

Best Practice-1

1. Title of the practice: Social Service through Voluntary Blood Donation.

Our Institute organizes the Blood Donation Camp for Welfare of the society and motivating the students to become a responsible citizen and blood donor as well as spreading the message of peace and harmony through humanitarian approaches. Blood donation is one of the most significant contribution that a person can make towards the society. It is not harmful for an adult person to donate blood. The body of the donor can regenerate the blood within few days. It poses no threat to the metabolism of the body.

Our institution took the initiative to collaborate with the Swami Vivekananda Charitable Blood Bank in order ensure the safe and adequate supply of blood with the motto to promote blood donation activity among the youth. The blood donation camp received overwhelming response from the faculty members and students.

2. Objective:

- To create awareness about life saving practices and a sense of social responsibility among students.
- To promote students for voluntary and non-renumerated donation of blood.
- To motivate students to maintain a healthy lifestyle.

3. The Context:

Timely availability of blood for transfusion becomes crucial during medical emergencies and hospitals and blood banks strive to always keep every group of blood readily available. And as a responsible citizen it is our duty to ensure that human in need gets the required amount of blood at the earliest time. Blood banks and hospitals conduct blood donation camps in order to make this possible and every healthy human being must make it a point to donate blood periodically.

4. The Practice:

The college has been conducting blood donation camps every year on campus. The staff constantly motivate the students to donate blood by explaining its need and how they are helping save a life. This year, we invited Swami Vivekananda Charitable Blood Bank to collect blood from the volunteers. The blood donation drive was conducted on 8th July 2022. 44 student volunteers came forward to donate blood during the drive.

5. Evidence of Success:

Swami Vivekananda Charitable Blood Bank extended its gratitude to the institution and thanked the volunteers for their donations. The blood bank acknowledged our efforts by sending us the list of recipients for the blood that collected.



Swamy Vivekananda
Charitable Blood Bank & Blood Components
(Run by SWAMY VIVEKANANDA CHARITABLE & SERVICE TRUST)
BRANCH : HAGARIBOMMANAHALLI



This is to acknowledge that on 8th July, 2022, we have conducted blood donation camp at your institution. The donation drive was a success with enthusiastic participation from your students and staff. We have received a donation of 44 units of blood. The blood was distributed to the following patients/Hospitals.

Sl no	Patient Name	Age/sex	Name of the Hospital	Indication transfusion	units
01.	Roopa	23/F	Govt H/ HB.Halli	Pregnancy Case	02
02.	Devamma	22/F	Govt H/ HB. Halli	Pregnancy case	01
03.	Sharadamma	25/F	AMMA H/HB.Halli	Anemia case	01
04.	Jayasuda	28/F	GOVT H /HP.Halli	Pregnancy case	02
05.	Ramappa	38/M	Pooja N/H HB.Halli	Sugery case	03
06.	Huligemma	24/F	Govt H/ HB.Halli	Delivary case	02
07.	Chennamma	21/F	Govt H/ Hadagali	Delivary case	02
08.	Sumithra	26/F	Govt H /Kudaligi	Pregnancy case	02
09.	Rajesh	30/M	Priya H/HB.Halli	Anemia case	02
10.	Renukamma	22/F	Govt H /H.P.Halli	Pregnancy case	02
11.	Suda	20/F	Govt H/HB.Halli	Severe anemia	03
12.	Nagamma	23/F	Govt H /HB.Halli	Pregnancy case	02
13.	Mallappa	40/M	Sankal H/ HB.Halli	Sugery case	03
14.	Nethramma	25/F	Govt H / HB.Halli	Delevary case	03
15.	Jabina Banu	27/F	Ashwini H/ HB.Halli	Severe anemia	02
16.	Laxmidevi	20/F	Priya H /HB.Halli	Severe anemia	02
17.	Rathanamma	21/F	Govt H /H.P.Halli	Delivary case	03
18.	Neelamma	26/F	Govt H/ Kudaligi	Delevary case	02
19.	ROSAN BANU	23/ F	Govt H/ Kudaligi	Delivary case	02
20	Devamma	23/F	Ranga H /HBHalli	Delivary Case	02

We extend our gratitude to the students of your institution for their voluntary enrolment in our blood bank and for their immediate response during emergency requirement of blood.

[Signature]

1st Floor, Sreevari Complex, Neethaji Road, Hagaribommanahalli-583 212, Ballari Dist.

Mob : 94480 68318

Ballari Dist. Mob : 9448068318

The institution has compiled a list of students who readily available and willing to donate blood and made it available on the institution's website. Any hospital or blood bank in need will be able to directly contact the volunteers in a time of need.

V.V.SANGHA BALLARI
A.D.B.FIRST GRADE COLLEGE, HARAPANAHALLI

BLOOD DONATION VOLUNTEER'S

Sl.No	Name	Phone no.	Blood group
1	A M Prithvi	9844809977	B+ve
2	Abdul Rashid	8105106013	AB+ve
3	Abhishek K	9611477618	B+ve
4	Adil ahamad Y	9353496668	B+ve
5	Akhila K A	9353398462	o+ve
6	Anusha N	9902877160	B+ve
7	Appuraj	8618387336	AB-ve
8	Appuraj C	9108074972	B+ve
9	Archana	6366275422	B+ve
10	Basavana gowda G	9606596054	o+ve
11	Basavana gowda K	9731837122	o+ve
12	Basavaraj T	8747940939	A+ve
13	Chandrika K	6363469992	A+ve
14	D Harish	7259995176	A+ve
15	G R Kiran	9902253660	A+ve
16	Girish Kumar K	7795499859	o+ve
17	H Bhoomika	9353685416	A+ve
18	H Vinod Raj	9886455449	B+ve
19	Harisha L	7349503415	B+ve
20	Himavanth	9632354513	B+ve
21	Imran	9900273085	o+ve
22	Kavitha B	8660892985	A+ve
23	Kiran	9945742114	AB+ve
24	Kiran Kumar K	9538960490	B+ve
25	M Mamatha	8660611086	B+ve
26	M Yusuf	8296796381	B+ve
27	Mahesha	9901368272	A+ve
28	Manjunath B	8105814651	B+ve
29	Manjunath H	6362333630	A+ve
30	Manjunath M	8861217946	B+ve

