



Jayprakash Education Society's  
**DR. BABASAHEB AMBEDKAR MAHAVIDYALAYA**

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## Best Practices No. I

### **Empowering Safety and Preparedness: Best Practices in First Aid Training for Students and Staff**

#### **Context:**

Welcome to our first aid training certificate introduction program! We believe that it is essential for everyone to have awareness of first aid treatment, which can be administered to someone who suddenly falls ill or becomes injured. Our program offers a comprehensive explanation and demonstration of first aid knowledge and skills.

First aid is critical in any health-threatening situation, as it can save lives, prevent a situation from worsening, or contribute to the treatment process. It is the initial treatment given to an injured or ill person until they can receive help from a medical practitioner or nurse. Whether the cause of injury or ill-health is work-related or not, first aid covers the initial treatment of any such situation that may arise at the workplace.

As an employer, it is your responsibility to provide adequate and appropriate facilities and equipment for rendering first aid to individuals who may become injured or ill at work. Trainees who are undertaking work experience have the same status as employees in this regard. This statutory duty is discharged as a line management responsibility at college.

At our program, we equip you with the necessary knowledge and skills to provide initial assistance or treatment to students or employees who become injured or suddenly fall ill on-site, before the arrival of an ambulance. Join us in our commitment to promoting first aid awareness and creating a safer and healthier environment for all.

### **Objectives:**

To achieve the goal of implementing best practice activities, the following objectives have been laid out:

1. Foster the development of knowledge and skills pertaining to first aid.
2. Enable students to recognize critical and potentially life-threatening situations requiring first aid.
3. Prevent the escalation of illness or injury in affected individuals.
4. Promote a culture of recovery from various types of casualties.
5. Encourage the reporting of incidents for the preservation and rescue of life.
6. Provide training on administering CPR (Cardio Pulmonary Resuscitation) to protect the unconscious.
7. Develop leadership skills in accidental management.

### **The Practice:**

To ensure that the best practices in first aid are carried out effectively, several measures have been implemented. The first step taken is to provide training on various first aid emergencies such as unconsciousness, heat burns, external bleeding, epistaxis, heat stroke, drowning, shock, choking, electrocution, seizures, poisoning, animal bites, frost bite, foreign body in ears and eyes, angina pain, heart burn, fractures and dislocations. These emergencies were taught by experienced experts who have in-depth knowledge and skills in first aid. The training sessions were conducted in the form of scenarios that

depicted real-life situations, enabling the participants to apply the learned skills in practical situations. These scenarios covered all the essential aspects of first aid, ensuring that the trainees had a thorough understanding of the subject matter.

The training sessions were conducted by experienced experts who trained both students and staff members. The sessions involved practical demo activities, allowing the trainees to practice the skills they learned during the training. Additionally, a doctor with extensive experience in first aid presented the training by using a PPT.

To further enhance the effectiveness of the first aid training, disaster management was also included in the program. The experts provided both first aid and disaster management training, enabling the participants to respond appropriately in emergency situations.

To evaluate the effectiveness of the training, a test was conducted, and question papers were provided to both students and staff members. This ensured that the trainees had grasped the essential knowledge and skills taught during the training sessions.

Finally, to ensure that the trainees were fit to provide first aid services, they underwent a health check-up conducted by a medical practitioner. This step ensured that the trainees were physically and mentally fit to provide first aid services in emergency situations.

Overall, these measures were put in place to ensure that the trainees developed a thorough understanding of first aid and could apply their knowledge and skills effectively in emergency situations.

### **Evidence of Success:**

To ensure that the best practices of first aid training are thoroughly implemented, the following measures have been taken:

- The first aid emergencies, such as unconsciousness, heat burns, external bleeding, epistaxis, heat stroke, drowning, shock, choking, electrocution, seizures, poisoning, animal bites, frostbite, foreign body in

ears and eyes, angina pain, heartburn, fractures, and dislocations were taught by experienced experts. These experts used scenarios depicting real-life situations and covered all essential aspects of first aid to develop the knowledge and skills of approximately 150 students and staff.

