

Best Practice

Title :- Health Checkup and Awareness Program

WHO definition of health -

Health is a quality of life involving social, emotional mental, spiritual and biological fitness on part of the individual which results from adaptations to the environment .

Concept of Health -

The state of health is reflective of an individual ability to meet life's challenges and maintain the capacity for optimal functioning.

Ecological Concepts. –

Health is viewed as a dynamic equilibrium between man and his environment and disease a maladjustment of the human organism to the environment.

Holistic Concept. –

It has been described as multi dimensional process involving the wellbeing of a person as a whole. The emphasis is on the promotion and protection of health.

Doctor advised students to eat healthy and sleep well for eye care. The primary objective of the camp was to ensure that students perform well in academics. The majority of students in the college come from economically challenged section of the society and are unaware of health issues so the institution facilitated health checkup for students regarding awareness about their medical condition. Today's students are the future of the nation their health must be protected. The overall health condition of the college students were checked and prescribed necessary actions and precautions if needed to be taken.

Goal :-

- 1 Main objective of the camp was to raise mass awareness about blood group & blood transfusion.
- 2 Awakening health consciousness and importance of regular health checkups.
- 3 To improve Nutritional status.
(1) Method to tell what type of blood student have.
(2) Blood typing is done so that student can safely donate blood or receive a blood transfusion.
- 4 To enhance awareness about the adverse effect that stress can have ones health.
- 5 The objective of the camp was to provide information regarding diet and exercise.
- 6 To provide information regarding diet and exercise.
- 7 Emphasized on problems leading to unhealthy eating habits and irregular time schedules Doctor advise on precautions and solutions.

The Objective.

To give information about.

- 1 Types of blood group systems present on the surfaces of red blood cell (RBCS)
- 2 Types of ABO blood group systems descending on ABO antigens present on the subjects of RBO.
- 3 Blood types lists.
- 4 Cross Match.
The ABO system and RH systems are both of key importance in determining the compatibility of blood transfusion.
- 5 To improve the health status of college students.
- 6 Spread Awareness about various health and hygiene issues among students.
- 7 Raise health awareness among the students to deal with communicable and non communicable disease.
- 8 Life saving measures – Blood cannot be produced artificially. Requirement of blood arises during medical emergencies, accidents and life threatening diseases . Teaching Students about the importance of blood donation at an early stage will help in saving human lives and the sense of self gratification .
- 9 Ensuring supply of blood – After donating the blood new blood cells get stimulated and improve the blood circulation of the body. It ensures adequate supply of blood to the blood bank which can be used for the needy patients.
- 10 Support to critical patient – Blood Donation camps are organized with the purpose of supplying blood to the blood banks for the need of patients surfing from cancer, Hemophilia and accident victims.

11 Suitable donors – The purpose of blood donation camp is to select a suitable donor whose blood is safe for the recipients.

12 Removal of myths –with the help of the blood donation camps the misconceptions can be reduced and significance of donating blood can be inculcated .

The Context :- A blood type is a classification of blood based on the presence and absence of antibodies and inherited antigenic substance. On the surface of red blood cells. Blood group is obtained grouped according to the ABO blood typing system. Major blood groups are A, B, AB and O. It is also done to see if a person has Rh factor on the surface of red blood cells.

To promote blood donation activity among the youth. Context :- Articulating with the philosophy of humanistic education the college also gives due priority to the emerging social responsibilities. College organized the blood donation camp for the welfare of the society and motivating the student to become a responsible citizen and blood donor as well as spreading the message of peace and harmony through humanitarian approaches. Blood donation is one of the most significant contribution that a person can make towards the society. It is not harmful for an adult person to donate blood. The direct intranasal transfusion of blood from one individual to another has been extensively used in modern medicine. The test is essential if you need a blood transfusion and blood types are compatible. So it is important to know blood group.

