

**Two best practices are :**

**1. Blood donation campaign.**

**2. Adoption of nearby villages for swachhta camps**

**Blood donation campaign :** The college ensures the blood donation and awareness campaigns so that the objective of humanities and spirituality are fulfilled.

**Objectives:**The objectives are

- a. To aware the students and the staff for the blood donation.
- b. To understand the importance of blood donation.
- c. To serve the humanity.

**Context:** As Bhadewah is situated in one of the far off places where the health infrastructure is not well equipped to cater the basic health care needs. Patients have to travel hundreds of kilometers to get the basic life saving treatments. Requirement of blood is one of the basic needs in majority of the trauma cases. Keeping in view the importance of blood for life ,the college always remains at the forefront and organizes blood donation awareness and camping programmes.

**The Practice:**To achieve the objectives the college organizes the awareness and educational campaign with the help of health experts and other activists so that the students and the staff can be motivated and inspired for the donation of blood and save the lives. We request the administration of the hospital and blood bank units to arrange for the blood donation camps in the college premises so that the students and the staff volunteers can contribute to the humanity and save the lives all the needy. The event is organized and even sponsored by the local corporate units such as banks and the industrial units. The event is properly recorded and the participants are given the certificates as well as the hospital incentives by the blood banks thus the participants contribute on the voluntary basis. The donation campaign are conducted by the NSS and NCC unites of the college.

**Evidence of Success:**This year on 10 Oct. 2019, 21 participants contributed 21 units of blood for the blood bank. The event was organized in collaboration with District Blood Bank Doda and SDH Bhaderwah under the sponsorship of HDFC Bank Bhaderwah.

**Problems:** The prevailing myth regarding the blood donation, that once blood is donated the donor acquires lifelog weakness. It was quite difficult for college administration to motivate the students for blood donation .The students were reluctant to come forward .The initial environment was lackadaisical and discouraging. However once the college organized the session for addressing all the myths relating to blood donation all the queries and myths were resolved

**2. Adoption of nearby Villages for Swachhta Camps and other Awareness Programmes :** The NSS and NCC units of the college adopts the villages for different activities to aware the masses on sanitation, education, public services and other welfare schemes.

**Objectives.**

The objectives are

1. Educational awareness programmes and rallies.
2. Swachhta awareness and rallies.
3. Awareness on public services and other welfare programmes.

**The Context:**As major chunk of the population resides in rural areas of the Bhaderwah and they always face difficulties in availing the basic services as educational ,helath ,nutritional and othe government schemes. Keeping in view the basic problems of the rural areas ,the College adopts the nearby villages in the adjoining areas to cater the needs of the people.

**The Practice:**To achieve these objective the volunteers organize the camps in the villages and there they conduct daily activities by visiting for door to door campaign, engaging village school students, village dispensaries, ward members, panches and sarpanch. The tasks assigned to the NSS and NCC volunteers to perform the activities on daily basis. Usually the day camps are organized when the participants include the female students. This year the NSS adopted Kotli village at Bhaderwah for the activities and the NCC adopted Narnoo village of Bhaderwah.

**Outcomes :** The outcomes of the practice are

1. Sensitization of the villages and other participants on the education especially girls education.
2. Sensitization on the importance of swachhta and protection from the diseases.
3. Sensitization on the issues of public services and welfare schemes.

The campus are usually organize from 7 to 10 days and the village inhabitants feel happy while engaging with the student volunteers and they give positive feedback on the outcomes of the practice.

**Problems:** Initially people from the villages feel hesitant to get involved and participate, but as the students and the staff get acquainted the friendly environment is developed. As most of the students belong to rural areas ,so when they interact with the village people in the adopted areas ,villagers feel free to share their ideas and interact.