understands and fully supports students' right to self-expression. The college also has an obligation to create a living, teaching and learning environment where all members of the community are comfortable and not offended by inappropriate dress.

The Management, clinical instructors, tutors and other staff have the responsibility to oversee and address guidelines violators to students dressed in any of the prohibited dresses.

Let every student be reminded that the dress you put on partly sums up what kind of person you are, because it sends a message about the things your mind likes and which your body practices. A person of a sound mind cannot dare walk half naked in public. It is needless to overstate the importance of upholding the good name of Ndanda COHAS, which must be preserved at all costs.

1.2. Importance for Developing Students' Dress Code Guidelines

Students must enjoy behaving in a gentlemanly or lady-like manner through word and deed, rather than delighting in appearing rough, shabby, slovenly, cheap or seductive.

Some students have been found wearing of clothing that do not match to the values of the Ndanda COHAS community. Also students lack clear interpretation of what constitutes acceptable dresses.

Observance of Dress Codes is important because it helps to preserve moral standards of the college, ensure discipline and a sense of responsibility among students, prepare students for their careers in real world as many professions need smart personnel and contribute to a safe and supportive teaching and learning environment.

Studying at a college is not only passing examinations but also to maintain the good image of oneself and the respective College through descent dresses.

The Dress Code is designed to provide appropriate guidelines to all students to dress in a manner that is respectful of themselves and in the Ndanda College of Health and Allied Sciences community.

1.3. Requirements to students

The following is required to be observed by all students at Ndanda College of Health and Allied Sciences:

- a) Wearing of Identity Cards all the time in the College for identification.
- b) Distinction of appropriate dress subject to situations such as for classes, clinical, church, business and formal affairs, relaxation and play/sports activities.
- c) Learn to use socially acceptable dress to specific occasions and activities.

2. STUDENT DRESSING GUIDELINES

2.1. Dresses allowed in college

2.1.1. Clothes

Females

- a) Wear a skirt or dress that is not tight, a fabric that is not transparent and should be long enough to cross the knees while sitting.
- b) Wear a uniform with Identity card during all sessions; in the classroom and practical training areas (clinical) inside and outside the college.
- c) Clothing allowed in practical training areas (example: white jacket)
- d) Uniforms should be hemmed (pindwa).
- e) Clean and ironed clothes.
- f) Sports clothes and t-shirts chosen by the institution/student government
- g) Wearing long socks of the same type with white color
- h) A white sweater

Males

- a) Wear long pants that are not tight, tie a belt around the waist and wear an ID card during all sessions; in the classroom and practical training areas inside and outside the campus.
- b) Uniforms should be hemmed (pindwa).
- c) Clean ironed clothes.
- d) Clothes compatible with the color chosen by the professional council.
- e) Sports clothes and t-shirts chosen by the institution/student government
- f) Wearing uniform socks with white color
- g) T-shirt (Vest/T-Shirt) worn inside the shirt should be white in color
- h) A white sweater

2.1.2. Hair

Females

- a) Short natural hair to be combed.
- b) Long natural hair to be tied with clips towards the back of the head so that the face is visible and not left hanging
- c) Natural hair to be braided in a line (from the front to back) without setting raster.

Males

- a) Short natural hair that is combed.

2.1.3. Beauty allowed for both sexes

- a) Wedding rings
- b) Short nails
- c) Watches
- d) Glasses for those with eye problems
- e) Hats for with skin problems (Albino)

2.1.4. Shoes allowed for both sexes

- a) Black shoes with a short heel that does not make a sound when walking on the floor.
- b) Sports shoes during sports

