

Best Practices- I

Title: Karmveer Bhausaheb Hiray State Level Debating Competition

Goal: To know what the young generation thinks on the current important issues and development. To develop the social and national awareness among the students by imparting values viz. justice, quality, brotherhood, co-operation and hard work. To provide the opportunity to the students for developing their important aspects of personality like leadership qualities, competitive spirit, rational thinking and educational skills.

The Context: Karmveer Bhausaheb Hiray State-Level Inter-collegiate Debating Competition started long back in 1969. The main objective of the competition is to build students life ethically through the inspirational memories of the institution founder Late Karmveer Bhausaheb Hiray. To encourage the students from rural and tribal areas not only the class-room learning but also for making their career by responding to the current issues and developing intellectual faculties. The competition also helps to create a congenial atmosphere to develop the healthy competitive spirit and provide the platform to the students to express their thoughtful views with courage and confidence.

The Practice: The Debating Competition is a distinguished event of the college in many respects. The topic selected for the debate is based on the current issues such as social, economical, educational, political, or any other global issue. The competition is held in five languages viz. Marathi, English, Urdu, Hindi and *Ahirani*(regional language). It is proud to be stated that ours is the only college in the state organizing the competition in five languages on the same topic on the same days and at the same time. The competition is organized once in a year and students from all the university affiliated colleges of Maharashtra State are eligible for the participation. Four teams, a team for each language, are invited from each college. A team consists of a pair of contestants speaking for and against the theme. The competition is held for two days and five eminent scholars/ teachers in the concerned area of knowledge are invited as the judges for accurate and impartial evaluation.

Evidence of Success: The debating competition has now entered consistently in the 51th year of its organization. Its success is to be counted in the ever increasing response and popularity. The topic selected for the debate is current, challenging and motivating. The students from all parts of the state participate in this bonanza with great enthusiasm and preparation.

This year 174 participants appeared from throughout the state in the debate competition. Their short statistics is as English (24), Urdu (14), Hindi (40), Marathi (74) and *Ahirani*(regional language 22). The Rolling Trophy for the winning team and the several individual prizes for the winners are given by the auspicious hands of eminent personalities of the national and international recognition and expert in the concerned area of knowledge. The opportunity to hear the different speakers either contestant or the guest of honour, expressing their views at the same time in different languages is the academic feast which enjoyed by the students as well as the interested citizens of the vicinity. The striking point of the competition is that it has a long and rich history of eminent personality whose graceful presence for the inauguration ceremony or prize distribution ceremony has made the event of the time unforgettable.

Problems Encountered: for organizing such type of a practice the college did have any problem so far, neither in organization nor in financial matter.

Best Practices- II

Title: Care of Anaemia among female students of MSG college.

Goals: To aware female students of Anaemia.

To develop nutritional consciousness.

To find out percentage of anaemic female students.

Context: Nutritional anaemia is more of concern among rural females cause of the high prevalence in rural area. Iron deficiency anaemia in the rural females is a significant risk factor for maternal mortality, high incidence of low-birth weight babies, high prenatal mortality and fatal wastage, which ultimately results in higher fertility rate. The age periods of rural female occupies crucial position in the life of human beings. During this period with inadequate and improper dietary habits, one is vulnerable to all kinds of nutritional morbidities. During this age period of girls are considered most appropriate time to intervene, and behaviour change messages embraced by this group can contribute to sustained health impacts. India has high prevalence of iron-deficiency anaemia among women. Between 60- 70% young girls are anaemic, a condition that can result in adverse pregnancy outcomes or even maternal death, as well as reduced work productivity and impaired physical capabilities blood lost during menses. So the M.S.G. college has planned to ascertain the prevalence of anaemia among young adult female students and to provide in campus medical assistance.

Practice: College has deputed female medical practitioner in campus. She is visiting once in week. At the beginning of academic year a pre-designed questionnaire is circulated among first year female students. This questionnaire helps to collect information on background characteristics, anthropometric parameters and menstrual history. After studying these parameters by medical expert female students are advised to measure hemoglobin level in the department of Zoology of MSG college using Fully automated blood analyser (Make : Nihon Kohden) procured under DST-FIST grants received from S&T Ministry by experienced laboratory technician. Total 200 female students haemoglobin estimation recorded .Those female students are found below average range of haemoglobin level, the Diet history of such student is obtained by RMO. She has advised for proper diet and recommended to introduce more leafy vegetables in her diet. Anaemic female students are also supplied folic acid capsules with the help of local government medical hospital. Evidences of success: Prevalence of anaemia among young adult female students is found among significant number of students. Students those not consume green leafy vegetables are found anaemic. Almost one-third students gave history of passing worms in stool. Association of anaemia with consumption of non-green leafy vegetables and passage of worms in stool was significant. There was no significant association of anaemia with height or weight.

Problems Encountered and Resources required: female students hesitated for medical advice in college on this issue. Difficulties encountered while obtaining questionnaire. College needs more involvement of female teachers to continue this practice for easily accessing young female students. Notes (Optional): India has high prevalence of iron-deficiency anemia among women. Between 60-70% adolescent girls are anaemic, a condition that can result in adverse pregnancy outcomes or even maternal death, as well as reduced work productivity and impaired physical capabilities. To overcome these problems of young students it is the one best practice for educational institutes.

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