

BEST PRACTICE - 2019-20

1. Title of Practice - Health Checkup for girl students and health Awareness Programme in the College.

Objectives of the Practice

1. To test anemia, underweight, irregular menstruation and other health related problems of girl students of the college.
2. The only motive of the best practice was to diagnose the health problems faced by girls and spreading awareness for health care and hygiene.
3. Removing the shyness, fear and fear of diseases related to women in rural environment.
4. To create awareness on importance of balanced diet and nutrition of female students who would play the role of mother in future.
5. Conducting a free health checkup of female students of weak economic status and freeing them from the financial burden.
6. As per the problem of female students, they were given training for proper physical posture for their good health.

Context

Among the total number of students studying in the college more than 50% is represented by the girls in whom lack of awareness about health was reflected towards anemia, sickle cell during the health checkups conducted by the college last year. The problem of not attending health programmes due to fear, lack of financial resources and hesitation among the female students was also reflected. A two day health check up programme was organized in collaboration with District Hospital Dhamtari. Students were unaware of health problems due to their parent's illiteracy and superstitious behaviour.

The Practice

On 25.11.2019 and 28.11.2019 Health checkup camp was organized for the female students in which various aspects of women's health were examined such as weight, menstrual disorder test, blood deficiency and polycystic ovarian syndrome (PCOD), joint stiffness, neck pain etc. The event was held on both the days from 10:30 am to 4 pm. For this a medical practitioner from the district hospital and a physiotherapist and several nursing staff were present on both days and actively assisted in the diagnosis work.

Generally health care programmes are conducted by the higher education department through the NSS or Youth Red Cross Society but a unique initiative of health checkup and care programme for the girls who are from rural background was the achievement of the college itself.

Through this platform general but secretive health issues faced by girls were being focused and solved. The discussion on health and hygiene was a meaningful endeavour of the college.

This two day's health checkup camp was not enough for the increasing number of girls in the college. Therefore urgent need of more numbers of doctor more resource and regular or quarterly checkup camps were observed.

Evidence of Success

The two days health checkup camp organized on 25.11.2019 and 28.11.2019 was attended by 320 girl students which tells that the health camp was a huge success. More than estimated participation of girls and after the health checkup it was concluded that 50% of the students were diagnosed with irregular menses, approximately 3% students were found to be under-weight, 11.56% students were anemic and 53 students were diagnosed with joint pain, neck pain and PCOD.

The resulting data obtained after the examination of girls prove to be worthwhile and necessary initiative in organizing the camp.

Problem Encountered and Resources Required

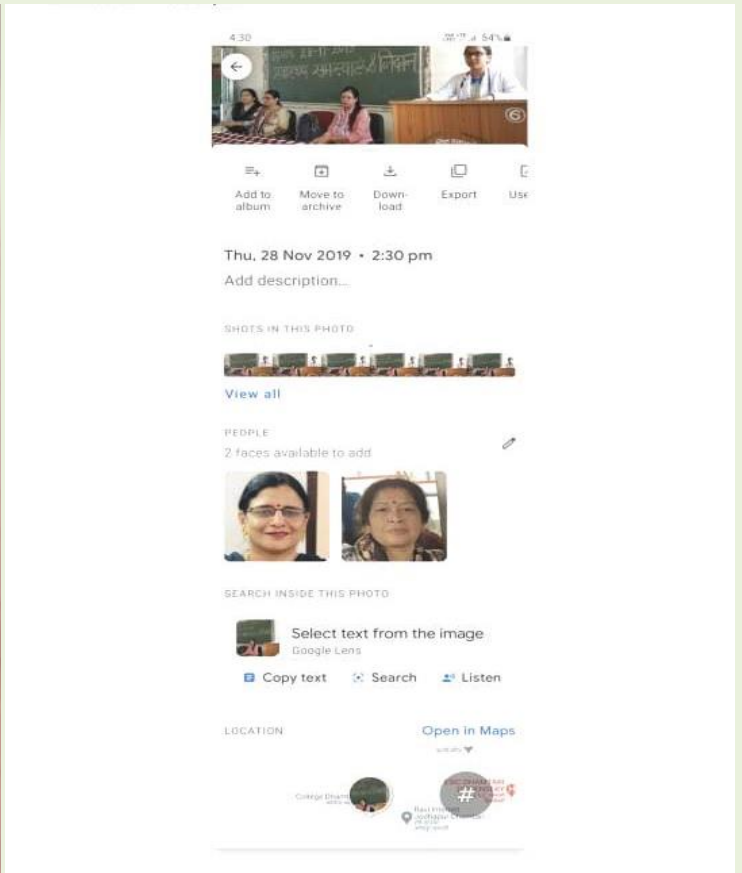
After finding several health related issues the management felt the need that health checkup camps should be organized every 3 months. For which the Red Cross Society of the college and doctors from district hospital need to coordinate.

