Best Practice 1

Name of the Practice: **Free Medical check-up of the students and medical aid to the needy by the alumni.**

1. **Objective of the practice:**

   To provide medical counselling and limited medical aid to the students.

2. **Need addressed and the context:**

   The college students need to be provided with medical advice and general medical aid for common ailments. The students are many times not aware of the hazards of wrong habits. They should be given proper health care guidelines. There is a growing need to spread awareness about issues like AIDS and hygiene.

3. **The practice:**

   Numerous ex-students of the college have become medical practitioners. As they are staying in the adjoining areas their expertise is utilized. Medical check-up is carried out twice a year by the alumni. The medicines for common ailments are also provided free of cost. Serious medical issues are referred to the super specialists. This medical advice is provided free of cost. Expert lecture on topics like AIDS awareness are organized during the year.

4. **Evidence of success:**

   Many times, the youth neglect health issues and adopt faulty life style as well as wrong habits like substance abuse. When they are examined medically, most of their problems can be solved at the local level. A majority of the students have been benefitted by the free medical advice. The medical aid for common ailments has been provided free of cost and this created a feeling of good will for the institution. Especially, the hostel students have been helped to a greater extent.

5. **Resources:**

   The ex-students have been most willing to carry out health check-ups. There is no financial burden on the institute. In addition, the Govt. hospital provides general medicines free of cost. The college Health Centre is assigned with the responsibility of the medical check-up and aid.

6. **Problems encountered:**

   The college students have been reluctant initially to face medical check-up, but when they realized its importance the response grew better.

Best Practice 2
Name of the Practice: **Installation of Bio-gas plant at the college**

1. **Objective of the practice:**

   Cost saving on the fuel expenditure and practical environment friendly endeavour

2. **Need addressed and the context:**

   The College canteen caters food for all the hostel dwellers. The use of bio-gas would be a cheaper option in place of the LPG. It would encourage other dwellers in the vicinity to use bio gas for their homely needs.

3. **The practice:**

   The canteen committee members got acquainted with the simple, durable and economical biogas plant popularized by the award winning scientists of the ARTI (Appropriate Rural Technology Institute) Pune. This plant uses the waste food material for generation of ample amount of gas. The equipment is not costly and the plant was erected by using the material available at the local market. The material consists of plastic tanks and pipelines connected to a simple gas burner. The waste vegetables, flour and leftovers are used to feed the plant after its initial feed of cow-dung. This plant was erected in the backyard of the canteen and it was observed to be generating ample amount of gas for one burner at the canteen.

4. **Evidence of success:**

   The fuel cost for the canteen is considerably reduced due to the gas generated by this plant. Some visitors from the vicinity, who had sufficient space at their houses have installed this plant with the help from the college staff.

5. **Resources:**

   All the material required was available at the local market. The plastic tanks and the pipes are the main components. The cost of the plant is affordable.

6. **Problems encountered:**

   Initially the amount of gas generated was not sufficient but after the troubleshooting carried out according to the instructions of the technicians from ARTI, the plant started working well. However, constant monitoring of the plant is needed and an employee of the college was trained to look after the plant.

7. **Notes:**

   As the students see the working of this plant, they get a practical example of environment friendliness.