

Best Practice I

: Awareness about Blood Donation:

Goal

There has been a sense of reluctance and apathy about blood donation in rural society. People in general keep themselves away from blood donation even after consistent efforts by various agencies. There are two main causes behind this problem. First, there are apprehensions amongst people about blood donation. Secondly, people do not understand its importance due to lack of awareness about health education. The objective of this practice is to minimize the misunderstandings and fears about blood donation.

The Context

Ashti belongs to rural area of Wardha district. There are inadequate health facilities in remote areas around Ashti. A considerable number of children and women suffer from anaemia. They do not realize the importance of balanced and healthy diet. Even if a few women in villages are willing to donate blood, they are unable to do so due to unhealthy condition. Even if men in villages are willing to donate, they do not reach to blood banks on their own. The N.S.S. unit in our college felt the need to address this problem and create awareness about blood donation in rural area.

Blood donation needed special attention on the background of **Covid-19 Pandemic situation**. A large number of Corona patients were lying in critical condition in hospitals and they urgently needed blood for survival. But blood banks were running short of blood units. There was need for urgent arrangement of blood donation camps on large scale. The college made a little effort to contribute to the cause.

The Practice

The camp provides a platform and opportunity to enlighten rural people about importance of blood donation. The volunteers appeal the villagers to donate blood. Girl volunteers request women to go for blood check up. The N.S.S. Programme Officer appeals to take initiative and convinces the people. The intention of these efforts is to bring about positive change in people's approach towards blood donation.

The college has been consistent in taking help from Dr. Hedgewar Blood Bank for collection of blood units. When their team reaches camp, they conduct a small programme prior to blood donation and inform about various blood components in simple terms. People are also convinced that a donor can avail one unit of blood free of cost in case of emergency. Then blood donation camp is held in silent and healthy atmosphere.

Evidence of Success

The overall effect of these efforts has always been positive and encouraging. Awareness about blood donation among rural people is growing. Blood donation camp was held on **4 December 2020**. Total **45** blood units are collected in the camp. The college is having an updated list of blood donors. In case of emergency, people contact the N.S.S. Programme Officer and can avail blood unit in time. The college serves the community through this tradition.

Problems encountered and Resources required :

Problems encountered in this activity are as follows :

- (a) It has been observed that there is a growing number of people having tobacco and *Ghutka* chewing habits. A number of people are alcoholic. They are not eligible to donate blood as it can be harmful for their health. If people give up bad habits, the number of blood donors will naturally increase.
- (b) It is a fact that the Haemoglobin level among women in villages is below normal in general. Hence they are unable to participate in blood donation.
- (c) Ignorance and fear among rural people are major barriers in spreading awareness about blood donation.

Resources required are :

- (1) A dedicated team of NSS volunteers can bring success to this activity .
- (2) The NSS Programme officer should play a motivational role.
- (3) The other staff members of the college must co-operate and shoulder the responsibility.
- (4) The local community should also be supportive .

All of these problems can be overcome through perseverant and collective efforts.

Best Practice II

: Creating Awareness about Covid-19 Pandemic:

The Objective of the Practice:

- To explain people about identifying the symptoms of Covid -19 virus.
- To bring about awareness about preventive measures to avoid the spread of the virus and proper treatment in case of infection.
- To alert people against fake reports and data which create fear and misunderstandings among them .

The Context:

The Covid -19 virus has spread not only in big cities but small towns and villages in India since its breakout in March 2020 .It has seriously affected public life in all places. The death toll kept rising as people in general did not have scientific information about prevention of the pandemic. The Governments in Centre and states have declared lockdown to curb the spread of the virus .But people could not realize its gravity .Consequently the spread of the virus grew on a large scale.

Other than Lockdown, the Govt. authorities initiated many measures to control the pandemic situation. It was necessary that these measures should reach to common people as early as possible. As a part of social obligation, the NSS unit of the college undertook campaign to create awareness among people about Covid-19 virus and social distancing.

The Practice :

The NSS volunteers worked during 10 March to 30 June 2021 and participated in various initiatives to prevent the spread of the dangerous virus. Its details are as follows:

- (a) 16 NSS volunteers circulated pamphlets in 10 villages around Ashti during 10 to 13 March 2021. The pamphlets carried information about causes and effects of the spread of Corona virus .
- (b) 06 volunteers prepared 470 face masks and handed it over to the college .These masks were circulated by 15 volunteers in Ganeshpur locality (slum area) in Ashti during 8

April to 25 April 2021. They also convinced people about importance of social distancing and requested them to follow it.

(c) Crowded public place are hotspots of Corona virus spread out. Hence 18 volunteers reached crowded places like banks, ration shops during 27 April to 10 May .They helped the concerned authorities to monitor physical distancing in large queues and requested people to follow the guidelines issued by the Govt in this regard.

(d) NSS also used social media for giving message to prevent spreading out of Corona.08 volunteers created 160 digital messages and 01 video and circulated them among many Whats app groups . The messages appealed the people to follow the guidelines issued by the Govt. from time to time.

Evidence of Success:

The success of this activity cannot be derived out of figures. The NSS volunteers have readiness and courage to get out of their homes in critical conditions .This fact itself reflects that they were willing to fulfill social obligation in spite of possible danger. All Govt. authorities and social organizations have made great efforts to prevent the spread of the virus. The NSS unit contributed to these efforts even though on a small scale.

Problems encountered and resources required:

The problems encountered in fulfilling this activity are :

- (a) People are ignorant about healthcare issues in rural areas,
- (b) They are careless in general and do not follow preventive measures even after repeated requests.
- (c) People have tendency to believe in fake reports and data without verification and forward in social media.

Resources required :

- (a) The NSS Programme Officer should develop orientation to social service among the students.
- (b) A committed group of students is necessary for such activity.
- (c) The college and faculty should support activity as a unit.
- (d) The local authorities should be co-operative in these efforts.
