



# Khatra Adibasi Mahavidyalaya

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## Best Practices 2: Health Awareness Programmes

**A. Objectives of the Practice:** In our college different initiatives are taken throughout the year to develop awareness on maintenance of health and hygiene. The COVID-19 pandemic has been a serious threat to our physical and mental health and has taught us the lesson that even if we can survive without excess money, we cannot survive without good health.

**B. The Context:** Our college organizes various seminars and awareness programmes on health-related issues round the year.

**C. The Practice:** Blood Donation Camps are held in our college every year. NSS organized a Blood Donation Camp in the college on 18.03.2023. This initiative was funded by the Red Ribbon Club. In recognition of the holistic significance of yoga in the lives of individuals, NSS Units celebrated the International Yoga Day on 21.06.2023. In view of positive impact of cycling on our health as well as on environment, World Bicycle Day is celebrated every year by the NSS units of the college. NSS organized health related awareness programme on Anti-Tobacco Day, Dengue and AIDS. NSS units of our college organised an awareness programme entitled Tikakaran Utsav on 11<sup>th</sup> & 14<sup>th</sup> April, 2021. Faculty members and few NSS volunteers maintaining social distance norms went to adopted villages to motivate reluctant villagers to take COVID-19 vaccines thereby ensuring safety. Total 62 NSS volunteers were in action throughout the whole program in the pandemic situation. They distributed surgical masks and soaps to villagers.

**D. Evidence of Success:** There was formidable response from the students in all the health-related programmes organized by the college. Students and teachers voluntarily participated in the Blood Donation Camps as they realized that being a part of this society, they should be a part of this noble venture. Large number of students actively participated in the yoga and meditation sessions held in the college in the session 2022-2023. They have realized the role that yoga and meditation play a vital role in improving their concentration power and boosting the level of their confidence. Students realized the important role that bicycle plays in maintaining a pollution free environment and contributing towards good health. Many students use bicycle as a mode of transportation in daily life. Students are aware about the negative

impact of tobacco and its byproducts and their fatal effects on health. Campus Cleaning Programmes develop the habit of keeping the environment in and around the college clean and minimize the spread of diseases.

**E. Problems Encountered and Resources Required:** At times students do not feel motivated enough to participate in the health-related programmes as they have a pre-conceived notion that their one and only focus is to prepare for examination and not be a part of extension activities. Proper counselling of the students is required to inspire them to actively participate in such health-related programmes by making them aware about the multiple benefits of such programmes and make these programmes even more successful.

#### List of Activities with Link

| Sl. No. | Title of the Programme                        | Link  |
|---------|---|---|
| 1       | Blood Donation Camp                           | <a href="https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf">https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf</a>   |
| 2       | Awareness Programme on Anti-Tobacco Day       | <a href="https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf">https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf</a>   |
| 3       | World Bicycle Day                             | <a href="https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf">https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf</a>   |
| 4       | Celebration of World Environment Day          | <a href="https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf">https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf</a>   |
| 5       | International Yoga Day Celebration            | <a href="https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf">https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf</a>   |
| 6       | Students' Week Celebration (Campus Cleaning)  | <a href="https://kamv.ac.in/naac/dvv/1702541904_Students%20E2%80%99%20Week%20Celebration_compressed.pdf">https://kamv.ac.in/naac/dvv/1702541904_Students%20E2%80%99%20Week%20Celebration_compressed.pdf</a>                     |
| 7       | Tikakaran Utsav                               | <a href="https://kamv.ac.in/nss_activity/1719406364_Tikakaran%20Utsav%202020-21.pdf">https://kamv.ac.in/nss_activity/1719406364_Tikakaran%20Utsav%202020-21.pdf</a>   |
| 8       | Awareness Programme on Dengue during Covid 19 | <a href="https://kamv.ac.in/nss_activity/1719406518_Awareness%20Programme%20on%20Dengue%20during%20Covid%2019.pdf">https://kamv.ac.in/nss_activity/1719406518_Awareness%20Programme%20on%20Dengue%20during%20Covid%2019.pdf</a> |