- The experienced experts provided both First Aid and Disaster Management programs to train the participants. They presented the First Aid training by PPT and involved both students and staff in practical demo activities to enable them to recognize critical and life-saving conditions for first aid, prevent the escalation of illness or injury, promote recovery norms from any type of casualties, and make an awareness for incidence reporting for preserving and rescuing life.
- The participants were also trained in accidental management leadership skills to prepare them for any unexpected situation that may arise.
- To evaluate the effectiveness of the training, a written examination on First Aid was conducted, and approximately 150 students and staff actively participated in it.
- To ensure the health and well-being of the participants, both students and staff were checked up by medical practitioners. These measures were taken to fulfill the statutory duty of an employer to provide adequate and appropriate facilities and equipment to enable first aid to be rendered to individuals if they become injured or ill at work.

**Impact:**

This best practice is designed to create a safe and secure environment for all employees and students, instilling in them the critical knowledge and confidence to effectively manage an emergency without fear or confusion. By participating in first aid training, trainees are equipped with the skills needed to react in an emergency and understand the contents of their first aid kits. This training also makes each employee an unofficial health and safety risk manager, ensuring

that everyone is aware of the necessary precautions to take in order to minimize risk.

Learning how to apply bandages and control blood flow are critical skills that can be used not only in the workplace, but also in everyday life. In schools and other institutions, children are more prone to accidents that may require swift action to prevent further complications. Having trained first aiders on site can help prevent minor injuries from escalating, creating a safer environment for everyone.

In addition to providing necessary care, a speedy response from a first aider can prevent injuries from worsening. By becoming trained in first aid methods, individuals can feel more secure and confident when dealing with emergency situations, which can also help to reassure those around them.

Overall, this best practice provides numerous benefits, including increased safety and security for employees and students, the development of critical skills, and a heightened sense of confidence in emergency situations. It is important for all individuals to be equipped with the necessary knowledge and skills to manage an emergency effectively, and this program provides a valuable opportunity to do so.

### **Obstacles:**

1. The students lacked awareness and knowledge about the importance of First Aid training, which presented a challenge in implementing the program effectively.
2. Despite the significance of the training, some students showed a lack of motivation to participate actively, which made it difficult to achieve the desired outcomes.
3. Given the busy semester schedule, it was challenging to allocate sufficient time for providing practical exposure, which was essential for the training program's success.
4. Some participants displayed an indifferent attitude towards

voluntary services during emergency situations, which could impact their ability to respond effectively.

5. Despite the benefits of the program, a few students did not show interest in participating, making it difficult to reach the desired number of participants.
6. Some female students may have experienced hesitation or discomfort during the check-up process, which required special consideration and attention from the organizers.

### **Resources Required:**

1. Experienced First aid Trainer.
2. Case studies on Casualty and Disaster preparedness.
3. Audio visual aids on various relief work of disasters and emergencies.
4. Basic Healthcare.
5. Capacity building schemes for supporting the community.

### **Photographs:**

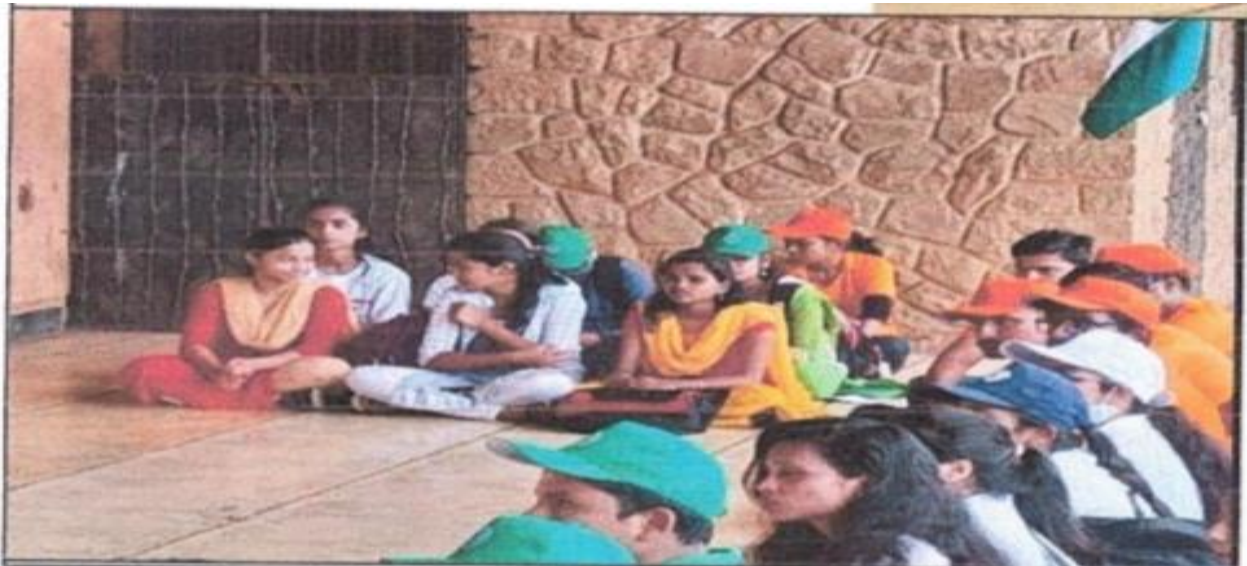
#### **1. Lecture on the First Aid (2017-18)**



