

## **BEST PRACTICE 1**

### **Title of the Practice: Blood donation camps.**

#### **Objectives:**

We are living in a society which is frequently witnessing disasters striking humanity. The accelerated demand of blood is raising each day. The group of donors who makes it possible, the ready availability of certain group of blood is the need of the hour. The prime space where zealous youth donors purely on volunteer basis is available is the colleges. Milagres college Kallianpur is not an exception to it. This innovative life saving practice has been inculcated with several objectives,

- To educate passionate youth towards complete voluntary blood donation through oral communication
- Ensuring supply of blood safe to both acceptors and donors 24\*7
- Support critical patients
- To find suitable donor of respective blood group
- Removal of myths regarding blood donation
- To build healthy society
- To promote the spirit of our natural co-existence

#### **The Context**

Being a massive drive, the blood donation camp organised in our institution which comprises of participation from students, teachers, and other local volunteers was not an exception to challenges and hurdles which has to be addressed. It is a pleasure of the institution to address the concern for the effectiveness of the drive

Some incurred challenges are,

- To ensure maximum number of volunteer participation with regard to reach the benchmark of 250 units of blood
- To certify that the donor is healthy and fulfils the criteria set for blood donation
- To secure good female participation rate and addressing their health issues
- To proliferate the local youth participation in a smooth manner
- To address the post donation care and support to the donor.
- To ensure that the donated blood is reaching the needy.

#### **The Practice**

- Regular organization in the campus twice in a year.
- College in association with NSs ,NCC, Rovers and Rangers units.
- Every year more than 250 units of blood is collected. Students teachers, other staff members of the college donate blood for this noble cause.
- The donors are made available throughout the year to donate the blood whenever needed.
- College has MOU with K.M.C. Manipal ,Rovers and Rangers Udupi, Red Cross Society Kundapur for this practice.
- This practice educate the students, donars about blood donation.
- Students learn and get the awareness of the fact that they can donate blood once in three months.
- The practice gives them the knowledge of age factor and health factor which should be followed during blood donation
- The practice encourage them for blood donation every year.
- Students are given blood donation certificates which help them to get medical benefits in the hospitals with which college has MOU.
- These certificates add weight age to their profiles.
- Since the young minds inculcate this practice, they continue this in their future also and they also educate the family about this.
- College takes all the necessary post donation cares.
- During this practice students get their medical check up report also which help them to take of their heath.
- This great humanitarian cause helps students to learn the give and take policy of the society for social well being.
- This practice makes the students to understand the health issues like underweight issues lack of hemoglobin issues etc,as the students get their confidential medical reports.

### **Evidence of Success**

- Blood is the finance of human body and blood donation is the finance of the society.
- Every year nearly 250 units of blood is collected
- Increase in the number of associations.
- The practice helped and impacted students ,teacher, and society.

- Donated blood is utilized by K.M.C.hospital Manipal there by helping the patients from all over the country.
- Female students get health advices to take care of their health.
- Camps help the students and the system in different ways, like personality development, moral education, civic responsibility as well as maintaining discipline in the campus.

### **Problems Encountered and Resources Required**

Please identify the problems encountered and resources required to implement the practice (in about 150 words).

- Hesitation among the students
- Family restrictions
- Health conditions.
- Haemoglobin deficiency and underweight problems.

### **BEST PRACTICE 2**

**Title of the practice- "Programs Under the Mango Tree" and "Vidyarthi Darbar"**

**Objectives of the practice-**

The main objective of this practice is,

- To build effective speaking skills among students.
- To build self-confidence.
- To encourage critical thinking.
- To provide them with practical experience in communication.
- To express personal views on given topics with clarity and confidence.

#### **1. The context-**

This practice in our college is mainly student-oriented.The students take the initiative of planning the event.

The faculty members just accompany the students in the smooth execution of the events. The students are divided into different groups and every week different group takes the responsibility of planning and organising the event.

## **2. The practice-**

This is a unique and one and only best practice in the University conducted by our college. We have an old, huge mango tree in the middle of the campus. It is not only a fruit bearing tree for us but also a knowledge bearing tree. Every afternoon during the lunch break students spend time under the mango tree with lot of useful activities. They conduct debate, discussions, singing and fun games. Students actively take part in the programme without compulsion.

The event takes place once or twice a week in the afternoon. It comprises of different events like elocution, debates, lucky games, quiz, vocabulary related games etc. The duration of 30minutes gives a platform for the students of different streams to come together under the legendary mango tree of the college campus. The program is led by the students under the guidance of the faculty members.

## **3. Evidence of success-**

This practice has given students a good opportunity to combat with the biggest fear factor that is stage fear. Students have developed knowledge and skill for good communication that facilitates their ability to work collaboratively with others. This practice has developed interest in and appreciation of literature. The practice has enhanced the communication skills LSRW(learning, speaking, reading and writing).

## **4. Problems encountered and resources required-**

Since the event is held outdoors the weather is unpredictable, hence at times organising event becomes difficult. The availability of proper sound system also becomes difficult. Lack of interest among students can also be found challenging