Students are hesitant towards the health checkups organized in the hospitals therefore seminars and lectures on women's health awareness should be organized.

Girls generally were not prepared for the health checkup camp conducted by Red Cross Society of the college.

Because of the ratio of the health officials and students many number of the students could not be taken up for the health checkup.





पीजी कॉलेज में स्वास्थ्य शिविर का आयोजन 30.11.19



धमतरी. बीसीएस शासकीय स्नातकोत्तर महाविद्यालय, धमतरी की यूथ रेडक्रॉस सोसायटी द्वारा प्राचार्य डॉ. चन्द्रशेखर चौबे के मार्गदर्शन में छात्र-छात्राओं के लिए स्वास्थ्य शिविर का आयोजन महाविद्यालय के प्राथमिक उपचार केन्द्र में किया गया। शिविर में 327 छात्राओं का स्वास्थ्य परीक्षण किया गया। जिसमें 2-3 प्रतिशत छात्राओं का वजन औसत से कम 50 प्रतिशत छात्राओं का अनियमित मासिक धर्म एवं 37 प्रतिशत छात्राओं में एनीमिया पाया गया। जिसे विशेषज्ञों से विशेष जांच कराने की सलाह दी गई। शिविर में जिला चिकित्सालय से आई चिकित्सा अधिकारी डॉ. प्रियंका चंद्राकर, फिजियोथेरेपिस्ट, डॉ. कंचन शर्मा एवं स्टॉफ नर्स श्रीमती रानी दीपिका महमला का योगदान रहा। इस शिविर में यूथ रेडक्रॉस सोसायटी के सदस्य खिलेन्द्र कुमार, यागेश, देवेन्द्र साहू, धर्मिन ध्रुव, डेमिन साहू का उल्लेखनीय योगदान योगदान रहा। कार्यक्रम को सम्पन्न कराने में यूथ रेडक्रॉस प्रभारी डॉ. वेदवती देवांगन एवं डॉ. मनदीप खालसा प्राध्यापक अथर्शास्त्र एवं महाविद्यालय के समस्त शैक्षणिक स्टॉफ का विशेष योगदान रहा है।

कालेज में एनीमिया के लक्षण के बारे में दी गई जानकारी



पत्रिका न्यूज नेटवर्क 30.11
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धमतरी. बीसीएस शासकीय पीजी कॉलेज में आईक्यूएसी विभाग की ओर से स्वास्थ्य परीक्षण विषय पर व्याख्यान का आयोजन हुआ, जिसमें विषय विशेषज्ञों ने स्वस्थ रहने के लिए आवश्यक टिप्स प्रदान किया।

फिजियोथेरेपिस्ट डॉ. कंचन वर्मा ने बताया कि फिजियोथेरेपी के माध्यम से हर तरह की बीमारी का सटिक इलाज है। इसमें किसी तरह की दवाई की जरूरत नहीं पड़ती है। बीमारी के मूल कारण को पता लगाकर उसका इलाज किया जाता है। उन्होंने बताया कि जिला

अस्पताल के फिजियोथेरेपी सेंटर में अब तक कई लकवा पीड़ित मरीजों को इसका लाभ मिला है। इसी तरह अन्य शारीरिक समस्याओं से पीड़ित मरीजों का भी इलाज किया गया है। उन्होंने कालेज स्टाफ को भी इसका लाभ लेने के लिए प्रेरित किया। जिला चिकित्साधिकार डॉ. प्रियंका चंद्राकर ने कहा कि वर्तमान में एनीमिया एक गंभीर बीमारी बनकर उभरी है। उन्होंने एनीमिया के लक्षण के बारे में जानकारी देकर इससे बचने के लिए उपाए भी बताया। कार्यक्रम को सफल बनाने में आईक्यूएसी प्रभारी डॉ. मनदीप खालसा, डॉ. तामेश्वरी साहू का विशेष योगदान रहा।

327 छात्राओं ने कराई स्वास्थ्य की जांच 37 प्रतिशत सैंपल में एनीमिया के लक्षण

धमतरी। बीसीएस पीजी कॉलेज के आईक्यूएसी विभाग द्वारा महिलाओं के लिए स्वास्थ्य शिविर लगाया गया। इस दौरान स्वास्थ्य परीक्षण पर व्याख्यान का आयोजन भी किया गया। इस दौरान महिला प्राध्यापकों एवं कर्मचारियों को विशेषज्ञों से विशेष जांच कराने की सलाह दी एवं महिलाओं को बढ़ती उम्र के साथ होने वाले समस्याओं के संबंध में सतत स्वास्थ्य परीक्षण की सलाह दी गई। डॉ. प्रियंका चंद्राकर ने कहा कि एनीमिया वर्तमान समय में गंभीर समस्या बनी हुई है। एनीमिया के क्या लक्षण हैं, क्यों होता है और इसे कैसे दूर किया जा सकता है इसकी जानकारी दी।

