



Best Practices: Mid day meals:



Fig: The Launching the scheme at the Lion’s club of manuguru at Government Degree college manuguru the Lion of Pillisetti Haribabu and DSP of manuguru Mr. Saibabu said that the scheme would presently cover The field-level staff were instructed to maintain the quality of food, apart from the regular weekly menu. The scheme would be of much help to students coming from rural areas. Hitherto, many students used to come to colleges from rural areas, with lunch boxes prepared in the morning. Now, they can avail the scheme and concentrate more on studies”.

**7.3 Best Practices:**

7.3.1 Elaborate on any two best practices which have contributed to the achievement of the Institutional Objectives and/or contributed to the Quality improvement of the core activities of the college.

Mid day meals:

Mid Day Meals started on 20.09.2018 our college government degree college Manuguru. Principal Dr.B.Srinivas, mid day meals main purpose our college students are not more then not attending the classes' particular afternoon times. Most of the students are poor and from marginalized section. This was affecting the pass percentage of the college performance of the students and ultimately the career and gives of the students.

- To ensure maximum attendance
- To make the students attend remedial and coaching classes
- Ultimately to ensure good results
- To supplement energy to the girls who are found anaemic upon medical examination.

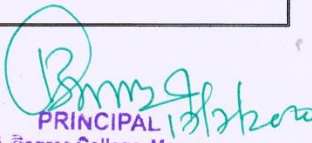
Context:

By the students in the afternoon session was affecting the whole college making the academic environment inactive, and at times teachers gating disorientated because of low students strength the reasons for promote healthy competition among the students and also as a token of encouragement to the young achievers in their disciplines as most of the students of this college hail from rural back ground and from marginalized sections of society with meagre economics resources. In this way the institution of helped in providing the talented students a platform to pursue the higher studies. In this server ranging from long distance for homes to general fatigue of travel and loss of physical energy and enthusiasm of the students get drained by noon it was challenging task to ensure the continuity of the students in the afternoon session.

A medical camp was conducted in this regard and it was found that most of the girl students are anaemic and weak because of lack of nutrition's food. Although decision was taken to set up the implementation was far from reality as it needed good financial resources the college set up a committee comprising the alumni of the college philanthropist and local entrepreneurs to mobilize the resources requires

The principal and staff of the college opined that all these problems were inspired by the mid day meals programme in the Government of India. they wanted that similar programme should be started at the college level, however introduction of such a programme on our college level was itself a dunking task particularly when the students are in the prime of their youth with strong appetite .but the principal and staff were firm in their belief and strong in their convention that introduction of mid day meals can be answer for myriad problems and can become an innovative example for others to follow however to provide mid day meals to 250




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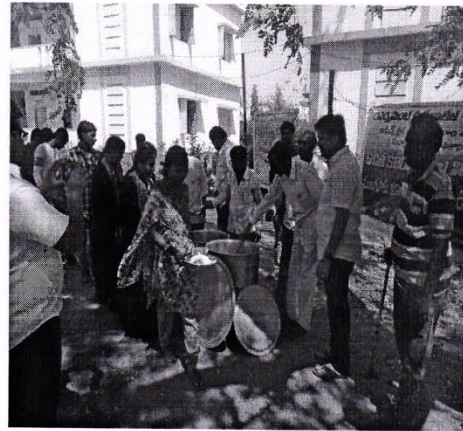


students it requires huge financial and infrastructural facilities coupled with manpower problems. The limited budget of govt. funds, it becomes difficult it becomes difficult to bring this idea into practice; it was at this stage that college staff and principal showed their commitment by giving heart and soul to ensure that the programme could take off. some of the faculty members donated 100 steel plates for the programme and huge basin was purchased for cooking. A cook was hired on daily basis for of the principal and staff helped to lunch this to continue till the commencement of annual examinations.

Evidence of success:

The immediate impact was observed in improvement of attendance in the afternoon session .as the programme was introduced in the 2018-19 the result was very positive. As expect of by the principal and staff the students of the institutions achieved very good result in university semester, annual examinations. This programme helps in effective delivering of the teaching learning process.

The innovativeness of the programme was quite appreciated by the local community and by other college in the surrounding arrears'. the implementation and results of this programme is undoubtedly a great success. It was turned out to be a positive impact in improving the admissions by two folds. The first year admissions in the year 2018-19 were only 130where as the admissions for 2019-20 are 170. The difference is 40which is quite an encouraging figure.



