

BEST PRACTICE 2

1. Title of the Practice:

This title should capture the keywords that describe the practice.

Health related activities for well-being in post pandemic

2. Objectives of the Practice

What are the objectives / intended outcomes of this “best practice” and what are the underlying principles or concepts of this practice? (in about 20 words)

- i. Conduct awareness programme regarding physical and mental health issues in post-covid pandemic.
- ii. Organise Thalassemsia awareness and blood donation programme.
- iii. Free doctor consultation in college campus.

3. The Context

What were the contextual features or challenging issues that needed to be addressed in designing and implementing this practice? (in about 30 words)

To aware the students and community regarding healthy living adequate knowledge regarding regular health check-up, blood donation, nutrition, thalassemia etc. is much required.

4. The Practice

Describe the best practice and its uniqueness in the context of India higher education. What were the constraints / limitations, if any, faced? (in about 50 words)

To make the students in Higher education understand the importance of healthy life, college organises-

- Free doctor consultation every alternative week by registered physician.
- Online lecture ‘Importance of blood donation and thalassemia’
- Blood donation camp.
- Add-on course on nutrition and dietetics.

- Regular yoga classes.
- Interactive sessions on 'Clinical Psychology in the present day and near future' & Prevention and treatment of Drug Abuse.

5. Evidence of Success

Provide evidence of success such as performance against targets and benchmarks, review/results. What do these results indicate? Describe in about 40 words.

Students spontaneously donate blood, attend yoga classes, consult doctor and join different add-on courses as per their need, interest and aptitude. Counselling sessions are availed by students to address their personal issues.

6. Problems Encountered and Resources Required Please identify the problems encountered and resources required to implement the practice (in about 30 words).

Many students are first generation learners from lower economic strata, therefore they do not get any idea about importance of healthy living from their family. To make the students aware and conscious regarding health issues is not an easy job.

7. Notes (Optional)

Please add any other information that may be relevant for adopting/ implementing the Best Practice in other institutions (in about 30 words).