

BEST PRACTICE-III (2021-2022)

Title of the practice: Hemoglobin Testing Camp and Awareness on prevention of anemia in Adolescent Girls.

Objectives of the practice:

- To improve the health of adolescent girls
- To reduce instance of Anemia from society within adolescent girls and women.

The Context:

Anemia prevalence in young children continues to remain over 70% in most parts of India and Asia despite a policy being in place and a program that has been initiated for a longtime. The irreparable damage that anemia in childhood can cause particularly to the development of a young child on one hand and the knowledge and mechanism available for its control on the other, makes this silent morbidity completely unacceptable in modern times.

The Practice:


The department of Zoology has conducted Hb testing camp for girl students and women staff of our institution on 02-11-2021. For this we invited MEDCIS Path Labs India Pvt. Ltd. of Bellampally team, they tested the Hemoglobin quantity in grams with the help of Haemoglobinometer then examined the iron deficiency symptoms among girls. Later an awareness programme was conducted in which they were suggested to take nutritious food that can prevent anemia in girls. Besides this the department in collaboration with department of Botany has planned to cultivate green leafy vegetables and wheat grass for free supply to girl students.

Evidence of Success:

Girl students and women staff realized the problems of anemia and how they can improve their health by taking good nutritious food. They were benefitted of this health check up camp. Hence we are trying our best to abolish Anemia among adolescent girls and women of this area.

Problems encountered and Requirement of Resources:

- Lack of financial assistance
- Providing required chemicals and equipment to conduct for more and more girl students (as we are planning to conduct the program every year).


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A Free health camp for Haemoglobin testing



MISSION SPARROW 2021-2022

INNOVATIVE BEST PRACTICE

Title of the practice: Conservation of the common house sparrow

Objectives of the practice:

- Protection: To save sparrows from extinction
- Promotion: To improve the population of sparrows
- Petition: To express concern towards conservation of biodiversity

The Context:

The common house sparrow, once an integral part of a household, is gradually edging towards extinction and is listed in the Red list of the endangered species of the **International Union for Conservation of Nature (IUCN)**. As per some reports there has been 80% decline in sparrow population in the country. However the efforts of nature conservationists and bird lovers restored it to a safe level. World sparrow day is observed on 20th March.

The house sparrow is a common species we can see around us. Its scientific name is *Passer domesticus*, can be easily identified with its brown and grey plumage. They are found in small clusters and are present in human habitation. Sparrows mainly feed on grains, insects, and sometimes the leftover food found from human habitation.

Probable reasons for declining:

- **Loss of habitat.** Losing their habitat because of Urbanization and unplanned development. Sparrows need cavities to build their nests. Since the new match-box style of architecture which does not have any room for building of nests for sparrows.
- **Modern agriculture:** Extensive use of insecticides in farming is also killing sparrows as primary food source for sparrows is insects and grains. The depletion of sparrows can be attributed to the increased use of packed food and changed life styles resulting in an inadequate availability of food for birds
- Lack of emotional connect
- Deforestation
- Electromagnetic radiation released from mobile phones etc.

The Practice:

It is our duty to save this small, lovable, beautiful and harmless bird for environment and for ourselves.

The department of Zoology has initiated a programme, "Mission Sparrow" to save sparrows. We thought only by doing smaller things we can protect these birds such as

- By leaving a bowl of fresh water to quench their thirst
- Placing food i. e. grains at regular time to attract the birds
- By providing some card boards or pots for building their nests

Our students have adopted a simple method to provide food grains and water for sparrow in our corridor by hanging some clay pots and water bottles (reusing of plastic water bottles) for leaving water, clay pots for nesting and food

Evidence of Success: It has been observed that the arrangements which are made to attract the birds have been successful

Problem encountered and Requirement of Resources:

The faculty and the students of Zoology department are bearing the expenses needed.

Why should we protect sparrows?

Importance of a sparrow

The beautiful, lovable and harmless sparrow plays a significant role in environmental protection

Ecological balance: Sparrow is a member of many food chains and food webs. So if we will not save sparrow it will disturb the ecological balance

Pollination in many plants: Sparrow helps in pollination in many plants. So it helps in sexual reproduction of many plants.

Reduce many diseases: Sparrow eats larvae of many insects and mosquitoes which cause many diseases like malaria, dengue, etc. so sparrow protects us from many diseases which are life threatened

Brings prosperity: Sparrows bring prosperity for us. Our children always want to observe and sing songs related to this bird. The chirping sound of this bird always arouses nostalgia in our mind. The tiny bird always attracts everyone with their cuteness and playful nature. Observing such birds around us is a pleasurable activity.

Measures to prevent extinction of sparrows

- Arrangements should be made for the availability of food grains and water for sparrows
- Try to minimize pollution as much as possible. Use anti radiation cover to mobile phone to protect yourselves and to protect environment
- Wisely use insecticide and pesticides
- Use high quality of fuel to minimize the pollution
- Cultivate a healthy habit of providing food and water with a sensible touch

“Be emotionally connected to the nature to protect ourselves and future generations”



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