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The rapid pace of life, stressors, excessive pollution and unhealthy lifestyle make more and more people appreciate the importance of being healthy and staying healthy in the long term. The no one can remind us of the harmful effects of pollutants, unhealthy diet and lifestyle, and also recommend what we can do our-selves to maintain our health. Governemnt Degree college Manuguru is Exhibited the Medical Plants on the Occasion of " SINGARENI DAY ", on Date:---
---Medicinal plants are used as a medical resource in almost all cultures among other things, they recommend the use of remedies prepared from medicinal plants.

Dr. B. Srinivas , Principal inaugurated this programme departments of sciences Staff and Students are participated on the in Medical plants 'Expo' the students are actively guided to visitor. The exhibit plants are:

S.no	Name Of the Plants	Uses
1.	Thorn Apple (Datura)	Fever Treatment, Impotence, Boosted Immune System, Improved Fertility, Better Respiratory Health, Heart Health, Anxiety and Stress , Hair Care, Healthy Pregnancy, Regular Sleep, Improved Mood
2.	Sensitive plant (Touch Me Not)	Good for Arthritis, Insomnia and Diabetes
3.	Water Lettuce <i>Pistia stratiotes Linn.</i>	Treatment of piles,tumours,boils,and chronic skin diseases. Remedy for infectious venereal diseases.
4.	Indian Ledwort (Chitramulam)	Rakta Chitrak is used for the treatment of elephantiasis because of its anti-filarial properties. The plant root is used against erectile dysfunction. It is useful to cure fever and brings the body temperature down.
5.	Indian Borage <u>Plectranthus amboinicus</u>	Cures Respiratory Issues, Treats Fever, Reduces Stress and Anxiety, Reduce arthritis, Skin Care, Anti-cancer Potential, Improve vision, Improves Kidney Health, Irritable Bowel Syndrome, Beneficial For Females
6.	Aloe Vera	Aloe vera gel taken orally (by <u>mouth</u>) seems to help lower blood sugar levels in people with diabetes. It may also help to <u>lower cholesterol</u> . The results of aloe vera studies for other medical conditions have been less clear.
7.	sweet basil (RudraJada)	Head colds. Loss of appetite. Intestinal gas. Stomach spasms. Kidney disorders. Blood circulation. Worms.
8.	Black Nightshade (Kaamanchi)	Prevention of Cancer, Prevents Jaundice, Cures Appetite and Feel of Distastes, Prevention to Hypertension, Helps Digestion, Cure Fever, Relieve Back Pain, Prevent



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		scurvy, Cures Ulcer, Help to cure herpes
9.	Aerva lanata (Pindi Kura)	The decoction of the root of Aerva lanata is given in a dose of 50-60 ml to treat renal calculi and retention of urine. Cold infusion of the whole plant is given in a dose of 30-40 ml to treat cough and sore throat. The dried leaf and flowers of Gorakshaganja are burnt and the smoke coming from it is used for inhalation to treat asthma and chronic cough. The paste of the plant is applied over forehead to treat headache. The paste of the root is made into decoction and given in a dose of 30 ml to treat gonorrhoea.
10.	Thyme	High blood pressure Colon cancer Breast cancer
11.	Tulsi	Promotes Healthy Heart. Holy basil contains vitamin C and antioxidants such as eugenol, which protects the heart from the harmful effects of free radicals. ... Anti-aging. ... Treats Kidney Stones. ... Relieves Headaches. ... Fights Acne. ... Relives Fever. ...
12.	Jasmine	Liver problems such as hepatitis and cirrhosis. Stomach pain due to severe diarrhea (dysentery). Increasing sexual desire (as an aphrodisiac). Cancer treatment.
13.	Eclipta alba (Gunta galaga)	Wounds: Apply leaves juice at affected area. Diabetic patients who are suffering from wounds and cuts which is not healing properly can apply Eclipta alba leaves juice on wounds or with help of cotton apply and tie with cloth for quick healing. Do it for a few days. Cough: 7-14 ml. juice of whole plant with honey twice a day. Swelling: Grind Eclipta alba and warm it. Then with help of cotton apply on swelling and tie with help of cloth. This gives relief from swelling and pain. Tooth ache: Extract juice of bringraj and put 4 drops in ear. Please note if pain is in left side of face then put drops in right side ear and vice versa.
14.	Gulanca tinospora (Amruthavalli)	Skin diseases, Boosts digestion, Treats Arthritis, Boosts Immunity, Prevent cancer, Treats chronic fever, Treats diabetes, Heart disease, Treats urinary infections, Reduces anxiety and improves mental strength, Reduces Asthmatic Symptoms, Treats eye disorders, Reduces Signs of Aging, Pilonidal Sinus (PNS), Protects Liver and Fights Jaundice and Hepatitis
15.	Broom Creeper (Dusari)	Tiredness, weakness. ... Treating Weakness, Using as a tonic. ... Increasing body weight gain, Improving body strength. ...




