

Best Practice -2

1. The Title of the Practice: Promoting Environmental and Health Consciousness

2. Objectives of the Practice:

- To increase awareness about the health and environment for wellness of the future
- To create awareness among the students and community about harmful effects of consuming tobacco, wine, cigarette, etc
- To develop the habit among the students to keep the college campus neat and clean
- To create the awareness among the villagers to avoid open defecation
- To promote health and environmental awareness by conducting various programs

3. The Context:

Environment and Health is an integral component of human life which is closely related with the living conditions of man. It is influenced by both environment and culture. Man has degraded his environment by pollution and culture by leaving healthy habits. Many healthy habits like adequate physical activities, harmless diet practices through traditional foods and stress free life activities have been left out as a consequence of social change. Keeping this idea in view, our college has started a practice of “Promoting Environmental and Health Consciousness”.

4. Practice:

Tree Plantation:

The plantation drives are organized regularly at village Dewada and college campus to create healthy environment. On 6th August 2019, about 500 sapling have been planted inside and outside the premises of the college and J.B Nagar area of Chandrapur city., Teaching and Non-teaching Staff, NSS Volunteers and students were present in large numbers.

Plastic Free College Campus:

Plastic Free College Campus Awareness Drive was organized by the Dept. of NSS of college on 20th July to 26th July, 2019. As a part of cleanliness drive, the whole college campus and an area of Deeksha Bhoomi were cleaned. The main purpose of the cleanliness drive was to create awareness among students about clean and healthy environment.

The Practice of Yoga:

The college organized International Yoga Day on 21st June 2019. For this program 64 participants were present. Apart from this, 150 students of the NSS wing practised yoga every day during the camp under the guidance of different Yoga Practitioners.

Health Checkup Program:

The NSS wing organized ‘Health Checkup Program’ at Dewada during the camp from 17 – 23 December 2019. Dr. Pravin Yerme and Dr. Sharda Yerme along with final year students of Govt. Medical College, Chandrapur conducted Health Checkup Program. Dr. Shakil R. Sheikh, Supervisor, Dept. of Sickle

Cell, Chandrapur conducted Sickle Cell Test. Blood Group Test was also conducted. Around 120 villagers took the benefit of “**Health Check Camp**”.

Blood Donation Camp:

The college organized Blood Donation Camp on 1st January 2020 on the occasion of Bhima Koregaon Shourya Din. All total 44 volunteers including teaching and nonteaching staff members donated the blood. The NSS wing also organized Blood Donation and Blood Checkup Camp at Dewada. The Villagers along with all N.S.S volunteers checked blood group and 29 volunteers donated blood.

Veterinary Camp:

Veterinary Camp for the domestic and pet animals was organized under the guidance of District Veterinary officer Dr. S.J. Bawane, Veterinary Development Officer, Panchayat Samiti, Chandrapur. Around 425 domestic and pet animals were treated by the team of veterinary doctors and medicines were provided.

World No Tobacco Day:

On 11th July, 2019 ‘World No Tobacco Day’ was celebrated in the college to inculcate awareness about the harmful effect of tobacco. The volunteers through placards, posters, skits and songs highlighted the risks involved in the chewing of tobacco. Dr. Rajesh R. Dahegaonkar explained the diverse effect of Tobacco. He advised the student to shun cigarette, bidi, paan masala, Ghutka etc. that kill and shorten life. For this program 61 participants were present.

World Aids Day:

On 1st of December, 2019 on the occasion of ‘World Aids Day’, Aids Awareness Rally was organized from college to the district Government Hospital, Chandrapur. All the schools, colleges and social organizations in the city participated in the massive rally at Chandrapur city. 110 students participated in the rally.

Clean India Campaign:

The college organized various cleaning programs during NSS Camp at Dewada village. Programs like Drainage Cleaning, road cleaning and awareness on no open space defecation were mainly conducted at the village Dewada by NSS Volunteers. To create an awareness about healthy and hygienic environment was the only motto behind this practice.

Water Harvesting:

The college has implemented Water Harvesting project at Dewada. 10 pits were dug in the village Dewada by the NSS volunteers.

E-Waste Management:

Printer cartridges, damaged computers, non functional electronic materials, UPS batteries and all damaged instruments are collected by the individual departments and stored in the college. Once in a year, it is later given to junk dealers.

5. Evidence of Success:

The practice has created awareness among the students and villagers of Dewada. Around 500 saplings were planted in the college campus and Dewada village premises. The students and villagers learnt different types of yogasanas and began to practise it daily. Health Checkup Program has helped the villagers to know their Sickle Cell and blood test report. In the blood donation camp, 73 volunteers donated the blood and that has hand over to blood bank to use for needy patient. Veterinary Camp also helped the villagers to treat their domestic and pet animals. The program like world no Tobacco Day and World Aids Day created awareness among the students and villagers. Clean India Campaign also helped the students and villagers to keep clean and hygienic environment. The activities like Rain Water Harvesting and E-waste Management helped the students and villagers to save the environment. This practice helped to promote the environment and health consciousness and change the attitude of students and villagers.

6. Problem Encountered and Resources Required: Illiteracy among the villagers is the main obstacle for the NSS Wing to create awareness about the protection of environment. The volunteers encountered with the problems such as open space defecation and consumption of tobacco, wine, cigarette.