



Best Practices

The following activities were undertaken as Best Practices by Nilamani Mahavidyalaya, Rupsa, Balasore during the Academic Session : 2018-19.

1. Voluntary Blood Donation 2. Plantation

Objectives of the Practice : Voluntary Blood Donation

1. To sensitise the need of blood donation to the needy in time.
2. To instill the feeling of helping others to live life with their precious donation.
3. To motivate all students and staff to take a pledge to donate blood at least once in a year.
4. To impart to them the value of Blood Donation.
5. To aware of the scientific information about the blood group among the Blood Donors.

The NSS and YRC Unit of Nilamani Mahavidyalaya, Rupsa, Balasore organised the Blood Donation Camp in collaboration with Odisha Blood Bank, Dist. Headquarter Hospital, Balasore. The College provided all facilities like space, furniture for Blood Grouping, Blood Donation and Waiting Place for Blood Donors with good hygienic condition and sanitation as per the medical standard. The camp was inaugurated with a motivating session by the Blood Bank Officer to make the staff and students understanding the significance of this best practice.


Practice: Prior to donation the Blood Donors were tested to identify their health standard. The underweight and the unhealthy donors were not allowed to donate blood as per the medical advice. Donors were informed that by each donation their blood cells would be activated and hence smartness in the blood would be present on every occasion. Blood Donors would be provided with scientific information regarding the blood group and its associated diseases.

Evidence of Success: The Blood Donors were undergone for free health check-ups in identifying the pulse rate, Blood Pressure, Body Temperature, and Hemoglobin level. The Blood Donors would be informed of their Blood Group.

- ☞ The Blood Donors were provided a Certificate of Appreciation by the Blood Bank.
- ☞ The unhealthy students were provided free medical advice from the physicians.

☞ **Problems Encountered:** Students coming from the villages and poor backgrounds were found to be ignorant of their health status. Some students were underweight and anemic due to malnutrition and undernourishment.

☞ **Solutions Provided:** The weak students were identified and advised to take medicines for their unhealthy conditions. It was planned to create a database of the Blood Donors. A database comprising of the blood groups of the Blood Donors would be created and maintained. Any recipient can approach the college to get the donors number. Thus; the college could connect to the society.


Principal,
Nilamani Mahavidyalaya
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BLOOD DONATION CAMP

Session - 2018-19 .



Blood Donation Camp Organised by N.M.V. Rupsa

(Signature)
N.M.V. Mahavidyalaya
Rupsa, Balasore