## **2. First Aid Check Up by Medical Professionals (2017-18)**



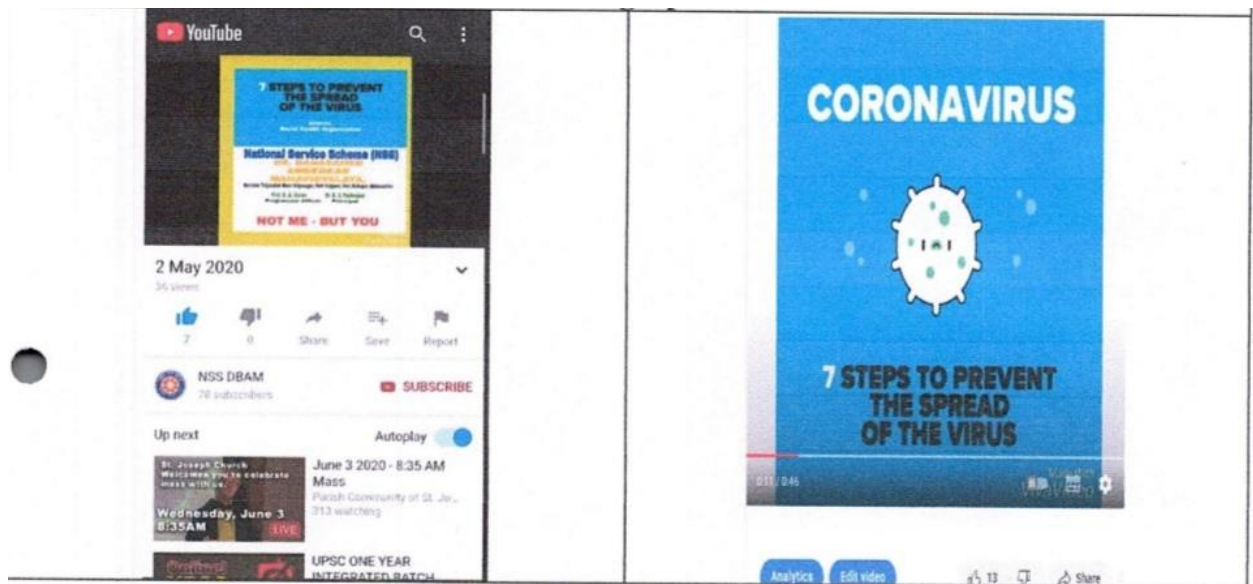
## **3. Students Discussion on First Aid (2018-19)**



