

### **Government K.L. Arts & Commerce College**

Bagbahara, Dist. Mahasamund (C.G.)

Affiliated to Pt. Ravishankar Shukla University Raipur (C.G.) UGC Code:202052 AISHE Co Website- www.gklclgbgbr.in Email:g

AISHE Code:C-21751 Email:gcollegebgbr@gmail.com

TITLE OF THE PRACTICE -

"Health Awareness & Blood donation"

**Objective of the practices:** - Its objective is to spread awareness regarding sickle cell anemia, leprosy and other personal diseases. Nutrition and prevention are essential for health care. Health camps are organized in the college through the NSS and Red Cross operated in the college. Apart from this, the NSS has organized a seven-day special camp for the last 5 years. Medicines are distributed to the villagers with health and blood tests. Apart from this, blood donation campaign is conducted courtesy of NSS and Red Cross.

#### The Context: -

The aim of higher education is not only to impart academic knowledge but also to create an environment where students can feel community well-being and get involved in activities that help in bringing about a change in multiple attitudes towards human beings. Blood donation is a noble initiative that can create awareness among the youth about the existence of safe blood donation.

Most of the students in the college belong to rural environment that do not care about basic health related problem and its solution. It is necessary to spread awareness about basic health care vaccination nutrition among students. The problem of anaemia has been found in many students studying in college.

#### Practice: -

The NSS and the Red Cross unit have been continuously organizing health camps in collaboration with the Community Health Centre Bagbahra. The date of the camp is decided in the college by contacting the BMO Community Health Centre Bagbahra in coordination with the Red Cross. Information regarding the organization of health camp is provided to the students 1 day before. Blood samples are taken with the help of trained lab technicians. After that, on reporting any disease like sickle cell, the students are informed and provided with information related to treatment and prevention. In case of any other disease, students get medicines by telling their problems to the doctors. Guidelines are provided for proper treatment in case of serious illness. Apart from this, 56 units of blood were donated last year under the aegis of the State Red Cross Society by the Red Cross and NSS in the college. For which the date of blood donation was determined by the Red Cross in-charge by contacting the State Red Cross Officer. From the State Red Cross Society Raipur, the government college Bagbahra arrived with trained lab technician and first the health test was done for the blood donors and after that the blood of healthy blood donors was extracted. Coffee and refreshments are arranged for the blood donors by the college administration. Every year in NSS seven days special camp organized health checkup and medicine distribution with the help of CHC Bagbahara.

#### Evidence of success-

The health camp has been organized continuously in the college for the past years, but the blood donation camp has been organized only once. In the future, blood donation awareness programs will be held continuously.

#### Problem encountered and Resource Required -

100% of the students could not participate in health awareness program. Blood donation program fund is needed so that blood donors can get rich diet. Due to lack of funds, proper arrangements could not be made.

#### **Best Practice-2**

#### Title of the Practice: - Gyan Jyoti yojna.

(Education donation)

#### **Objective of Practice-**

1. To impart education in rural areas by college students.

2. To educate rural children through college NSS students.

3. To develop personality among the students of NSS through education activity.

4. Eliminating teacher shortages in schools.

#### The Context-

Many schools in rural areas do not have enough teachers. Due to which school students do not get knowledge in all subjects. Due to which the basic education of the students becomes weak. Keeping this in mind, Gyan Jyoti Yojana has been started.

The objective of NSS is to develop personality through social service. Students who participate in the Gyan Jyoti Yojana, along with social service, their personality are also developed. The NSS B- certificate is also awarded to the eligible students by adding the work done by these students to the regular activity.

The students of NSS not only impart education to the school but also encourage sports for physical development. They work by taking time off on holiday or to teach on Saturday.

#### Practice: -

NSS students go to school and meet the teacher and express their desire for donation of education. When the teacher gives consent, he gives education on Saturday or on the day when he does not come to college in his spare time.

Sometimes during holidays, school students are called to provide education at home or on stage in the village.

#### Evidence of sources: -

Students of NSS donate Vidya under Gyan Jyoti. This is added to the hours of regular activities. NSS B certificate is awarded to the students who have completed the hours for the specified period.

#### Problem encountered and resource required: -

There were many problems in giving education under Gyan Jyoti, which was solved. First, the student of N SS wants to teach in the village of the same village. Getting consent from the school management or sometimes gathering children in the neighborhood and teaching them at leisure was a challenging task, which was easily solved by accepting it.