यूथ रेडक्रॉस सोसायटी द्वारा दो दिवसीय स्वास्थ्य शिविर का आयोजन कालेज के प्राथमिक उपचार केन्द्र में किया गया। शिविर में 327 छात्राओं का स्वास्थ्य परीक्षण किया गया। जिसमें 2-3 प्रतिशत



धमतरी. शिविर में स्वास्थ्य जांच कराती कालेज की छात्राएं।

छात्राओं का वजन औसत से कम, 50 प्रतिशत छात्राओं का अनियमित मासिक धर्म एवं 37 प्रतिशत छात्राओं में एनीमिया के लक्षण मिले। गुरुवार को शिविर का समापन हुआ। डॉक्टरों ने विशेषज्ञों से विशेष जांच कराने की सलाह दी। शिविर

में फिजियोथेरेपिस्ट डॉ. कंचन वर्मा, डॉ. मनदीप खालसा, डॉ. तामेश्वरी साहू, रानी दीपिका महमला, खिलेन्द्र कुमार, यागेश, देवेन्द्र साहू, धर्मिन ध्रुव, डेमिन साहू, यूथ रेडक्रॉस प्रभारी डॉ. वेदवती देवांगन आदि उपस्थित थे।

BEST PRACTICE - 2019-20

2. Title of Practice - Organising the Exhibition Competition on Bio-Diversity.

Objectives of the Practice

1. To provide information regarding Bio-Diversity to students.
2. To enhance the innovative and outlook of the students about Bio-Diversity.
3. Bio-agriculture: students to be inspired for bio agriculture.
4. To provide information regarding different types of crops, Fruits and vegetables in Chhattisgarh and show them in the exhibition.

The Context

- Bio-Diversity of organism with special reference to Dhamtari district of Chhattisgarh.
- Guest lecture on the topic as well as exhibition Competitions were organized.

The Practice On 02/12/2019 guest lecturers and exhibition Competitions for students on Bio-Diversity of organism with special reference to Dhamtari District of Chhattisgarh were organized.

- Shri D.S. Kushwaha, deputy director, Horticulture Department, Dhamtari, focused his lecture on different kinds of fruits and vegetables and their medicinal values as well. He also shared information regarding Munga (Drum stick), Karela (bitter gourd), Giloy and their medical use for different ailments. He shared the view that Drumstick plant utilises the smoke and carbon di-oxide produced due to sound pollution for its growth. And thus drumstick plants purify the environment Prof. H.N. Tandon Asstt. Prof, Kurud College delivered an interesting lecture (PPT) on different species of birds found in forests and in village/town areas as well. Prof. Tandon described the ways how to identify different types of birds and encouraged young students to take up research work of the habitat change of birds. He was of the opinion that 50-60 kinds of birds are found in Dhamtari area.
- 308 students participated in the science exhibition as members of 47 teams.

Topic for the Science Exhibition Were

1. Life cycle of butterfly
2. Seed germination
3. Medicinal plants
4. Spice oil yielding plants
5. Gel Electrophoresis
6. Modification of leaves
7. Modification of Tap roots and Adventitious roots
8. Phyllotaxy
9. Types of pulses
10. Agriculture

11. Diversity in a plants forms
12. Effect of Global warming on Biodiversity & Its conservation
13. Diversity of Pond Ecosystem
14. Biodiversity in Birds
15. Types of snakes Exhibited with specimen
16. $\frac{1}{2}$ of the specimen
17. Eco friendly house model (II prize)
18. Atmosphere and gaseous composition
19. Edible plants
20. Modification of stems (underground stem)
21. Trans absorptometer
22. Acid rain
23. Forest ecosystem
24. Types of fruits
25. Plant diversity
26. Plant tissue culture
27. Somatic Cell Hybridization
28. Plant of flowers
29. Plant Diversity and Adaptation
30. Insect diversity
31. Pollution
32. Birds
33. B-oxidation
34. Vegetative reproduction
35. Water & water cycle
36. Soil profile
37. Types of tubers
38. Types of seed
39. Leaf types dorsiventral & dorsibilateral
40. Grafting process
41. Types of fishes
42. Flowering plants
43. Bari $\frac{1}{2}$ of the specimen
44. Cellulose to ethanol (III prize)
45. Cycas plants

Evidence of Success

- Students gained valuable knowledge regarding Bio-Diversity.
- This type of programme was conducted for the first time in Dhamtari district in which 308 students participated enthusiastically.

Problem Encountered and Resources Required

- ❖ One day duration of the programme was short enough, it should have been a programme of three days.
- ❖ Lectures should have been also on plant diversification, animal diversity and model exhibition.
- ❖ This programme could have been made more interesting with the co- operation of the subject experts.













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