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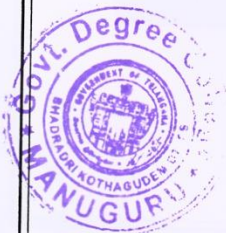
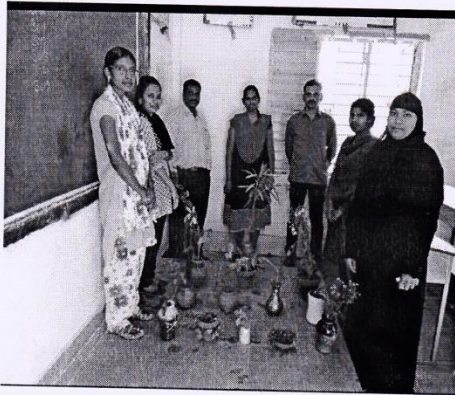
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		Burning urination, Shorter duration of menstruation, Irregularity of periods. ... Spermatorrhoea.
16.	yellow battery nightshade (Nelamulaka)	Cough Cancer treatment.
17.	stone breaker (Nelas Uaisiri)	Kidney stones Stomach ulcers High blood sugar Gallstones
18.	Mint	Could Improve Brain Function Decrease Breastfeeding Pain Improves Cold Symptoms
19.	Indian Sorrel (Pilli pichara)	Indigestion and diarrhea in children Boil Indian Sorrel leaves juice with buttermilk and drink. For stomach problems extract leaves juice and take.
20.	Indian pennywort (Sarswathi Aaku)	Apart from wound healing, the herb is recommended for the treatment of various skin conditions such as leprosy, lupus, varicose ulcers, eczema, psoriasis, diarrhoea, fever, amenorrhea, diseases of the female genitourinary tract and also for relieving anxiety and improving cognition

In those Plants have been used since ancient times to heal and cure diseases and to improve health and wellbeing. Despite ancient nature of the tradition, medicinal plants still form the basis of traditional or indigenous health systems and are reported by the World Health Organization (WHO) to still be used by the majority of the populations in most developing countries.



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Innovations

7.2.1 Give details of innovations

Introduced during the last four years which have created a positive impact on the functioning of the college.

A. Pre-placement training:

Students are imparted pre-placement training so as to prepare them for interviews. The college placement record itself speaks volumes and the placement records show impact of pre-placement training.

B. Safety: Infrastructure:

The main building has multiple entry and exit points with wide staircases.

INNOVATIONS and BEST PRACTICES

Fire extinguishers are strategically placed at multiple locations including the departments, laboratories, office, Principal's chamber, Seminar, library, etc. CCTV is installed at strategic locations in the campus and the Monitoring unit is housed in the Principal's chamber to get a quick review of the activities in the college at different locations. This enhances the security system in the college as it also has recording facility.

DISASTER MANAGEMENT:

- NSS volunteers have. Participated in Disaster Management exercises.

BEST PRACTICES:

- Academic Three class rooms are made ICT ready.
- Virtual Smart interactive board to enhance the teaching learning methods with latest technology.
- Several departments have LCD/LED projectors useful for preparing and delivering the lectures through multimedia presentations.
- Every department equipped with a computer and internet connectivity.
- Library has a separate e – library which allows access for e – resources.
- Question bank made ready in many subjects.
- More function of the hours of the college and availability of the lecturer on the campus on as the day has a great impact.
- Keeping complain box near the principal chamber to redress grievances of the students.
- A grievance redressal cell has been constituted to address the grievances of the students.
- Making use of ICT methods by faculty in class room activities.
- Allotment of students study projects, peer teaching to advanced learners.
- Staff member's tasking the students to national seminars and encouraging them to preparing students are encouraged to participate in the college level and district level quizzes.
- A free coaching camp on communication skills in the English is movies in this college.



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- Non computers students are taught the fundamentals of information technology.
- Course a material is provides to the slow leanness in all subjects.
- Telugu and Hindi Language training classes are conducted at free of cost
- With an aim to develop their ethical and moral
- JKC is establishes to provide employability skills.

Feedback System

Technology enabled learning environment is ensured. The basic computer knowledge has been made compulsory for all the students and the teachers. All the teachers have been instructed to have an email ID, so that important information could be shared instantly. This practice has enabled the teaching faculty to use computers and internet to improve their teaching practices.