The Practice :- The NSS unit and youth red cross society of college had jointly organized blood donation camp in the college premises . The principal inaugurated the camp. Some of the NSS volunteers themselves had become donors then they canvassed exhaustively to bring donors to the venue. The head of team from red cross society presented a certificate to NSS officer and coordinator of youth red cross with a sense of contentment.

Receiving Blood that's incompatible with your blood type could trigger a dangerous immune response

User of Blood grouping

- (1) Transfusion
- (2) Organ transplants
- (3) Blood Group and diseases

The direct intranasal transfusion of blood from one individual to another has been extensively used in modern medicine.

The accurate grouping of blood is very important when it comes to having a blood transfusion.

If blood is given to a patient that has a blood type that is incompatible with the blood type of the blood that patient receives, it can cause intravenous clumping in the patient's blood which can be fatal.

In Blood transfusion. Harmony disease of newborn. Patently dispute. Medico legal issues. Immunology, genetics.

Susceptibility to various diseases.

Blood Group O- Peptic ulcers.

Blood Group A- Gastric ulcers.

- (1) Universal donor group O neither A or B antigens.
- (2) Universal recipient.

Group AB Patient has no anti A/anti B Present. The body of the donor can regenerate the blood within few days. It poses no threat to the metabolism of the body.

Govt Ghanshyam Singh Gupt PG College Balod, Had organized a Blood group check up in association with IQAC youth red cross and District hospital Balod. On 28/02/2020 Medical team teaching faculty and office staff were present. The importance of regular health check up.

- (1) To improve the nutritional states.
- (2) Awakening Health Consciousness in youth.

Medical team of District Hospital Comprised of four members Shri Ravikant Tihar, Shri Abhimanyu Karpal, Shri Uttam Kumar Tandon and Shri Rakesh Kumar respectively under the guidance of Incharge Principle, staff was Successfully Organized.

Blood analysis was carried out taking all necessary precautions essential materials required blood testing kit, slide, spirit, stylized colder sterilized reading needle were used.

Determination of Blood Group.

1. Method to tell what type of blood you have.
2. Blood typing is done so you can safely donate your blood or receive a blood transfusion.
3. It is also done to see if you have Rh factor on the surface.

4. Blood is grouped according to the ABO blood typing system. Major A,B,AB,O

A certificate of appreciation, Refreshment was given to each donor as a token of gratitude. The principal acknowledged the college staff and the NSS unit for such great initiative and emphasized to have more such programs in future.

Evidence of success :-

- Blood donation can save live of innumerable persons.
- Donation of blood is very critical and crucial for saving lives of many patients who have met with accidents.
- It is such a noble service for the society and people living in it.
- The blood donation camp received overwhelming response from the faculty members, Students and the event was a grand success.
- Total Number of blood donors were – 20 Resource required :- Mobile medical van with all necessary requirement to preserve collated blood group of doctors and nurses were present in the college premises for conducting the camp. The donors were asked to fill a medical forms to give details about their health related information. Before the donation checking weight pressure and body temperature were measured and haemoglobin was tested.
- Successful free health checkup was organized by Govt. Ghanshyam Singh Gupt PG College Balod in collaboration with renowned doctors of reputed hospitals.

Blood testing

Importance of blood group :-

The test is essential if you need a blood transfusion or are planning to denote blood wet all blood types use compatible, so its importance to now blood group.

Receiving blood that's incompatible with your blood type could trigger a dangerous immune response.

Blood group analysis data reveals total 191 students participated in camp out of which females were 127 and male 64 respectively.

Out of 191 students shores blood A-01, B^{+ve} 2, AB^{+ve} 16 and O^{+ve} 58.

Their Maximum students had B^{+ve} 41% followed by O^{+ve} and A^{-ve} 30% A^{+ve}18%, AB^{+ve}8%, B^{-ve} and A^{-ve} blood group are rarely.

Problems encounter and resources required:-

- 1 Allocating more Funds should be provided for health checkup issues.
- 2 More Resources are required.
- 3 More funds need to be raised.
- 4 Mass campaign is required to remove myth regarding blood donation.