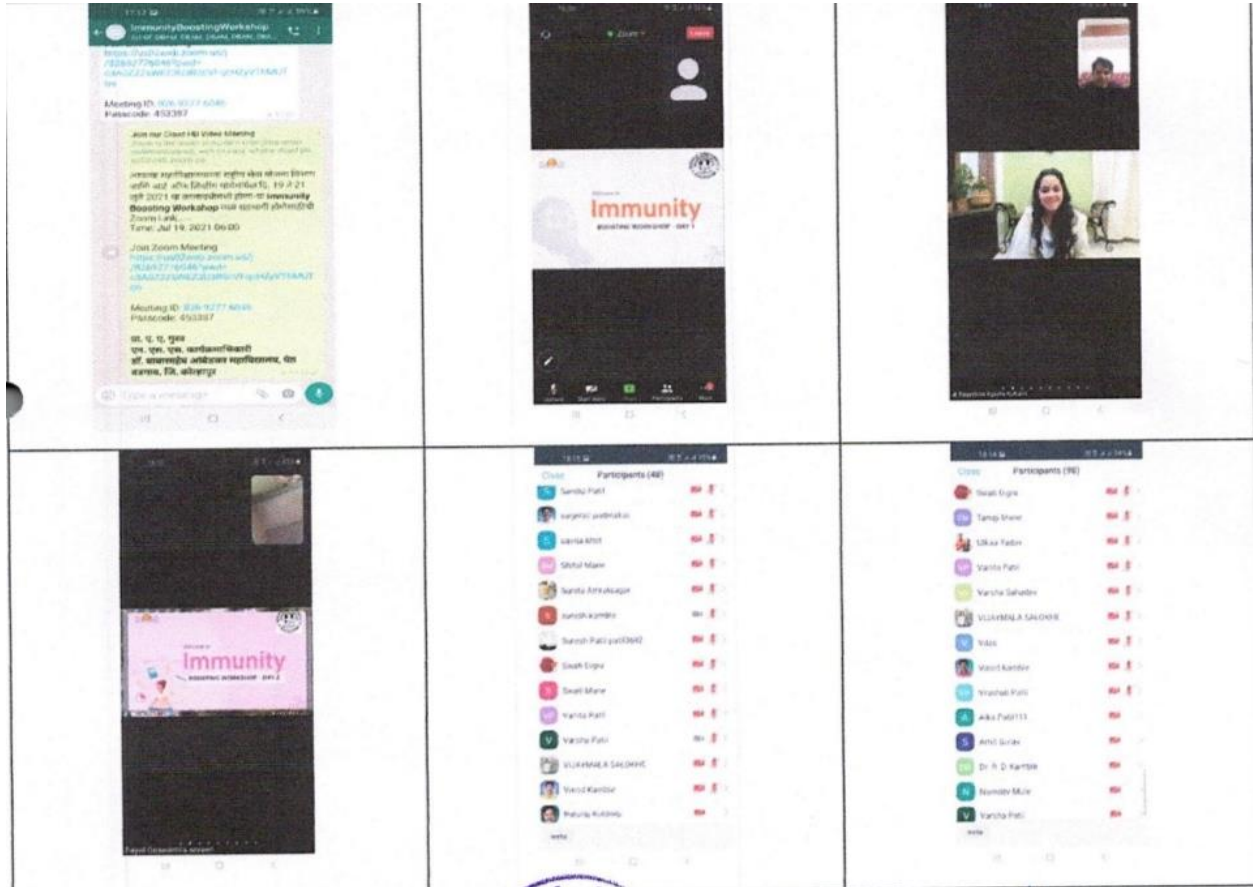
#### 4. Safety Demonstration (2019-20)



#### 5. Online Lecture on Corona Awareness (2020-21)



## 6. Online Quiz on Immunity Awareness (2021-22)



*Bale*

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## Best Practice No. II

### Towards a Sustainable Future: Environmental Initiatives and Awareness at Our College

#### Context:

As the world becomes more aware of the impact of human activities on the environment, there is an urgent need to take action towards sustainability. Educational institutions have an important role to play in this effort, as they can promote environmental awareness and encourage sustainable practices among their students, staff, and the wider community.

At our college, we have taken various initiatives towards creating a sustainable future. From tree plantation drives to waste management practices, from energy-efficient lighting to water conservation methods, we have implemented a range of measures to reduce our ecological footprint. These efforts have not only helped us to minimize our impact on the environment but also created awareness among our students and staff about the importance of environmental sustainability.

Through this best practice, we aim to highlight the environmental initiatives and awareness programs that we have undertaken at our college. We believe that by sharing our experience and learning with others, we can inspire more educational institutions and

communities to take action towards sustainability. To create environmental awareness and promote sustainable development among students, staff, stakeholders of the college and the wider community through our institution's green policy document and by setting an example of responsible environmental stewardship.

Our institution aims to lead by example in promoting environmental awareness and sustainability in the community. By implementing our own Green Policy Document, we seek to create awareness among all stakeholders about the importance of conserving and preserving the environment. Our policy document outlines measures for conscious use of energy and water resources, litter-free campus, tree plantation drives, cleanliness drives, forest trails, heritage walks, trekking, waste management and the use of renewable energy.

Through various initiatives such as guest lectures, conferences, workshops, poster presentations, rallies, tree plantation, and irrigation system, we aim to spread awareness about environmental sustainability. By involving the students, staff, and stakeholders in these initiatives, we hope to create a shared sense of responsibility towards environmental conservation and sustainable development.

We believe that sustainable development is closely linked to environmental awareness, and proper utilization and preservation of environmental resources can lead to enhanced sustainable development. Therefore, we aim to develop environmental sustainability values among our students and stakeholders. We want to equip them with the knowledge and skills necessary to protect the world environment and its resources, which will ultimately lead to sustainable development.

