

JAMIA HAMDARD, NEW DELHI

7.2.1 – Describe at least two institutional best practices

BEST PRACTICE - 1

Title of the best practice: Participation of students and teachers in nature conservation

Objectives of the Practice:

- a) Motivate students to keep their surroundings green and clean by undertaking plantation drive
- b) Promote ethos of conservation of nature by involvements in care and upkeep of plants
- c) Motivate Eco Club members to imbibe habits and life style more close to nature
- d) Sensitize the Eco Club members to practice and learn how to nurture plants especially indoor plants so that the same may be practiced at home also
- e) To contribute to plantation drive on World Environment Day

Goal: Rufaida College of Nursing is an Eco Club member which works under objectives of environment related activities such as awareness drives, nukkad natak, seminars and plantation drive from time to time. One of the practice followed regularly and on daily basis in upkeep of the plants of Eco Club at Rufaida College of Nursing.

Context:

The high rise in air pollution due to the smog, chlorofluorocarbons, burning of leaves and trash is an alarming and emergency situation, putting life and health of people at risk. Most importantly small children and geriatric population is vulnerable. Small practices at home and college does bring a big impact.

The Practice:

Rufaida College of Nursing, Jamia Hamdard is a member of Eco Club under Department of Environment, Govt. of NCT of Delhi since 2012. The environmental Department has always emphasized on plantation drives especially since the time of high rise in Air Pollution level.

We celebrate World Environment Day every year and keep plant ozonizer, indoor plants, and climbers at our college from time to time in the previous years.

As a specific objective, the active involvement of Eco Club members and all the students especially the DGNM second year batch is involved in upkeep of plants, where they water the plants and maintain the plants from time to time. They have adopted the plants and they do every activity related to it such as watering, putting fertilizers and cleaning of the area from time to time.

The practice provides an attachment to nature and benefits the students in a way that they learn that plants can be kept at home. Many have started to keep plants such as Tulsi, areca palm at home also.

The uniqueness about the activity is that the youth of this generation is more involved in digital media and detached from nature so close to them. It is very important to inculcate the practice and habits related to care of nature. They may read and write about environment protection but practicing hands on hands impacts the sensory organs and emotional attachment to nature.

Evidence of Success: From time to time during the past rainy season, plantation drive has been practiced at Ruffaida College of Nursing .Now we have as many as 80 plants received- 50 plants from the free nursery under free nursery designated by the Govt. of NCT of Delhi and rest 30 were purchased.

At times due to, high temperature in the months of May to August some plants could not survive. However, 60 indoor and outdoor plants have survived. Few faculty members who were given plants from Eco Club have maintained the same at home for many years.

Problems encountered and Resources Required:

Manpower, time to time management of plants with fertilizers and continuous water supply is required for upkeep of the plants. Plants require special care during peak of summer season. The plants are shifted from open area to shade so that indoor plants may survive in heat.

In the month of summer, when the students are on vacation, faculty members, non-teaching staff takes up the responsibility and they water the plants.

When rainy season is delayed, the plants are watered twice a day on Fridays so that they may survive the two days off of college i.e on Saturdays and Sundays. A Gardener is called to check the plants and their growth.

Coordinator/ in charge who has been assigned for the best practice:

- a) Ms. Veena Sharma / Ms. Nahid Zebi
- b) Designation : Principal/ Eco-club in- charge
- c) Since 2013

BEST PRACTICE-2

Title of the Practice: Community Outreach Programmes

Goal:

- 1) Reach out to neighboring communities in order to generate awareness among community people regarding health issues and behaviors.
- 2) To involve the students in health awareness regarding communicable, non-communicable diseases, geriatric health problems, personal hygiene, mother and child care, adolescent care.
- 3) To sensitize nursing students about bio medical waste management in community.
- 4) To organize different health camps like mother and child health, women's day health camp and in-service education programme for Anganwadi and ASHA workers, in covid 19 vaccination awareness , school health camp for school teachers and students and also for care takers of elderly at panchvati old age home as regular activities.
- 5) To organize health camp in Prayas Juvenile Aid Centre (JAC) for school dropout children as regular features.

The Context:

Community-based health care includes services delivered by a broadly defined community health workforce, according to their training and capacity, encompassing a range of health workers, lay people and professional, formal and informal, as well as facility-based personnel who support and supervise them and provide outreach services and campaigns. Nursing students are exposed to such health care activities so that they become responsible citizens and get to know about community's social and health issues and their responsibility towards these issues Also, this gives them opportunity to identify and interact and collaborate with local formal and informal leaders and NGOs working in the area.

The Practice:

All community outreach programs like health talks, health camps and nutrition based programs are organized on regular basis by students group under supervision of faculty members.

- a. Schools are visited in the vicinity of rural and urban health centres and school children are assessed and taught first aid and other healthy habits and behaviours.
- b. Students of all nursing courses give health talks on different health aspects and organize different health camps on prevention of non-communicable and communicable diseases, nutrition based programmes and other health problems.

Evidence of Success:

- i) As an outcome of the programme, 100 participants join in camp and total 200 patients benefited for the health camp in different MCH problems.

ii) Total approximately 400 health talks are given each year by the students in rural and urban health centres and their catchment areas during different health awareness sessions under the guidance of the faculty.

iii) Total approximate 50 adolescents participated in the programme.

Problems Encountered and Resource Required:

All the health programs are funded by students and teachers collectively. Therefore, fund scarcity becomes a problem in organizing all above mentioned community outreach activities.

Notes :(OPTIONAL)

Coordinators/In- Charge/Group who has been assigned to the above Best Practice (Optional)

a) Name(S): Ms Veena Sharma/ Ms Seema Rani

b) Designation(s): Principal/ Associate Professor