



## **BEST PRACTICE**

### **Title of the Practice**

**Educate and support the girl students to handle menstruation physically and psychologically**

### **Objectives of the Practice**

1. To increase awareness among the girl students on Menstrual Hygiene and Management
2. To increase access to and use of sanitary napkins by girl students in the college who mostly belong to rural areas.
3. To ensure safe and environment friendly disposal of sanitary pads.
4. To reduce absenteeism from classes during menstruation which leads to poor performance

### **The Context**

The knowledge of the proper use, disposal of sanitary pads, and its related side effects during menstruation is a vital aspect of a woman's well-being. Use of sanitary pads appropriately and replacing them on time are essential practices needed to maintain menstrual hygiene. Failure to do so, may lead to detrimental consequences that could affect the health of women and make them susceptible to reproductive tract infections.

There are more than 50% female students in our college. Majority of them are from rural background and hails from economically weaker section. Many a time due to financial constraints girls are deprived of access to sanitary napkins. This was resulting in skipping classes. Girls face prejudiced attitudes on menstruation, due to social and cultural restrictions they experience, embarrassment and stress during periods. In general, girls lack awareness or have inadequate information about menstruation.

*Non accessibility of proper menstrual protection products and non hygienic practices leads to physical and mental stress. Therefore, it was felt that menstruation should not come in the way of our girl student's performance. Hence it was planned to conduct program for creating awareness and free the girl students from inconvenience and health risks. They should be able to participate in daily activities during their periods without being subjected to dishonor.*

### ***The Practice***

*The inconvenience and health risks faced by our girl students for not having access to sanitary pads during their monthly periods was discussed in the “Women Empowerment” meeting of our college. It was decided to conduct awareness program for the girl students and provide sanitary pads. It is in practice from about last five years in the college.*

*Awareness program on Health and Hygiene is conducted to the girl students two or three times in a year by inviting a local gynecologist. The doctors generally discussed the importance of menstrual hygiene, menstrual hygiene products, problems caused by the use of other materials such as old rags and other unhygienic practices. Detailed information on management of hygiene associated with the menstrual process was given by them*

*The initial amount for purchasing the sanitary napkins was contributed by the lady teaching staff. Lady staff of Zoology Department volunteered to maintain the distribution of sanitary pads to the girl students at free of cost so as to habituate the girl students to their use. A register is maintained by the Department stating the date of issue and number of pads issued.*

*At present the college has provided the facility of the use of Sanitary napkins Incinerator to dispose and destroy the napkins in a scientific and hygienic way. The incinerator converts the used napkins into a sterile ash. Hence the ladies toilets are holding a hygienic environment*

### **Evidence of Success**

*The awareness programs helped to understand that menstruation is a normal biological process, the facts related to the menstrual cycle and managing it with dignity, without discomfort. They are following healthy way to manage periods.*

*Some of the feelings expressed by the girl students:*

- 1. They feel safe in case of unexpected menstruation.*
- 2. They are able to attend the classes during their regular cycles*
- 3. They are feeling healthy and are protected from reproductive tract infections.*
- 4. They are able to bring awareness in their neighborhood.*
- 5. They are able to discuss their problems with the doctor during awareness programs*

## HEALTH AWARENESS PROGRAMMES

- Dr.R.Jayaprada, MBBS, DGO, Superintendent, Community Health Care Centre, Vuyyuru on 6<sup>th</sup> March, 2021.



- Programme on Health issues by Dr. G. Srilakshmi, Gynecologist, and Vuyyuru on 30-12-2021.



## Sanitary napkins incinerator



## Distribution of Sanitary napkins





## Issue Register of Sanitary napkins for 2021-2022

S.No	Roll No	Date	Issue	Signature	S.No	Roll No	Date	Issue	Signature
1.	20-915	11/12/2021	1	K. Saranya	23.	Maths Dept	20/06/22	1	
2.	19-570	12/12/2021	1	G. Uma Devi	24.	21-919	21/06/22	1	sk.sameer.tasleem.
3.	19-362	31/01/2021	1	k. srividya.	25.	21-009	22/06/22	1	T. Neelima
4.	19-426	18/02/2022	1	G. Jyotima	26.	21-407	28/06/22	1	M. Maheswari
5.	19-320	24/02/2022	1	k. Rama Devi	27.	21-913	30/6/22	1	K. Beuluka
6.	19-318	25/02/2022	1	K. Remya Sri	28.	21-929	06/07/22	1	N. Sai teja
7.	20-509	08/03/2022	1	P. gonisha	29.	21-519	12/7/22	1	M. Venkata Manoja
8.	19-426	23/03/2022	1	G. Jyotima	30.	21-328	15/7/22	1	v. Sai lakshmi
9.	21-515	23/03/2022	1	D. Southee	31.	21-638	29/07/22	1	ch. vishnu priya
10.	21-507	28/3/22	1	k. Sravanthi	32.	21-930	30/07/22	1	Y. Abhigayle
11.	19-817	30/3/22	1	M. parameeswari	33.	21-718	8/08/22	1	K. Saranya
12.	21-502	04/04/22	1	K. Binduvi	34.	21-317	9/08/22	1	k. n. Seavani
13.	19-231	06/04/22	1	k. Mounika	35.	21-314	15/09/22	1	J. J. Lalitha
14.	21-018	07/04/22	1	S. Nagalakshmi	36.	21-038	24/09/22	2	G. Naga Akhina
15.	20-907	21/04/22	1	B. Prasanthi	37.	21-629	01/10/22	1	k. Remya
16.	20/20-515	6/06/22	1	D. Southee	38.	21-928	15/11/2022	1	Sai Teja
17.	20-928	6/06/22	1	N. Saranya	39.	21-019	21/11/2022	1	T. Neelima
18.	21-324	3/06/22	1	N. Mounika	40.	22-913	21/11/2022	1	S. Vasavi
19.	21-029	11/06/22	1	B. Prasanthi	41.	20-206	21/11/2022	1	J. Sneha
20.	21-107	16/06/22	1	T. V. Saranya	42.	21-333	25/11/2022	1	G. Harita
21.	21-703	17/06/22	1	R. Pavani					
22.	20-203	29/6/22	1	G. Sivani					

