

## **BEST PRACTICE - I**

### **1. Title of the Practice: Care of Anaemia among Young Adult Female Students.**

### **2. Objectives of the Practice :**

- a. To aware female students of Anaemia.
- b. To develop nutritional consciousness.

**3. The Context:** Our institute is situated in the tribal zone. Majority of our students belongs to socially and economically deprived community. Following our vision we are working for the betterment of poor, deprived and down-trodden sections of tribal community. Various extension activities are carried out by our institute to strengthen college neighbourhood network. Nutritional anaemia is more of concern among tribal young adult females. Iron deficiency anaemia in the Young adult females is a significant risk factor for maternal mortality, high incidence of low-birth weight babies, high prenatal mortality and fatal wastage, which ultimately exults in higher mortality rate. The age periods of young adult female occupies crucial position in the life of human beings. During this period with inadequate and improper dietary habits, one is vulnerable to all kinds of nutritional morbidities. This age period of girls are considered most appropriate time to intervene, and behaviour change messages embraced by this group can contribute to sustained health impacts. India has high prevalence of iron-deficiency anaemia among women. Between 60-70% young girls are anaemic, a condition that can result in adverse pregnancy outcomes or even maternal death, as well as reduced work productivity and impaired physical capabilities blood lost during menses. So the college has planned to ascertain the prevalence of anaemia among young adult female students and to provide in campus medical assistance.

**4. The Practice:** College has deputed female medical practitioner in campus. She is visiting once in month. At the beginning of academic year a pre-designed questionnaire is circulated among first year female students. This questionnaire helps to collect information on background characteristics, anthropometric parameters and menstrual history. After studying these parameters by medical expert female students are advised to measure haemoglobin level using Shale's method by experienced laboratory technician. Haemoglobin estimation facility is also made available for poor students in Zoology Laboratory of college. Those female students are found below average range of haemoglobin level, the Diet history of such student is obtained. She is advised for proper diet and recommended to introduce more leafy vegetables in her

diet. Anaemic young female students are also supplied folic acid capsules with the help of local government medical hospital.

**5. Evidences of success:** Prevalence of anaemia among young adult female students is found among significant number of students. Students who not consume green leafy vegetables are found anaemic. Almost one-third students gave history of passing worms in stool. Association of anaemia with consumption of non-green leafy vegetables and passage of worms in stool was significant. There was no significant association of anaemia with height or weight. After implementation of this best practice in our institute many girl students were benefitted and now living healthy life style.

**6. Problems Encountered and Resources Required:** Young female students feeling shy to go for medical advice in college on this issue. Difficulties encountered while obtaining questionnaire. College needs more female teachers to continue this practice for easily accessing young female students.

**7. Notes:** India has high prevalence of iron-deficiency anaemia among women. Between 60-70% adolescent girls are anaemic, a condition that can result in adverse pregnancy outcomes or even maternal death, as well as reduced work productivity and impaired physical capabilities. To overcome these problems of young students it is the one best practice for educational institutes.

## **BEST PRACTICE - II**

**1. Title of the Practice: Moving Science laboratory assistance for the adopted Junior college.**

**2. Objectives of the Practice :**

This is the Practice run by the faculty of science. The aim of the practice is to reach out to the poor, needy students of the adopted college. It creates awareness among students about their social responsibility such as to extend the helping hand to the poor, needy and deprived group of the society. Thus, the demonstration laboratory functions in a unique way to impart value education to the students and seems to fulfil partially the motto of the institute to reach out to the poor and needy of the society.

**3. The Context:** Establishing a well equipped science laboratory is a very expensive matter. It needs laboratory apparatus, chemicals, spacious rooms, electricity, refrigeration, trained staff along with a lab assistant to take care of the laboratory. It also requires safety measures in case of mishap. The faculty of Science in our college has Identified this need and provide them assistance for the conduction of practicals and importance science topics.

**4. The Practice:** The set-up of Laboratory of all department's are well equipped with all advanced equipments. The Teachers & Students of the Science faculty contribute a lot in this respect. They conduct and teach the experiments and practical to the students of the adopted Jr.College. It tries to cover the practical prescribed in their Science subjects. The laboratory gives them live demonstration of the experiments prescribed. They are given an opportunity to handle apparatus and can enjoy performing experiments in the lab. They do the actual practical which they have learnt so far only theoretically.

**5. Evidences of success:** Since last one year adopted college students have been enjoying benefits of the laboratory. At the same time the teacher's willingly contribute towards the success of the practice. They are getting aware of their sense of social responsibility.

**6. Problems Encountered and Resources Required:** Initially it was difficult to manage practical sessions. But in the due course of the time we could do it. Now every year we have to train a new batch of the students to be able to contribute to the lab by rendering their services for the sake of the deprived students of the tribal area.