

## **Best Practice –II**

**Title of Practice:** Haemoglobin (Hb) check-up camp for girls

### **Objectives of the Practice:**

- (1) To eradicate anaemia, a common condition in females.
- (2) To create awareness about anaemia in girl students for their health betterment.

**The context:** It is commonly seen that the most of the girl students due to over conscious towards diet maintenance neglects the healthy foods in their diet. So one of the major setback is that the haemoglobin content in these girls is most of time less and which can often leads to anaemia. After puberty, girls are at more risk of iron deficiency anaemia than guys are. So to prevent anaemia condition it is necessity to know the haemoglobin content in girls. So we aimed to check Hb of girls in college and if necessary provide medical assistance to increase Hb content.

**The Practice:** The best practice is done in the following manner.

On the occasion of Birth Anniversary of our college founder Late. Shri. V. G. Shivdare, the college has organized various activities in college. Every year in the month of August free Hb check up camp for Girl students and ladies staff is arranged in collaboration with the Family Planning Association of India (FPAI), Solapur Branch.

In advance the college displays the notice of Hb check up camp on notice board. Also a circular of notice is passed in each classroom. This Hb check up camp is also open for our sister institute also. Our college ladies staff also gets benefit of this Hb check up camp. One the day of event the Hb of girls is checked. The individual report of Hb content is then prepared by FPAI within week. The printed report for students and summary chart to college is provided by FPAI. The individual report students will be given to students.

Some of the girls with low Hb are intimated with their parents to take measures to increase Hb content. College also provides doctors help to guide our students with same problem. The FPAI provides the diet chart to increase the Hb content, which is informed to these students. The repeats Hb check up of these students after one or two months will be done at college laboratory with trained staff to monitor the progress in Hb level.

**Evidence of Success:** The college has taken a good initiatives regarding health of girl students. Every year our college girl students, ladies staff as well as the students from our sister institutes also gets benefit from this Hb check up camp. On an average every year 100-150 girl students and staff gets Hb check up. Few of them were identified with low Hb content. They are informed to call upon their parent. The staff member and parent discuss the issue and attention is given to increase Hb content of these students. The college provides the diet plan for those girls to increase Hb content with the help of FPAI. These students showed the progress in Hb content increase. Thus it is the one of the try from our college to keep anemia away from girl students.

**Problems encountered and Resources Required:**

Some of the time the girls fear to Hb check-up because of phobia for needle/lancet prick, so needs the good counselling for them to make ready for test. Awareness about Hb content and anaemia is less in college girls. So responsibility is given to ladies staff to make aware the girl student about it.

To carry out this practice we require the facility to check Hb content such as hemoglobinometer and trained person to check Hb. This problem is solved by FPAI.

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