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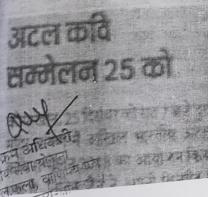
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# 86 लोगों ने लिया स्वास्थ्य परीक्षण शिविर का लाभ

बागबाहरा (नईदुनिया न्यूज)। शासकीय महाविद्यालय वागवाहरा के राष्ट्रीय सेवा योजना इकाई के तत्वावधान में सात दिवसीय विशेष शिविर ग्राम बिडोरा में आयोजित किया गया है। तृतीय दिन स्वास्थ्य शिविर का आयोजन किया गया, जिसमें प्राथमिक स्वास्थ्य केंद्र कोमाखान से आए चिकित्सकों डॉ. टीएल साहू (नेत्र चिकित्सक अधिकारी), डॉ. एके शुक्ला (कुछ व त्वचा जांच), डॉ. केपी जांगड़े, लैब अधिकारी), अनीता दीवान, धनेश्वरी पटेल, डिगेश द्वारा मधुमेह जांच, ब्लड प्रेशर, ब्लड टेस्ट, नेत्र परीक्षण कर सलाह दी। शिविर में 86 लोगों की जांच की गई, जिसमें कुछ लोगों को जिला चिकित्सालय महासमुंद



स्वास्थ्य जांच करते चिकित्सक ।

रिफर किया गया। ग्रामीणों में सेवाराम, लक्ष्मी साहू, उशा साहू, स्वयं सेवकभूपेंद्र सिंधिया, लक्ष्मीनाथ कश्यप, उमाकांत साहू, स्वयंसेवक वर्षा साहू, हेमलता साहू उपस्थित थे। आभार-प्रदर्शन रासेयो कार्यक्रम अधिकारी ओपी मरावी द्वारा किया गया।



बागबाहरा। जामगांव में राम्प्रेयों के शिविर में किया गया स्वास्थ्य परीक्षण।

साय ही स्वयंसेक्तों ने रात्रि में छत्तीसगढ़ी लोकनृत्व नशा एवं शिक्षा पर नुक्कड़ नाटक देशभक्ति गीत आदि सांस्कृतिक कार्यक्रम प्रस्तुत किया। इस अवसर पर सालिक राम साह मुख्य अतिथि उपसरपंच जामगांव, महायक

वागवादता ग्राम जामगांव में सामकीय महाविद्यालय वागवाहरा को रामेवो इकाई द्वारा आयोजित 7 दिनी विशेष शिविर के तीमरे दिन स्वास्थ्य परीक्षण किवा गवा। जिसमें सामुदायिक स्वास्थ्य केंद्र सामकाहरा में आप चिकित्नकों ने अस. स्वास्थ्य केंद्र मिर्माकाहरा में आप चिकित्नकों ने अस. स्वास्थ्य केंद्र

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## Digendra Sahu Teaching in Patparpali Village









## Payal Thakur Teaching in Kotanpali Village

बाल संग्रहालय

250

Payal Thakur Teaching in Kotanpali Village

त्राल संग्रहालय



## स्वयंसेवक चला रहे जनजागरूकता कार्यक्रम

बागबाहरा| यूनिसेफ व राष्ट्रीय सेवा योजना छत्तीसगढ़ द्वारा संचालित अभिनव कार्यक्रम के तहत शासकीय महाविद्यालय बागबाहरा की रासेयो इकाई के स्वयंसेवक चयनित ग्राम कुसमी,चुरकी खांडादरहा एवं पटपरपाली में विभिन्न जागरूकता कार्यक्रम चला रहे हैं। साथ ही स्कूल नहीं खुलने के कारण बच्चो की शिक्षा प्रभावित न हो इसलिए स्वयंसेवक गांव-गांव जाकर बच्चों को पढा भी रहें है।

स्वयंसेवकों ने छोटे बच्चों से मिलकर उन्हें गुड टच एवं बैड टच की जानकारी देकर खेल- खेल में पढना लिखना-सिखा एवं गर्भवती माताओं से मिलकर अस्पताल में ही प्रसंव कराने की जानकारी दी। नियमित रूप से वजन कराने एवं जननी सुरक्षा योजना, भगिनी प्रसूति पौष्टिक आहार देने के लिए जागरूक सहायता योजना के बारे में विस्तार से किया। छोटे बच्चों के स्वास्थ्य पर जनमानस तक संदेश पहुंचा रहे हैं।



बागबाहरा. बच्चों को पढ़ाते हुए स्वयंसेवक।

समझाया। साथ ही शून्य से 6 साल कोई विपरीत प्रभाव न पड़े और तक के बच्चो का उचित देखभाल सही पोषण की सम्पूर्ण जानकारी करना, सम्पूर्ण टीकाकरण करवाना, जनसमुदाय तक आसानी से पहुचे इसके लिए वाल पेंटिंग,नारा लेखन एवं जागरूकता रैली आदि द्वारा