

1, Title of the Practice: -Health Awareness Program

2. Objective of the Practice:-

The primary objective of the Health Awareness Program is to enhance health outcomes and promote well-being among students and villagers in tribal and backward regions through a multifaceted approach.

3. The context:-

The Health Awareness Program has been conceptualized to address significant health challenges faced by students and villagers in tribal and backward regions of Akkalkuwa. The program recognizes that these areas often experience unique social and environmental challenges that impact health and well-being. In the Akkalkuwa region, challenging terrain and poor infrastructure limit healthcare access and health awareness. A shortage of facilities and professionals, along with under-resourced services, exacerbates the issue. Limited education and high poverty further restrict access to care, while cultural stigma and poor sanitation add to the health problems. Recent crises, like COVID-19, highlight the critical need for better healthcare access and education.

4. The practice:-

Major Health Awareness Activity by College

| Sr, No, | Academic Year | Activity Name | Date | Activity as Best Practice |
|---------|---------------|-----------------------------------|--------------------------|-----------------------------|
| 1. | 2018-19 | Yoga Day | 21/06/2018 | Blood Donation Camp |
| | | Medical Checkup Camp | 28/11/2018 | |
| | | Blood Donation Camp | 30/01/2019 | |
| 2. | 2019-20 | Sanitizer Making and Distribution | 19/04/2020 to 05/06/2020 | Sanitizer Making |
| | | Mask Making | 08/04/2020 to 30/06/2020 | |
| | | Red Ribbon Club | 07/09/2019 | |
| 3. | 2020-21 | Covid-19 Survey by Pulse Oximetry | 29/10/2020 | Blood Donate Camp |
| | | Pulse Polio Campaign | 31/01/2021 | |
| | | Blood Donate Camp | 22/12/2020 | |
| 4 | 2021-22 | Covid-19 Vaccination Survey | 25/10/2021 | Covid-19 Vaccination Survey |
| | | Covid-19 Vaccination camp | 25/10/2021 | |
| | | Blood Group Checkup Camp | 30/12/2021 | |
| 5. | 2022-23 | Medical Checkup Camp | 20/10/2022 | Red Ribbon Club |
| | | Eye Checkup Camp | 29/01/2023 | |
| | | Red Ribbon Club | 21/09/2022 | |

The college organized a health program in the Akkalkuwa region to address key health needs through four main initiatives:

1. **Blood Donation Camp:** A blood donation camp is organized by the college to alleviate local shortages and raise awareness about the importance of regular donations.
2. **Sanitizer Making and Distribution:** The NSS Department runs this activity for improving hygiene and disease prevention during the COVID-19 pandemic.
3. **COVID-19 Vaccination Survey:** NSS Department conducts a survey and reports it to the government.
4. **Red Ribbon Club:** Raised awareness in students about HIV/AIDS prevention and reduced stigma

5. Evidence of Success:

The recent activities have had a significant impact: the Blood Donation Camp addressed local shortages and increased awareness about the importance of regular donations; the sanitizer production and distribution improved hygiene and helped prevent Covid-19 spread; the COVID-19 vaccination survey offered crucial data to refine health strategies and enhance outreach; and the Red Ribbon Club sessions educated students on HIV/AIDS prevention, fostering a better understanding and reducing stigma.

6. Problems encountered and resources required:

The Blood Donation Camp faced challenges in coordinating donors. The sanitizer production needed raw materials and equipment, The COVID-19 vaccination survey required extensive data collection tools. The Red Ribbon Club sessions demanded educational materials and expert facilitators to effectively raise awareness and reduce stigma

Report Link:

* Blood Donation Camp 2018-19

https://drive.google.com/file/d/1qOy1_qO5DQNcb7QTRgkjGtsyCKmy-ti3/view?usp=sharing

* Sanitizer Making 2019-20:

1. https://drive.google.com/file/d/1jXkK5iShogHXTVvK3_VkUOHYNivrAqHL/view?usp=sharing

2. <https://www.youtube.com/watch?v=kJwnwphvKl4>

* Blood Donate Camp 2020-21:

<https://drive.google.com/file/d/1OqdLnbyVEP9U3BITHpGFkD5K0wyxawuw/view?usp=sharing>

* Covid-19 Vaccination Survey 2021-22

<https://drive.google.com/file/d/1ArTSRdPULz1TW2coQHkpI20wiXrH59lV/view?usp=sharing>

* Red Ribbon Club 2022-23:

https://drive.google.com/file/d/1nW9YloeS3QK0eDxwXYq52EIyR4A4bVz_/view?usp=sharing

1. Title of the Practice: Student Adaptation Programme (Vidhyarthi Dattak Yojna)

2. Objectives of the Practice:

To minimize dropouts, improve performance, and reduce stress of the students through personal counseling and help promote them in higher education

3. The Context:

Most of our admitted students are tribal. They came from a hilly and remote area with a weaker educationally disadvantaged and socio-economic background. They have various problems, like personal, academic, physical, and mental, and it creates stress. Therefore, they feel complex and have hesitations in class and often face gaps in foundational knowledge and academic skills, unable to perform well. All this results in dropouts. One solution, therefore, is a student adaptation program. A Student Adaptation Programme (Vidhyarthi Dattak Yojna) is designed to address these specific challenges by providing tailored support to tribal students. This program aims to bridge the gap between the students' previous educational experiences and the demands of higher education. A student adaptation program forms the bond with students in the true sense. Mentoring is required for students to achieve emotional stability and to promote clarity in thinking and decision-making for overall progress.

4. The Practice:

- Each teacher is assigned one student for the complete academic year.
- Whenever help requires students to meet to discuss, clarify, and share various problems, which may be personal, academic, etc.
- The mentors encourage the students to participate in co-curricular and extracurricular activities and sports.
- Their academic performance and other activities are all recorded.
- The mentors also keep in touch with the parents on their attendance, test performance, fee payment, examinations, etc.
- The mentors also counsel the students in need of emotional problems.
- When the students have any problem from other students, either with the staff or with work completion, the mentors speak with the other students and respective staff and sort out the problem.
- Mentors take special care of weak students, who are given advice on how to study. Prepare a timetable for study, clarify the doubts, and also give notes to study.
- The chief mentor of the college takes the progress of counseling students by mentors.
- Student's problems are discussed with the principle and other faculties, and necessary action is taken to solve them.

5. Evidence of Success:

Evidence of the success of the practice includes university ranks, better results in the examinations, improved attendance, fewer dropouts, increased participation in co-curricular and extracurricular activities, better discipline on campus, and respectful relationships between teachers and students. The students are more relaxed and have a healthy relationship with the staff.

6. Problems encountered and resources required:

The effectiveness of the program can be limited by a limited staff. Hostel facilities for tribal students provided by the government are one of the major issues in the admissions process and student adaptation. Moreover, there may be challenges in communication. There are no limitations or constraints faced during implementing the program.

Supportive Link:

https://drive.google.com/file/d/1buDcv0dbyTccX5aEIPi1_1L5KN0hZO8o/view?usp=sharing