Massage of humanity – Donating blood not only saves multiple lives but also gives an opportunity to add value to one's life.

Contact Details,

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Health Checkup and Awareness Programme



Blood Donation Camp



Blood Group Analysis



Blood Donation by College Faculty

HEALTHY ENVIRONMENT BY WASTE MANAGEMENT IN COLLEGE

Today proper disposal of waste from college is a Challenge. The state of health is reflective of an individual ability to meet life's Challenges and maintain the capacity for optimal functioning. College believes that effective learning occurs in clean environment which draws extensive efforts for proper disposal of college waste.

Waste management refers to the various schemes to manage and dispose of waste. It can be by discarding, destroying, processing, recycling.

The objective of practice :

1. Managing waste leads to better environment.
2. Proper waste disposal contribute to the wellbeing of people by helping them become disease free.
3. Contribution to the society by creating employment in recycling disposal materials.
4. The most important reason for waste collection in the protection of the environment and the health of the students and staff.
5. Rabbish and waste can cause air and water pollution .
6. Consult with interested stakeholder.
7. Identify potential waste streams.
8. Evaluate the reuse and recycling program.
9. Consider waste collection strategies.
10. Determine locations or criteria for waste management sites.
11. Select potential waste management facilities.
12. Create a waste management focused community outreach plan.

The context

In context to the college to manage waste in an effective way appears is to be one of the greatest challenge facing by humanity. The ongoing trend of industrialization and economic growth have resulted in increased different kind of waste. In college students and staff for solid liquid and e waste management are educated. Having an effective waste management plan is essential for any higher learning institution.

1. Protecting the environment.
2. Preserving the human health.
3. Minimizing unsightly waste.
4. Burnishing institution reputation.

The practices

Solid waste management

College campus tend to produce vast quantities of recyclable paper, cardboard, plastic, glass, cans. Books accounted for tons of solid waste generation as courses upgrade to new edition.

To reduce waste college students and staff are educated on proper waste management practices through lectures, displaying slogan on boards in the campus .waste is collected on a daily basis from various sources and is separated as dry and wet waste color coded dustbins are used for different types of wastes green for wet and blue for solid waste is taken by nagar palika. Incandescent light bulbs usually become landfill waste and contain small amount of mercury require special handling because of environment and health risk they pose.

Liquid waste management.

The waste chemicals mixed water from laboratory passes through concealed pipe line into soak pit.

E waste.

Electronics often form a large portion of waste as college continually upgrade their computing facilities and office computers to keep up with the latest technology. The old computers, printers, copy machine and electronics receive upgrades over years.

Evidence of success.

When waste management is handled properly it has, several benefits for the local community. As well as avoiding the negative impact of the above problems, it can also be a vehicle for change through job creation and an improvement in health, whole communities can be given a new lease of life.

Recycling can also be used to reduce future waste by ensuring a portion of solid waste is reused. Whether its on a small local scale or a larger industrial scale, many useful things can be generated from proper waste disposal.

Recycling also helps to conserve local resources by reducing the need to manufacture using new raw materials.

1. Clean and healthy environment for learning.
2. Spread awareness through quiz, essay competition.
3. Students projects on waste management.

Problems encountered and resources required.

Waste management on a large can requires a lot of man power and technology to be carried out successfully. There is the need for planning and implementation of the many processes and activities involved in the management of waste. Also a lot of varieties of waste need to managed and there is the need for different methods of waste management for the different types of waste. This means a higher cost for the management of waste. More funds are required for establishment of recycling equipments.

Health of worker- The management of waste and all of the process involve can lead to a number of fungal and bacterial infections and disease on the part of those working in the waste management sector.

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Solid Waste



E Waste



Items Used in Waste Management



Use of Dustbins



Receipt

Submittal No. 10 & 11 under the provisions of the Public Finance Management Act, 2012.

FOR USE IN TREASURY

Date: 20/02/2015

Departmental officer: [Signature]

Received: [Signature]

Seal: [Seal]

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