

## **Best Practices 2022 – 2023**

### **Best Practice - 1**

- 1. Title of the Practice: Taking of classes by senior students for junior semesters and Value education classes by internal and external resource persons**
- 2. Objectives of the Practice:**

The objectives/intended outcomes are to develop confidence in students for teaching in a classroom and also to encourage them to go deeper into the subject. It is also intended to motivate students to take up teaching as a career and prepare them for it. Value education aims at the inculcation of moral values among students and prepares them to be responsible members of society and conscientious citizens of the country in every respect.

- 3. The Context**

What were the contextual features or challenging issues that needed to be addressed in designing and implementing this practice (in about 150 words)?

Students of the college mostly come from a rural and semi-rural background and usually suffer from diffidence and lack of confidence in public speaking. It is found that even when they know the subject they cannot properly express themselves and thus remain handicapped in this regard. In order to prepare them for a teaching career or for facing interviews etc we have found this practice to be useful. Also, looking at the crisis in moral values in society today, illustrative classes in moral education is extremely important and thus we have introduced this practice in order to teach students to be responsible citizens, to be aware of their duties in society like conservation of water and electricity etc., to handle interpersonal relationships in society, to understand the place of the individual in the country and the world, etc. We feel that this awareness is very much needed for the students of today who are going to shape the coming world and therefore should be aware of the issues and problems facing human society today.

- 4. The Practice**

Describe the practice and its uniqueness in the context of India higher education. What

were the constraints/limitations, if any, faced (in about 400 words)?

Each of the departments of the college are encouraged to arrange classes taken by the students of the senior semesters for juniors. The teachers of the departments select the students who may take the classes, motivate them and provide them additional resource material, inputs etc to help them in their preparation for taking the classes. The junior semesters are also informed and the respective faculty member is also present in the classroom when such class is being taken. The students are also encouraged to have a question and answer session and clarify doubts if any. Later the concerned teacher also gives feedback on the class taken to the student taking the class so that he/she can identify the places where there is scope for improvement. Also, value education classes are taken for students of all semesters by the Principal, other faculty members and also invited external resource persons. These classes are taken in accordance with a regular schedule, for both Honours and General students in the departmental classrooms or in the college auditorium depending on the size of the class. The constraints/limitations faced are overcoming apathy on the part of the students, motivating them to participate in the value education classes as also motivating students to teach the junior semesters. Also, arranging the schedule of the special classes on value education in the busy academic routine with regular internal and external examinations and other routine academic programmes is also a challenge. However the practice is giving good results for the institution and the participation and enthusiasm of the students has also increased significantly in its wake.

**4. Evidence of Success:**

*Provide evidence of success such as performance against targets and benchmarks, review/results. What do these results indicate? Describe in about 200 words.*

All the departments of the college have participated in the practice and classes are being taken by senior students as a regular practice as monitored by the departmental teachers. The students who have taken such classes have managed to overcome their diffidence and lack of confidence and can express themselves better. Also, many students are motivated to take up postgraduate education and also enroll in teachers training courses for taking up a teaching career. The classes on value education have succeeded in inculcating awareness among students regarding life values, integrity, probity,

commitment, and a sense of responsibility. The students have been taught to switch off lights and fans in room when not in use to save electricity and environment, also to shut water taps etc., properly in order to conserve water. The increased awareness is apparent in the college campus. Also, the students are taught to be socially aware and active and this has resulted in their increased participation in social activities like NSS, NCC and in the other various outreach programmes organized by the college.

**6. Problems Encountered and Resources Required:**

*Please identify the problems encountered and resources required to implement the practice (in about 150 words).*

The primary problem encountered is overcoming the apathy of the students, their natural diffidence and lack of confidence. The students have to be specially motivated by the departmental teachers to take such classes, they have to be groomed and trained to study the subject of the class in depth, provided additional resource material and guidance. Also the teacher has to be present throughout the taking of the class in order to monitor the performance of the student and provide feedback later. The junior students also have to be motivated and encouraged to ask questions and clarify their doubts. Regarding the value education classes, fitting in such classes within a normally busy academic schedule is a challenge and also sometimes bringing resource persons from outside for such classes. Bringing external resource persons involves financial expenditure from the college. Also, reaching out to all the students of the college, not just the Honours students but also the General course students is sometimes a challenge and providing adequate infrastructure like classrooms etc for such huge number of students results in a limitation. However the institution is trying to successfully overcome such limitations and address the challenges in order to make the practice a success.

