Best Practices (Academic Year 2022-23)

Best Practice 1

1. Title of the practice: Complete blood check-up (CBC) camp

   Key words- Hemoglobin, RBCs, WBCs and blood group

2. Objectives of the practice:
   - To make students aware of their blood groups
   - To find out the blood group of the students
   - To look at overall health and find a wide range of conditions including anemia, infection and leukemia
   - To count platelets

3. The context:

A Complete Blood Count (CBC) is a typical lab run in urgent and routine medical evaluations. This lab gives us a window into our ability to deliver oxygen, infection/immune status and a general screen for bleeding disorders. The intention behind organizing the camp was to make students aware about their fitness and possible hazards in future which can be calculated easily with CBC. The team faced many problems while implementing it from the side of students. Most of the students were having rural and hilly-area background. As a result of this they were not much aware of the importance of goo diet and health in life. It was a challenge to the organizing committee to convince them to give their blood samples. The female students especially felt scared of the blood as it was their first time to get their blood tested

4. The Practice:

Higher education intends to prepare students to meet daily challenges with grit and determination. As a part of this, the dictum *'Healthy Youth for Healthy India'* was the sole

target of the institution to make its students aware of their physical and mental fitness. A college education is more than classroom instruction. The institution with the organization of various activities tries to explore facets of individuality, perseverance, and skill among students. The organisation of blood-check up camp reached at the peak of the some of the most successful programmes ever organized by it. As per the decisions taken by the head of the institution it was decided to conduct a special camp on 25/11/2022 on the complete blood check up of the college students. The intention behind checking up of the blood was to calculate the blood components that make human being healthy and help them fighting against the various infectious diseases and complexities in future. The camp focused to check up various blood components like hemoglobin, white blood cells, red blood cells, platelets, etc along with blood group check up. When the students were in informal communication with teachers they frankly told about their health related issues and the same discussion helped to organize such programme at the campus. The doubt of the faculties was that the students were suffering from anemia, low hemoglobin, less platelets, apathy in knowing blood group etc. So, with the collaboration of the department of Home science, a special camp of free blood check up was organized by the college for the students in getting the idea of their health and fitness. For this a local pathologist was summoned. The pathologist collected the samples of the students, the in charge faculties of the home science department along with the pathologist told the students about the complexities that occur in body due to the improper ratio of various blood components and their effects on overall physical and mental health.

5. Evidence of the success:

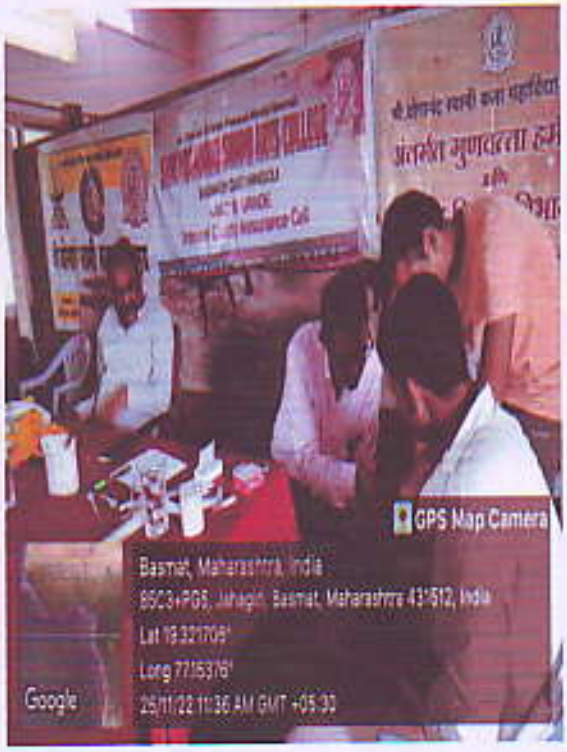
The programme became successful not only because of the maximum participation of students but it proved the hypothesis of the faculties and the pathologist that students suffer from many problems. When the reports were checked by the faculties, it was observed that many students specially girl students lacked proper hemoglobin range. Their hemoglobin count was between 5-9 g/dl. The male students' hemoglobin ratio was good as compared to female but not satisfying. Even the other counts like platelets, RBCs, WBCs were up to mark but not satisfactory. It was observed from the report that some of them were suffering from viral infection and anemia. The camp boosted faculties to find out various reasons behind the

abnormal rage of blood components and find a permanent solution upon it in making the students healthy and fit.

