



Govt. Niranjana Kesharwani College, Kota Dist.-Bilaspur (C.G.)

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BEST PRACTICES 2016-17

1. Regular Health Awareness & Checkup Programme

Context

Health is a prime indicator of quality of life as we know that a healthy mind lives in a healthy body. At government level there are no schemes implemented to improve the health of youth in all sectors. Educational institutes can play a pivotal role in providing health education awareness and health checkup.

Regular health checkup and awareness campaigns are one of the important activities of the college . The Red cross & NSS organized health checkup camps in and off the campus every year. In this camp sugar level, blood pressure , blood group and HB has been conducted. This facility provided for the college students to monitor their health status. Health checkup of the rural population is an integral part of a 7 Days NSS camp in the village . Besides this, guest lectures by renowned medical personalities of the city, on various health issues were organized. Such programs help the students to identify their health problems and make them aware of Health and Hygiene.

Process

It is almost customary for the Red Cross Society to organize a blood group test camp for the students of the college every year. Wherein the majority of the new students participate with gusto the event becomes all the more useful when it is followed by a formal address by the Block Medical Officer Dr. Samuel and Assistant Medical Officer Dr. Amit Dubey on various relevant health issues for the students. This year the topics of discussion were “ Balanced Diet”, “Causes and Remedies of Anemia”, “First Aid Training” and “Non Communicable and Communicable Diseases.”

Obstacles

Students and villagers do not come forward for blood tests. They are also quite hesitant to discuss their health issues freely with medical personnel. It is not easy to organize frequent health checkups due to the tight examination schedule of the college.

2. PLANTATION AND IDENTIFICATION OF THE PLANTS OF THE MEDICINAL VALUE

Objective of the Practice

To plant and identify plants of medicinal value around the vicinity of the college so that the vast resources of such plants are utilized for the well being of the community.

The Context

Sitting cosily amidst the scenic mountains belonging to Maikal ranges the college is the home of diverse flora and fauna. Because of sustained and systematic tree plantation drives since its inception the college is now the home of an amazing variety of medicinal plants like Ashwagandha, Giloy, Sarpagandha, Parijaat, Sahjan, Chiraita, Kaitha, Alovera, Pudina, Tulsi, Neem are a few to mention among more than 50 local and exotic varieties of medicinal plants in the college campus. These plants are sparingly used by the members of the college family and local populace alike for medical and nutritional purposes.

The Practice:

A specialized committee appointed by the principal of the college does the preliminary groundwork of the Green Audit; under the supervision of the Department of Botany a team of teachers as well as students conduct a thorough survey of the area adjacent to the college for the plants of medicinal value. Identifying and labeling of the plants is done and plants that need proper attention are segregated. An awareness drive is organized to make students aware of the properties of such plants.



Principal
Govt. Niranjana Kesharwani College Kota
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