Our goal is to create a community of environmentally conscious individuals who are committed to preserving and protecting the

environment. By setting an example of responsible environmental stewardship, we hope to inspire others to follow in our footsteps and contribute to a more sustainable future for all.

**Objective:**

1. To create and maintain a green and sustainable campus by implementing various eco-friendly measures and practices.
2. To raise awareness and consciousness among students, staff, stakeholders, and the community about the importance of environmental conservation and sustainability.
3. To promote the efficient use of energy and natural resources through energy and environmental audits and the use of renewable energy sources.
4. To minimize waste generation and promote waste management through the 4R policy (Reduce, Recover, Recycle, and Reuse).
5. To encourage citizen participation in environmental activities and initiatives through various awareness drives, campaigns, and events.
6. To promote eco-friendly practices and behaviors among students and staff by setting an example and incorporating sustainable practices in daily activities.
7. To reduce the carbon footprint of the institution by implementing eco-friendly transportation and commuting practices.
8. To collaborate with other institutions, organizations, and agencies to promote environmental sustainability and conservation at the local, national, and global levels.

## **The Practice:**

The practice at our college involves a range of initiatives and activities aimed at promoting environmental awareness and sustainability. These initiatives include regular tree plantation drives, water conservation measures, waste management, energy audit, and digitalization of administrative processes. The college also has a Green Policy Document that outlines specific goals and guidelines for promoting environmental sustainability.

Various awareness drives, brainstorming sessions, eco-trails, heritage walks, plastic collection and cleanliness drives, poster competitions, environment awareness rallies, photo exhibitions, conferences, seminars, workshops, plantation drives, and trekking are organized regularly for students, staff, and community members. The college also conducts an annual energy and environmental audit and has optimized the use of energy-efficient LED fittings.

In addition to these initiatives, the college also focuses on social responsibility and encourages students to participate in activities like collecting 'Nirmalya' during the Ganesh Chaturthi festival and converting it into organic manure. The college also collaborates with an agency for proper disposal of e-waste and plastic waste.

Environmental Sustainability Initiatives and Practices at Our College:

### **1. Environmental Awareness Initiatives:**

- Organizing awareness drives, brainstorming sessions, eco-trails, heritage walks, plastic collection and cleanliness drives, poster competitions, environment awareness rallies, photo exhibitions, tree plantations, conferences, seminars, workshops, plantation drives, and trekking expeditions.
- Making the campus litter-free, promoting conscious use of energy and water resources, and encouraging the use of renewable energy.

- Creating awareness about the importance of conservation and preservation of the environment.

## **2. Tree Plantation:**

- Conducting an annual tree plantation drive both within the campus and its surrounding areas.
- Planting and maintaining around 150 saplings each year.
- Increasing the green cover in the locality and contributing to the conservation of the environment.
- Instilling a sense of responsibility towards the environment and promoting a sustainable way of life.

## **3. Rainwater Harvesting and Waste Management:**

- Implementing measures to conserve water and manage waste effectively.
- Utilizing rainwater optimally through rainwater harvesting.
- Using drip irrigation and leakage-free pipelines and faucets.
- Adopting the 4R policy of Reduce, Recover, Recycle, and Reuse for waste management.
- Following a strict "No Plastic" policy for all stakeholders and promoting the use of eco-friendly alternatives.
- Providing separate color-coded bins for biodegradable and non-biodegradable waste, which are then collected and managed appropriately.

## **4. Energy Audit and Sustainable Transportation:**

- Using energy-saving devices such as timers, motion sensors, and programmable thermostats to reduce energy consumption.
- Promoting sustainable transportation by encouraging carpooling, cycling, and the use of public transportation.
- Installing charging stations for electric vehicles to promote the use of eco-friendly vehicles.

## **5. Waste Water Management:**

- Installing an effluent water treatment plant to treat and reuse

- waste water for watering plants on campus, thereby conserving water resources.
- Recovering organic solvents through the use of rotary evaporators and reusing them, reducing the amount of waste generated and promoting a circular economy.

#### **6. Cleanliness Drives:**

- Regularly participating in campus cleaning drives.
- Collecting 'Nirmalya' from Peth-Vadgaon near the college and processing it into organic manure during the auspicious occasion of Ganesh Chaturthi festival, as part of their ongoing efforts to promote sustainable waste management.

