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7.2.1. Describe at least two institutional best practices (as per NAAC) format

BEST PRACTICES - I

Title of the Practice:

Free Health checkup camps

Objectives of the Practice

It has been obtained from the profile of students joining various courses of the college that there are many students coming from the Rural and Tribal areas with low economic back ground. So, the noble objectives of the practice are-

1. To bring awareness amongst the deprived population of the country who have no access to basic healthcare services or knowledge about the diseases they are suffering from.
2. To provide free medical advice, medicine to the unfortunate people
3. These camps make sure people are getting the healthcare at the right time, and seeing the doctor early enough before a small health problem turns serious
4. To provide free and high-quality medical services for the poor population.
5. To raise health awareness among the community and teach them to deal with communicable and non-communicable diseases
6. To register rare and severe cases and refer them to specialized centers. To refer medical cases towards surgeries if required.
7. To evaluate the living conditions and determine the obstacles and challenges to work on solving their problems.

The Context:

Medical camps are conducted by health professionals to carry out a limited health intervention amongst the underprivileged community. The poor attend these camps to get free check-up and treatment. Getting the appropriate kind of health checkup is vital for every human being and while considering it, some important factors like age, lifestyle, family background and risks are taken into account.

Health examinations and tests at the early stages of the illness can help to cure it faster and save a life before it can cause any damage. One can live longer and healthier only when the individual gets the right kind of health check-up, screening, and treatments. Even the most basic checkups can identify underlying illnesses. After comprehensive deliberations with students and teachers, it was decided to extend the benefit to all the students without any discrimination of caste, creed or gender.

The Practice:

The Principal, B.B. College, Baiganbadia, along with the Coordinator IQAC monitors the implementation of the plan along with YRC and NSS with the help and assistance of C.H.C., Kuliana. The following health checking activities practiced to fulfill the purpose of the programme on 17.11.2017. These camps provide free tests for Diabetes, Blood Pressure, Hemoglobin etc and offers counseling & treatment by trained Doctors and Specialists. Free medicines are given to the people. Iron and Folic Acid supplements are also distributed to the malnourished at the camp.

It also creates awareness and provide counseling on HIV/AIDS, breast cancer, and other life-threatening ailments. They create awareness on the need for personal hygiene in prevention of serious disabling diseases such as eye and dental.

Evidence of Success:

In this Health Camps approximately 637 beneficiaries got the opportunity to check their health and aware themselves in this regard.

Problems Encountered and Resources Required implement the practice:

1. Most of the students and villagers did not come forward.
2. The first awareness camp for female students on HIV/AIDS received a discouraging response as women's talking about AIDS is still a taboo.
3. Ensuring the all-round support and participation of all teachers in the programmes is also a tough task
4. Organizing various programmes during working hours, sometimes, has led to sacrificing the class work.
5. Implementation of the annual plan and its monitoring has become a tough task in view of tight academic schedule in the autonomous ambience.

Conclusion

We obviously need to improve our failing healthcare system where costs are skyrocketing and the poor do not have the healthcare they need. Healthcare is a basic right of a human being that should be available for everyone and shouldn't be treated as a commodity only for those who can spend money to buy the services. The physicians conducting the camps are obliged to act in the best interest of the patients. They inform the whole truth about the diseases and treatments of the patients. Every patient attending the camps are treated similarly and cared for evenly. Medical camps are solely serving humanity by taking care of sick children and adults and giving them healthcare services for free. When the majority of hospitals and clinics are closed for the poor people leaving them to die from diseases, trauma, and other health complications, free medical camps step in as their biggest hope. Even the poorest among us deserve the dignity of equal human rights which cannot be declined.

BEST PRACTICES - II

SWACHHA BHARAT

Swachh Bharat Mission was launched by Prime Minister Narendra Modi on 2 October 2014. The mission aims to achieve universal sanitation coverage and to encourage hygienic sanitation practice. The scheme is also known as the “**Clean India Mission**”. The project was launched as a tribute to Mahatma Gandhi. It is a nation-wide campaign aiming to clean up the streets, roads, cities and rural areas. The mission aims to achieve an “open-defecation free” (ODF) India by 2nd October 2019. It consists of two sub-missions – Swachh Bharat Mission (Gramin) which will be implemented in rural areas, and the Swachh Bharat Mission (Urban), which will be implemented in urban areas. **Objectives**

- ❖ To make India clean by 2nd October 2019.
- ❖ Install pour-flush toilets, improve sanitation and environmental hygiene. ❖ Stop the use and dumping of plastic which is known to contaminate marine life ❖ Build sanitary latrines in every household which is below the poverty line.
- ❖ To reduce the incidence of open defecation.
- ❖ To bring improvement in the quality of life in rural areas ❖ To encourage the concept of sustainable sanitation practices.
- ❖ To create awareness about health and hygiene.
- ❖ To focusing on scientific Solid & Liquid Waste Management systems.
- ❖ To create a positive impact on gender and promote social inclusion

The context:

B.B.College, Baiganbadia in the context organized Swaccha Bharat Campaign in the college to fulfill the above objective by Community participation, Promoting Behavior change, Flexibility in Choice, Use of Technology, Capacity Building, and all-round Engagement of society.

Practice:

The principal of B.B.College, Baiganbadia along with Co-ordinator IQAC make it mandatory to organized Swachha Bharat Campaign on Independence day, Gandhi Jayanti & Republic day. Youth Red Cross and NSS wing of B.B.College, Baiganbadia so organized Swaccha Bharat Campaign on the above said day.

Success:


The Volunteers of YRC & NSS performed cleaning drive in college campus and surrounding of the college. They visited near by village to aware the villagers about the Swaccha Bharat Campaign.

A series of awareness campaigns in the form of street plays, posters and pictorial presentations by the by the Volunteers made the people conscios about the hazards of open defecation. It was the under the campaign Nirmal Bharat Abhiyan, construction of toilets was started.

This is indeed a challenging task which involves the participation of not only the Government, NGOs, corporates or celebrities, but also the involvement of the general public as a whole. Ending open defecation by 2019 requires changing minds. Now the village declared as Open defecation free area.

Problems Faced:

Initially the response of the villagers to construct toilets was negative.



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