### **BEST PRACTICES**

## 1. Title: Blood donation at regular intervals

**Goals**: Blood donation is a noble cause as well as a social responsibility. Gunupur College aims at making the students realize their social responsibilities and set examples in the society by such acts of ingenuity. The goal is to spread awareness about donating blood and saving lives. Moreover, the immediate goal is to help people in need of blood during emergency situations. The active participation of faculty members also helps in encouraging the students and their families as well as motivates them to come forward and contribute to the noble cause.

**Context**: Blood Donation camps are organized by the College and at times the students and faculty members donate blood in camps put up by other organizations also. Gunupur College takes this initiative because this region is an accident-prone one owing to its terrain. Further, since the region is a tribal dominated one and the literacy rate is quite low, problems of malnutrition and poor food habits is quite common. In addition, people especially females are in need of blood more often, owing to an alarming number of sickle-cell anemia cases and pregnancy complications. Moreover, there is no blood bank within the radius of 60km. Therefore, the blood bank at Gunupur Sub-divisional Hospital faces an acute shortage of blood on a regular basis. Hence, donation of blood by the students not only facilitates the availability of blood at times of need, but also acts as a motivating force for others to follow.

**Practice**: Students donate blood in camps organized by the NSS and NCC units. Students and faculty members also donate blood in the blood bank of the government hospital at times organized by other organizations. Whenever there is any urgent need of blood the people in the blood bank contact the faculty members of the college and accordingly blood is arranged on an emergency basis. At the times of need (by any patient) also the students voluntarily go to the hospital and donate blood whenever they get any call.

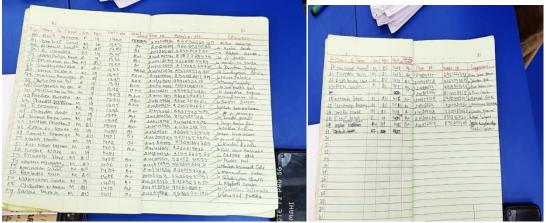
#### **Evidence of success:**

1. Whenever there is any emergency need of blood, our students get calls and without any hesitation they donate blood for the noble cause.









- 2. Problems encountered and resources required:
  - Some students who were interested could not donate because they were either underweight or had low hemoglobin levels or faced both issues.
  - Parents do not approve of blood donation due to unwarranted fear or superstitious beliefs

**Conclusion**: We shall always strive for encouraging our students and faculty members to donate blood and be a ray of hope for those in danger. This shall not only create social harmony but also benefit in stimulation of blood cells in the body of the donor. It could also lower the risk of cardiac arrest, cancer and liver problems. Hence, blood donation is as much a personal gain as a social cause as it helps an individual to maintain a good rapport with the local community.

# 2. Title: Awareness programmes against social evils

**Goals**: The main goal is to spread awareness among the students and raise consciousness against the social evils so that they become more alert and refrain from these evil practices thereby bringing a clarion call for change thus transforming their immediate surroundings and bringing harmony in the society.

**Context**: Social evils like crimes against women, drug abuse, traffic violation, are prevalent in this region owing to its tribal population and lack of proper education among the people. Hence, it is essential that the students are raised with an understanding of the impact of such evil practices so that they could change the situation in their family and immediate environment as well as avoid committing the same mistakes.

**Practice**: Road rallies, organized for road safety and plastic free environment in the interest of the students spreading awareness against social issues .

#### **Evidence of Success:**

- Use of tobacco has decreased a lot by the students, parents and faculties.
- The road safety awareness rally helped to spread consciousness about responsible road behaviour in an impact manner.









**Conclusion:** An active involvement of students shall always be encouraged ,so that they are away from the social evils. The faculty members have always counseled to work towards building a healthy as well as harmoniously balanced society away from such practices.