2.2. Dresses NOT permitted

2.2.1. Clothes prohibited

Females

- a) Tight clothes
- b) Short clothes (dresses/skirts) that leave the knees open or slits that show the inner parts of the body
- c) Clothes that leave part of the body exposed like the navel, chest, shoulders and back
- d) Clothes that show patterns/underwear (transparent)
- e) Wrinkled clothes (Not stretched)
- f) Dirty clothes (Not washed)
- g) Clothes with torn/open zippers or buttons
- h) Clothes that do not match the colors suggested on the college admission form
- i) Clothes that do not match the style suggested on the college admission form
- j) Clothes that have pictures, drawings, and texts that are not compatible with college.
- k) Shorts of any kind
- l) Loose (perforated) or torn pants
- m) Wearing khanga/kitenge outside the dormitory
- n) Wearing pajamas (night dress) outside the dormitory
- o) Clothing with writings of any political party or fan of something
- p) Any clothing that is against the ethics of public service

Males

- a) Cadet pants or jeans to be used as a uniform (even if they are khaki)
- b) Tight pants
- c) Tight shirt
- d) Wearing loose pants
- e) Clothes that leave part of the body open like the navel and chest
- f) Fastening a few buttons of the shirt so that the chest is visible
- g) Clothes with torn/open zippers or buttons
- h) Clothes that do not match the colors recommended in the college
- i) Clothes that do not match the style recommended in the college
- j) Any pants that are short or left untucked at the bottom
- k) Shorts of any kind
- l) Clothing with writings of any political party or fandom of something m) Any clothing that is against the ethics of public service

2.2.2. Hair prohibited for both sexes

- a) Dirty hair that is not properly styled
- b) Artificial or dyed hair
- c) Growing long hair for boys/men
- d) Weaving rasta or any style of hanging hair
- e) Cutting hair in inappropriate styles
- f) Growing a beard

2.2.3. Beauty not permitted for both sexes

- a) Earrings, Bracelets and Necklaces
- b) Shaving eyebrows
- c) Painting lips and eyes
- d) Growing long nails and painting nails
- e) Wearing artificial nails and eyelashes
- f) Cosmetic teeth are not allowed
- g) Tattoos/tattooing makeup are not allowed

2.2.4. Shoes not allowed for both sexes

- a) Sandals (kandambili, yeboyebo's, etc) are forbidden in classrooms and clinical areas
- b) Sports shoes with rubber (except during special sports activities)
- c) Shoes of a color not recommended for use on campus
- d) Wearing shoes without socks
- e) High-heeled shoes
- f) Shoes that make noise on the floor

2.3. Effects resulting from wearing disrespectful dresses

- a) Disrespecting the society around him
- b) Patients/customers lose faith and refuse to be served by students.
- c) Lowering the status of health professions because students are being prepared to be employees of Public and mirror to society.
- d) Humiliating the Ndanda COHAS when they are in the community.
- e) Endangering the safety of their health, when they are in training

3. Dress Code Violations

A student who violates the dress code will have an opportunity of correcting the mistake. A student who violates the dress code frequently will be eligible for disciplinary measures.

A table showing penalties in violation of Dress Code;

No.	Offence/Violation	Penalty 1	Penalty 2	Penalty 3
1.	Wearing short and tight clothes	Excluded from class or clinical area and severe warning	Written warning	Suspension
2.	Not wearing a uniform and ID if present in class, wards or clinical areas	Excluded from class or clinical area and severe warning	Written warning	Suspension
3.	Braiding fake hair, applying paint nails, apply pitch and applying lip colors	Excluded from class or clinical area and severe warning	Written warning	Suspension
4.	Clothes that leave part of open body like navel and chest	Excluded from class or clinical area and severe warning	Written warning	Suspension
5.	Wearing loose pants or it's torn in the groin	Excluded from class or clinical area and severe warning	Written warning	Suspension
6.	All other violation of clothing not allowed	Excluded from class or clinical area and severe warning	Written warning	Suspension

4. Implementation of the Guidelines

- a) The disciplinary committee will thoroughly communicate with students on the appropriate dressing.
- b) Repeatedly offenders will be referred to the disciplinary committee for disciplinary action.
- c) Students should be given an opportunity to come into compliance with the dress code after being made aware on the proper dressing guidelines.
- d) Each case should be documented.

5. References

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