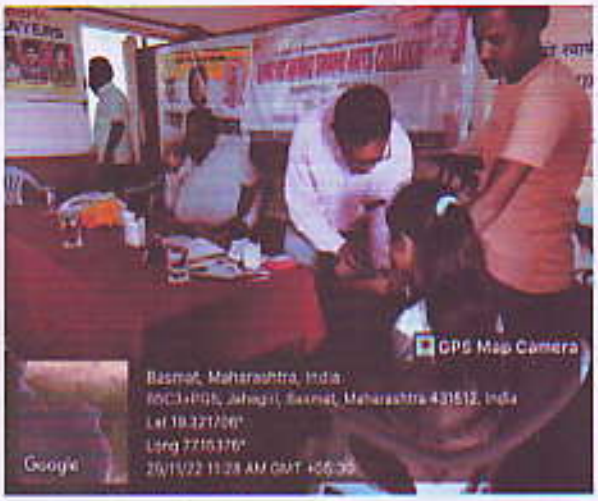
6. Problems encountered and resources required:

The programmes encountered many problems in organizing. First was to convince students to participate in the programme and give their blood sample. Another problem was the students did not want to disclose their blood counts directly and other problems were regarding the availability of a pathologist. The college for the sake of students had summoned the pathologist along with his kits and paid the charges of the reports.

Some proofs of the practice:



Pathologist and his team while collecting the blood samples of college students in presence of our principal Dr. Patil N. R.



Best Practice 2

1. Title of the practice: Exhibition wild leafy vegetables

   Key words- leafy vegetables, nutrients, minerals, Hemoglobin

2. Objectives of the practice:
   - To make students aware of consumption wild leafy vegetables in diet.
   - To help students in increasing hemoglobin count
   - To find a permanent solution upon anemia, viral infection etc.
   - To boost student to include wild leafy veggies in diet to increase immunity

3. The context:

The exhibition of fruits, plants, pets, paintings is mostly organised on grand scale globally. Since India made unbeatable development in the field of science and technology it is found that there is drastic change in feeding habits. Due to the lack of sufficient time, people are not able to spend much of their time for health. As a result of this they easily become the victims of various viral infections and poor immunity. With the conclusion of the previous best practice held at the institution it was decided to arrange another best practice to get best solution upon it . This second practice tried to find out permanent solution on the

health issues. It is found that youths are being easily attracted by fast food and junk food and quench their hunger. As a result of this, they quite get balanced diet. Most of them suffer from various diseases like anemia, loss of appetite, vitamin deficiency etc. So, to make a victory on their chronic diseases and complexities the institution tried to organise an exhibition on mostly neglected wild leafy vegetables to make students aware of them. The practice was not easy to organise. The faculties who collect the wild leafy vegetables faced many problems with regard to its availability, its recipe and to tell its importance in diet.

4. Practice:

The programme was organised by the Home science department to reach at its target. The faculties collected various samples of wild leafy vegetables (more than our daily veggies) like Mathbhaji, Suran, tarota, kuradu, tondli, pathari, koilari, drumstick, washte (these are the local names). the faculty members had installed various stalls in the exhibition. In addition to that they had collected the information about their recipe and their role for the fitness. Not only this but also the participants made a chart of these vegetables to get exact idea about its importance. All these vegetables were seasonal which were rich in vitamins and minerals such as Vitamin A, Vitamin C, iron, magnesium, potassium and calcium and other ingredients that keep us healthy. Even Science and Ayurveda emphasized that its consumption may keep us away from many diseases because it contains high nutrients, fiber, iron, antioxidants, etc.