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Estd: 2008

College code: 2430

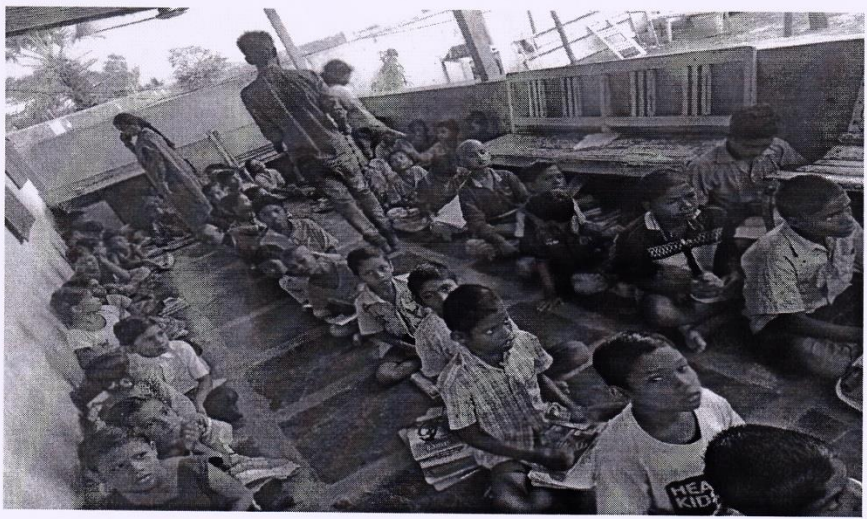
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Social Responsibility



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Eco friendly programme preparation of Ganesh Idols :

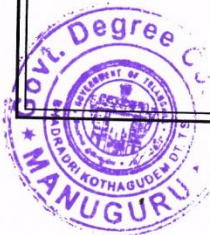
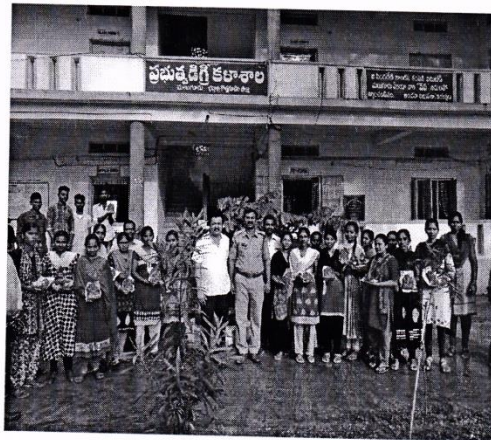
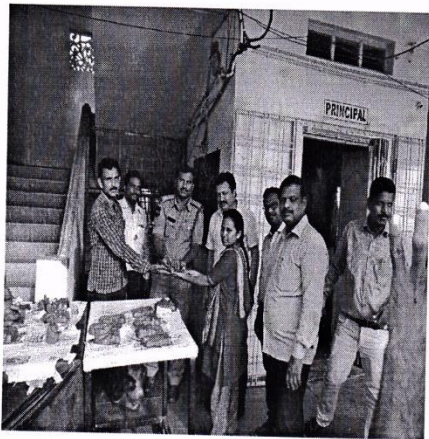
One of the biggest festivals of the year, Lord Ganesha's birthday Ganesh Chaturthi is just around the corner and like every other year, water and air pollution will go up in many parts of our country as hundreds of thousands of people will gather to immerse Ganapati idols into the water bodies. Since the idols are made from Plaster of Paris these are non-biodegradable naturally and so these continue to float on the water for a long time thereby choking the water bodies and adversely impacting aquatic ecosystem. Adding to the problem, the idols are often decorated with paints heavy on lead and mercury which adds to the ongoing process of destroying the flora and fauna of the water body.

To fight these challenges during the festival and to protect the environment. Many of the Ganesha idols that are sold in the market today are made of plastic, thermocol, Pop, and other non-biodegradable materials, which when immersed in water bodies have a detrimental effect on both the plant and animal life. As the youth people are very attracted to eco friendly theme, the students of Government Degree College manuguru every year prepared to ganesh idols to Ganesh chaturthi. With an urge to spread awareness about eco friendly Ganesh chaturthi the students created beautiful idols of the lord Ganesha. A work shop of ecofriendly ganesh idols making work shop was organised at our college premises. Students are making to various types idols of lord Ganesha.

In the programme guest sri.K.Srinu (CI) of MANUGURU, his distributed to local people mud in Ganesh idols. we have use the eco-friendly idols from the up coming generations. He give the vital message to students.

Here are four reasons an eco - friendly ganesh idols is the best ways to go.

1. Does not pollute natural water sources
2. Metal content in water effects the quality of food.
3. Dyes and glitter on pop idols can harm you as well
4. Eco friendly ganesh idols can be a family bonding exercise.



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