**7. Notes (Optional)**

*Please add any other information that may be relevant for adopting/implementing the Best Practice in other Institutions (in about 150 words).*

## **Best Practice – 2**

### **1. Title of the Practice: Medical Unit**

#### **1. Objectives of the Practice:**

The objective of the practice is to set up a medical unit on campus which can treat both the stakeholders of Katwa College as well as the neighbouring residents in case of any first aid requirement or emergency oxygen requirement. It was set up in the context of the Covid-19 epidemic when the country was in the situation of lockdown and shortage of required oxygen was reported from many places. So that the students, teachers and staff of Katwa College as well as the neighbourhood residents do not suffer from an oxygen shortage it was decided that the College would set up a medical unit with contribution from the College fund as well as all employees of the College both teaching and non-teaching. Along with this the Unit would also conduct Students Awareness and Health Checkup Programmes in collaboration with the Physiology Department of the College.

#### **2. The Context:**

The context was the widespread oxygen requirement and reporting of shortages in various places during the second wave of Covid-19. The employees of the College including teaching and non-teaching came together in an online meeting at the initiative of the College Principal to discuss the situation and what initiatives the College and its employees could take in this situation to benefit the community as a whole. It was decided that the employees would contribute along with the College in setting up a medical unit which would deal with a basic medical emergency and also keep oxygen cylinders for emergency requirement.

#### **3. The Practice:**

In accordance with this decision as ratified by the College Governing Body on 10.08.2021 a Medical Unit named Arogya was inaugurated on 29.03.2022 by the SDO, Katwa and President, Katwa College Governing Body.

with the following equipments used for the purposes described:

1. Height cum weight measuring scale: Measuring Height and Weight.
2. Weighting scale: measuring body Weight.
3. Pulse oxymetre: Evaluation of Oxygen saturation and pulse best.
4. Stethoscope: measuring heart beat and respiration rate
5. Sphygmomanometer: Measuring blood pressure
6. Digital thermometer: Measuring body temperature
7. Resuscitator: Device for artificial breathing
8. Instrument set for dressing : Wound
9. Instrument set for sutures: stitching cut and Wound
10. Instrument set for removing sutures: cutting the stitching after healing
11. Stitch removing scissor: stitching purpose
12. Straight scissor: stitching purpose
13. Suction machine: Removing of cough and mucus from respiratory organs.
14. Waste bin with cover
15. Dressing forcep: Dressing instrument
16. Stainless tray: Tray for keeping instrument.
17. Gallipods: Enameled tray for keeping instrument
18. Infusion stand: Stand for saline Infusion
19. Portable sanitizing machine: Sanitizer for instrument
20. Oxygen cylinder – 2 nos.
21. ECG machine

The College has also allotted a separate room where outside patients can also come and avail of the treatment. The Katwa Municipality has also agreed to provide some basic medications on free basis which can be given to the patients. Also two experienced female personnel have been employed by the College on casual basis to administer first aid and use the equipment for any patients and medical unit Arogya is open on all working days from 10 AM to 4 PM. Stock of some basic OTC medicines have also been arranged.

Along with this, the Medical Unit is also conducting College Students Awareness and Health Checkup Programmes in the College campus. The Unit has so far conducted four such

programmes on 21.12.2022 attended by 61 students, on 05.01.2023 attended by 80 students, on 16.03.2023 attended by 82 students and on 17.03.2023 attended by 80 students. Also a Health camp with a doctor is arranged every month.

#### **4. Evidence of Success:**

The medical personnel have been on call for any medical emergency faced by any student, teacher or staff of the college and have successfully administered first aid in case of any emergency, monitored blood pressure, pulse and oxygen saturation levels etc. During this period total direct beneficiaries are 1880. Out of this 1297 students and 533 teachers/employees and 50 local residents have got tests and first aid treatment.

#### **5. Problems encountered and resources required:**

The main problem in implementing such an ambitious project at the level of a College lay in the financial outlay involved in procuring expensive equipment as well as oxygen cylinders and in employing the required staff. It would also be beneficial in future if any physician or trained nurse could be present at the medical unit at a particular time every week. The financial constraint was met by a contribution of Rupees One Lakh from the College fund and Rupees One Lakh Ninety Eight Thousand was contributed by the College employees from their salaries. The College plans to expand the facilities offered and the instruments available as well as make available the services of trained medical personnel in future.