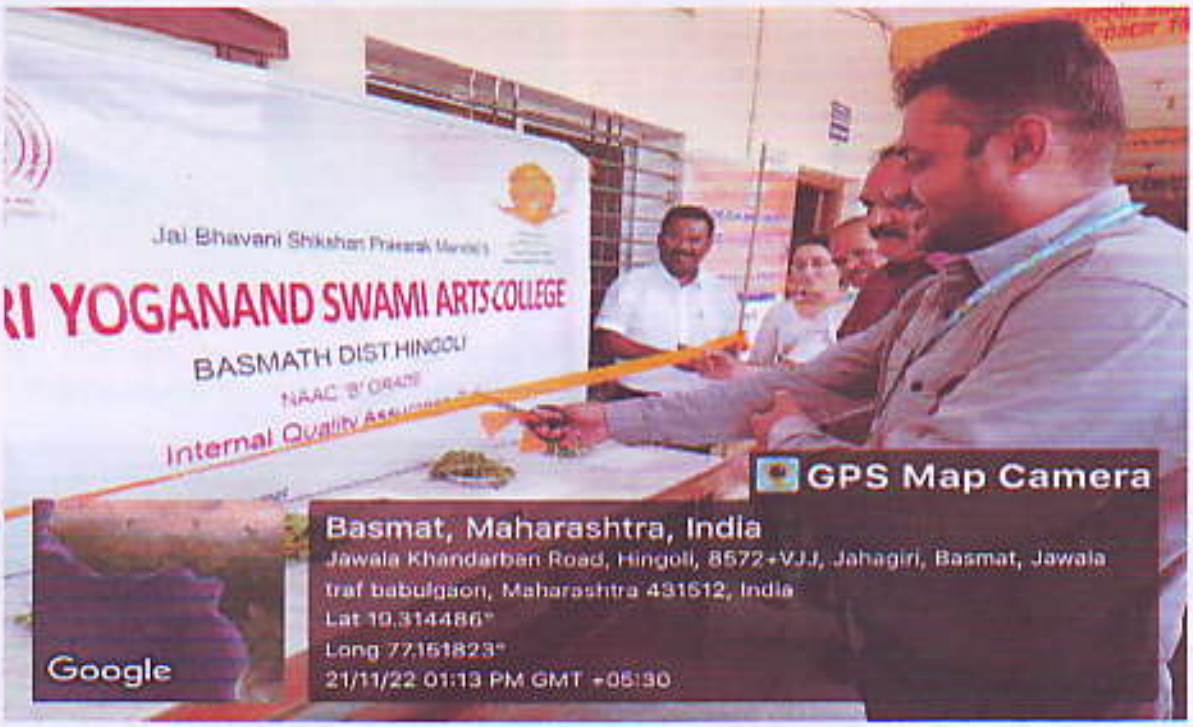
5. Evidence of success:

The practice got huge success form the side of the students as well as the teaching and non-teaching faculties. It was found that most of the students had no idea about them. Most of them felt that it was only grass meant for animals. As the students read their importance in diet they were shocked because many students told that their family members and they were having the complexities because of the lack of these veggies. They decided not to consume fast food and junk food, they found exact reason behind their border line immunity power. They became curious of it and decided to grow these veggies in their fields.

6. Problems encountered and resources required:

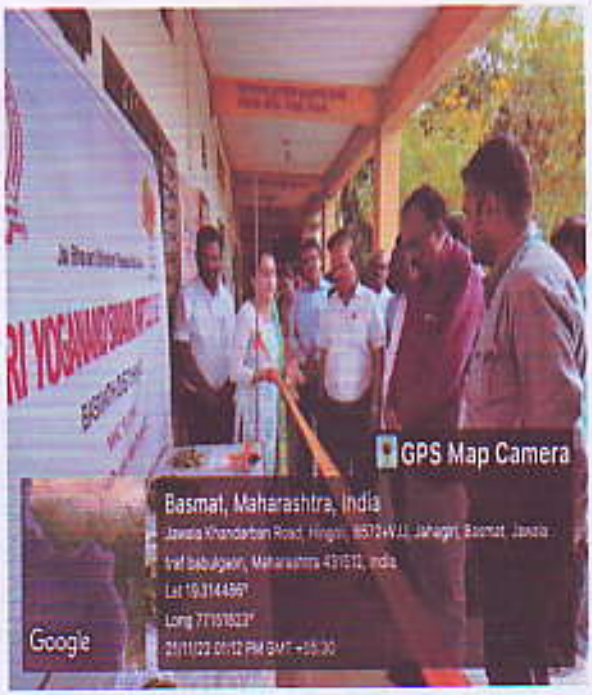
The faculties came across some problems in arranging such programme. The most noteworthy problem was to collect these rare vegetables. Another problem was regarding its recipe and the other was to tell students that it was not gross but a part of vegetables to boost our immunity. As these were seasonal vegetables, the faculties had to spend their time with adivasis and villagers to collect its information.

Some proofs of the practice:



Chief guest Hon'ble Mhatre S. N. while inaugurating the exhibition of wild leafy vegetables and our principal Dr. N. R. Patil with him.

Mrs. Meenakshi Boriwale, Head of the Home science Department and other student participants while telling the importance of wild leafy vegetables in daily diet.



PRINCIPAL
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