31	Manjunath R H	9632993822	B+ve
32	Maruti	8431056877	A+ve
33	Megha B	7975216849	AB+ve
34	Mohan naik	7090930462	o+ve
35	Muzamil U	9972140287	B+ve
36	N M Naveen	9901377669	o+ve
37	Nandisha	9741211509	B+ve
38	Nayaz S	8971915780	B+ve
39	Neelavati K	6360590402	o+ve
40	P Akash	8088596459	o+ve
41	Pakkiraswami B	7259950186	AB+ve
42	Praveen K C	6363981642	B+ve
43	Priyanka A N	8431774210	o+ve
44	Renuka prasad	8497889812	o+ve
45	Ruchita	8431948070	A+ve
46	Sanjeev	9353721602	B+ve
47	Shobha H	8088476268	B+ve
48	Shivetha K	8431169590	B+ve
49	Sujatha S R	6361410228	AB+ve
50	Tejananda K	9071889807	AB+ve
51	U chandrashekhar	8310158733	o+ve
52	Varun	9353342797	o+ve
53	Varun U	9880314553	o+ve
54	Venkatesh	8762815819	B+ve
55	Wasim akram	8971267439	
		9535316105	A+ve

to,
Swamy Vivekananda Charitable Blood Bank,
H.B. Halli Branch, D.No. 6-75, 73A, 6-75D, 73
Srevari Complex, 18th Ward,
Nethaji Road, H.B. Halli-583 212.
Ballari Dist. Mob No: 9448068318

For Swamy Vivekananda Charitable
Blood Bank,

G. Gopal Reddy
Managing Trustee
H.B. Halli, Branch.

6. Problems Encountered:

Students have pre-defined notions and myths about blood donation. In some cases, the parents pass on their negative thoughts regarding blood donation on to their children. Students also seem to be worried about safety concerns. They think the needles can cause infections and attract any other diseases. This stops the students from coming forward to actively take part in

blood donation camps. The staff constantly try to educate the students about the how safe the practice and try to eradicate any myths the students have. The institution constantly makes sure that cleanliness is maintained and the drive is conducted in a hygienic manner.

Some students encounter health complications post blood donation like excessive fatigue, high blood pressure etc. The institution makes sure that the volunteers receive proper nutrition and medical care after they have donated blood.

Best Practice 2

Title: Environment Consciousness

Context:

The campus of A D B First Grade College sprawls as a broad, lush green, oxygen-rich, and eco-friendly place of quality education on the outskirts of Harapanahalli town, right next to Lake. The current global climate crisis forces the institution to consider environmental consciousness as its top priority in developing its high standards for environmental friendliness and praising the practices that continue to organise and work on the forefront of environmental innovation.

Objectives:

- To Promote the Green Protocol in faculty and students.
- Creation of a sustainable waste management and recycling system.
- Energy optimisation to improve energy use.
- Establishment of an environmentally pleasant and pollution-free campus.
- The goal of the Green Campaign initiatives is to increase student knowledge of the advantages of implementing green practices.

Practice:

The following initiatives have been taken in the campus to contribute to the noble cause of Environmental Consciousness and Sustainability:

Plastic Free Campus:

The campaign attempts to reduce plastic pollution on college campuses, with an emphasis on reducing and eliminating plastic food packaging, straws, and bottles. On-campus water

purification systems eliminate the need for students to bring plastic water bottles.

Waste Diversion:

Solid, liquid, and e-waste waste are all collected in separate dust bins for biodegradable and non-biodegradable waste. The vermicomposting systems are used to turn biodegradable trash into organic manure. Accepted local vendors receive the non-biodegradable garbage. The students employ e-waste, such as mother boards, etc., to recover crucial electrical components for reusing in project work.

Water Usage:

For efficient water management, a rainwater harvesting system was installed on campus. The reduction of water shortages has greatly benefited from this creative solution.

Other Practices:

The Environment Education is a part of our curriculum. The best ways chosen to create environmental consciousness were (i) Conducting debate/elocution, essay and drawing competitions (ii) involving students in rallies, and swachata abhyaan. (iii) Organizing special talks by inviting experts who worked extensively in the area (iv) Involvement of students in the plantation. Students are also educated through sticking stickers such as Switch-off the equipments and lights when not required! on switch boards and all connected places.

Evidence of Success:

- The concept of a green campus initiative and eco-friendly practices on campus led to a clean, green campus.
- The workshops and seminars on environmental issues created awareness among the students.
- Utilizing LED lighting inside the campus as a sustainable and renewable energy source.
- On the college campus, "Vermi Compost" is made and used as organic fertiliser.

Problems Encountered:

The participation of girls in rallies and swachata abhiyaan is not satisfactory. Holding back girl students in afternoon hours is a big challenge. The parents of girl students do not allow them to stay back in college after class hours


Principal
A.D.B. First Grade College
Harapanahalli-583 131,