EST: 1975 Ph: 08353-230299 website: www.stccollegebanahatti.org email: stccollegebnt@yahoo.com



# Janata Shikshan Sangha's SHREE TAMMANNAPPA CHIKODI ARTS AND COMMERCE COLLEGE, BANHATTI.

ಜನತಾ ಶಿಕ್ಷಣ ಸಂಘದ

ಶ್ರೀ ತಮ್ಮಣ್ಣವ್ವ ಜಿಕ್ಕೋಡಿ ಕಲಾ ಮತ್ತು ವಾಣಿಜ್ಯ ಮಹಾವಿದ್ಯಾಲಯ, ಬನಹಣ್ಣ (Affiliated to Rani Channamma University Belagavi)

Tq: Rabkavi-Banahatti)

Karnataka

(Dist: Bagalkote

Re-Accredited by NAAC at "B++" Level

#### **Best Practice No 01**

## BREATH FRESH AIR & HAVE BETTER LIFE

#### Introduction

Besides imparting quality education, institution is also giving lot of priority for the environment sustainability. College is creating the knowledge in the minds of young ones about clean air, water, and wild life for the future generation.

In order to maintain clean air and to avoid pollution in the campus and to avoid the national waste. The college has developed an idea of observing "NO VEHICLE DAY" as the best practice.

## **Objectives**

- 1. Create environmental awareness in the minds of the students.
- 2. Encourage use of public transportation.
- 3. Minimize the use of personal vehicle to save the petrol.
- 4. Avoid the air pollution in the college.
- 5. Increase the use of bicycle.
- 6. Create health awareness.

#### Context

In modern days, the use of vehicle has been drastically increased. Hence there is rise in air, noise and health problems. Excessive use of vehicles has enhanced the global warming. To create the awareness among the community, the college has practiced the activity called "NO VEHICLE DAY" on every Thursday.

#### The Practice

Pollution from vehicle is a major issue of the health problem. Heavy use of petrol and diesel causes the air pollution. To create the awareness among the community, college has been observing no vehicle day under the guidance of Principal. On this day the teachers, students and other staff members make use of the public transport and bicycles to attend their duties. Students made posters regarding no vehicle day to spread the message all over the city.

#### **Evidence of Success**

In order to observe "No Vehicle Day" in the college, some students and staff have purchased new bicycles, some staff members come on foot and others used public transports

## Impact of a best practices,

- Air Pollution and Noise Pollution reduced.
- · Fuel conservations.
- Unnecessary expenditure has been avoided.
- · Health condition of staff and students improved by walking.
- · Accidents were minimized.
- Carbon evolution saved for every Thursday is of 0.04 tons and it is certified by Global Echo Tech Solutions Belagavi.
- National Savings have been made in terms of petrol, diesel and electricity power.
- · Appreciation letter received.

## Problem encountering and resource required

Most of the staff and students started using bicycles to attend their work but on "No Vehicle Day" some members were unable to attend their duties and classes in time. Especially the students of remote area where there are less frequency of buses, faced problems. To observe this day bicycles are needed to purchase.

Co-ord:

JSS STC A ..... Commerce College BANHATTI -587311. Dist. Bagalkote.

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#### **Best Practice No 02**

#### THE GIFT OF BLOOD IS GIFT OF LIFE:

#### Introduction

We cannot revive a dead body to a living soul, but at least save a dying soul. We can do it only by giving him few drops of our own blood. It is known to all of us that, a blood is a vital medicine to save a life. We need it in case of emergency, sometime it happens that, even the expert doctors and costly medicines cannot do wonders for want of bottle of blood. Blood is considered most necessary in case of major operations.

Our institute has been practicing donating the blood to the needy people by organizing blood donation camps at least once in a year.

## Objectives of the practices

- 1. Collection of the blood from volunteers.
- 2. Cultivating the habit of blood donation.
- 3. Creating awareness about the importance of blood donation.
- 4. Providing a safe and quality blood.
- 5. Made available the required blood round the clock.
- 6. Motivating and maintaining a permanent indexed records of blood donors

#### The context

The entire blood donation camps have called off during pandemic period, only the hospital employees donated their blood. The requirement is more but the supply is very less due to shortage of donors.

### Donors and staff safety.

Utmost care must be taken to the safety of donor and staff.

#### Preservation.

Care must be taken to preserve the blood, so that it should not lose its quality.

## Constant blood supply.

In the Present condition the demand of blood has not met with the supply of blood hence the blood donation centers are needed to be increased.

## The practice

The blood donation process, from the time you arrive, until the time you leave taken about one hour. The donation itself is only about 8 to 10 minutes on an average.

## Registration

- 1. Donor has to fill the form for the registration and sign it.
- 2. Read all information completely and carefully.
- 3. Give complete address about the place where you live.

## Health history

- Authority will ask certain questions about health history of donor.
- · Provide any prescription and mediation.
- Check donors temperature, pulse, blood pressure and Hemoglobin level.

#### Your donation

- Donor should sit Comfortably or laying down on the bed.
- Drawing blood.
- Staff will bandage arm for the donor immediately.

### Refreshment and recovery

- After donating the blood snacks and something to drink will be provided to the donor.
- Donor can leave after 10 to 15 minutes after returning to the normalcy.
- Take a selfie & share your good deed with friends.

#### **Evidence of success**

The college Red Cross unit had a plan to motivate at least 100 students' volunteers to donate their blood, but 60 students and staff were able to donate 55+52+63 (170 Units) the blood.

The collected blood has been handed over to the District Blood bank. The same blood has been saved Hundreds of lives. The college is able to develop tendency of donating the blood in the minds of youths. An appreciation letter has been received from Primary Health Center, Banhatti.

## Problem encountering and resource required

Students are very much interested in donating blood, but underweight and various health issues became a bottle neck to donate the blood.

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Used general public as source for donating blood.

Co-ordinator

JSS STC Art's and Commerce College. BANHATTI -587311. Dist. Bagalkote.