#### **7. E-waste Management:**

- Digitizing measures to reduce paper usage and promote a paperless work environment.
- Collecting e-waste and plastic waste and handing it over to a specialized agency for proper disposal.
- Minimizing electricity usage and maintaining a green campus, fulfilling the institution's social commitment and creating environmental awareness among all stakeholders.

#### **Evidence of Success:**

The activities conducted under this best practice have helped to foster a culture of environmental awareness and sustainability among the college community and beyond. The various initiatives such as tree plantation drives, energy and environmental audits, waste management policies, water conservation efforts, and digitization of administrative processes have all played a significant role in creating a green campus and promoting sustainability practices.

Through these initiatives, the college has been able to reduce its carbon footprint and minimize the negative impact on the environment. The

college has also set an example for the wider community on how to incorporate sustainable practices in daily life.

Moreover, the activities have not only helped in promoting environmental awareness, but have also contributed towards social responsibility. For example, the collection of 'Nirmalya' during the Ganesh Chaturthi festival and converting it into organic manure by the NSS volunteers is a socially responsible act that helps to reduce pollution and promote sustainable agriculture.

The awareness drives, conferences, workshops, seminars, and rallies organized by the college have also played a vital role in raising awareness about environmental issues and promoting sustainable practices among students, faculty, stakeholders, and the wider community. The photo exhibitions, poster competitions, and heritage walks have provided a platform for the college community to showcase their knowledge and creativity in promoting environmental awareness.

Overall, these activities have not only helped in promoting a green and sustainable campus, but have also contributed towards creating a sense of social responsibility and environmental consciousness among all stakeholders.

## Photographs:

### 1. Tree Plantation (2017-22)



(i)



(ii)

## 2. Cleanliness Drive (2017-22)



(i)



(ii)

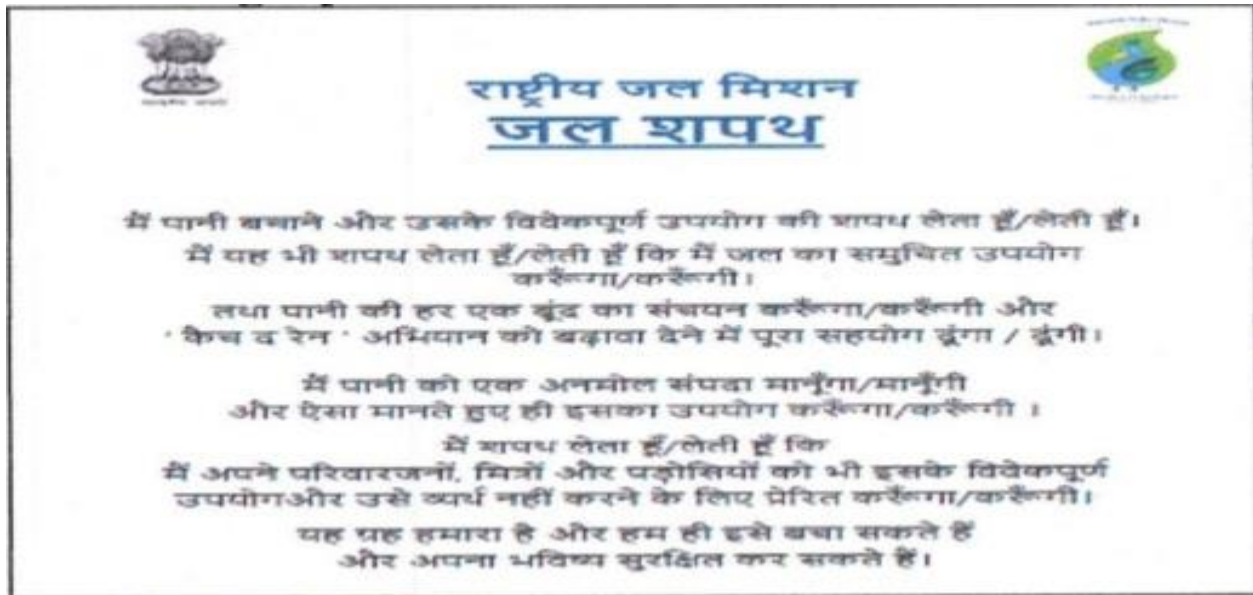
### 3. Poster Presentation (2019-20)



### 4. Bio- Diversity Awareness Campaign (2019-20)



## 5. Water Conservation Oath (2020-21)



(i)



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