S.No	Roll No	Date	Issue	Signature	S.No	Roll No	Date	Issue	Signature
43	20-727	29/11/22	1	N.S.Nagamani	61	20-214	18-02-23	1	S. Vaishnavi
44	I.MPCS	29/11/22	1	T. Tyoti					
45	I.B.A	29/11/22	1	A. Nagarani					
46	21-023	30/11/22	1	M. Pusurthi					
47	II.B.A	30/11/22	1	S. Lavya					
48	20-0215	5/12/22	1	B. Poojitha					
49	II.MPCS	2/12/22	1	V. Rubra Sri					
50	21-602	8/12/22	1	K. Gayatri					
51	22-006	8/12/22	1	B. Sivalakshmi					
52	20-307	16/12/22	1	Amulya					
53	22-916	17/12/22	1	K. Chitra					
54	21-215	19/12/22	1	Tulasi					
55	I.MPCS	21/12/22	1	K. Ramya					
56	II.B.C	23/12/22	1	Shaktiyanthi					
57	II.A.B.C	3/01/23	1	K. Shainy					
58	II.B.COM	3/01/23	1	K. Papa					
59	II.M.C.S	06/01/23	1	K. Sri Lakshmi					
60	I.A.B.C	10/01/23	1	K. Swetha					

## **BEST PRACTICE - 2**

### **BLOOD GROUPING TESTING AND AWARENESS PROGRAMME**

Organized by Department of Zoology

A Three day long free Blood group testing and awareness camp was organized by Department of Zoology from 09.12.2021 to 11.12.2021 in alliance with college Botany Department to determine the Blood Groups of first year degree and post graduate students of our college. The test is necessary for transfusion or to donate blood. Not all blood group and types are compatible, so it is important to all students to know their blood group and understand the importance of voluntary blood donation. Mass blood grouping camp was conducted by trained B.Sc III year CBZ students of our college, at which more than 445 students were tested to know their blood group which is documented to help the needy. The students will also enter their blood groups in their identity card which will be helpful for them during medical emergency.

Sri K.Satyanarayana, Principal of our college addressed the students about the importance of knowing their Blood Groups and urged the students to serve the community as a blood donor in blood donation camps. Smt. D.A.Kiranmayee HOD Zoology, of this college, trained the Biology students in conducting the Blood Grouping test and advised that the students should transform their classroom knowledge to serve the community.

The college Department of Botany faculty and Zoology faculty members took part in the activity for making this programme a grand success.

## Procedure for blood grouping and Rhesus factor:

### AIMS AND OBJECTIVE

- The aim of this study was to evaluate blood group distribution among male and female students.
- To identify the rare groups the AB<sup>-ve</sup>, A<sup>-ve</sup>, B<sup>-ve</sup> and O<sup>-ve</sup>.
- To prepare a data base of blood groups of students.
- To estimate the BMI (Body Mass Index), a useful measure of overweight and obesity.

### DATA COLLECTION AND PROJECT DESIGN

ABO and Rh blood group system remains so far the most significant in blood transfusion. The magnificent discovery of ABO blood group system is credited to Austrian scientist Karl Landsteiner in 1900.

The study was done during June 2018 in department of zoology, A.G&S.G.S.Degree College, Vuyyuru. A pre designed questionnaire was used to collect the information from the students regarding their age, gender, caste, class, roll number, Adhar number, E-mail Id and Phone number. Blood grouping and BMI is done by the students of III B.Sc. BZC students.

Materials and Methods: The available data of 374 students of I year degree and PG students courses was analysed in every required aspects i.e sex, age, ABO and Rh blood groups and BMI. The standard anti sera (A, B, & D) were used to determine the blood group, and normal methods of dividing a person's weight by their height squared were used to find out Body Mass Index respectively. Finally, all the parameters were compared and analysed statistically.

Results: The available data of 374 students was analysed. The age group was homogeneous in our study i.e from 17-20 years. It was found that the pre dominant blood group in current study was blood group O<sup>+ve</sup>, followed by B<sup>+ve</sup>, then A<sup>+ve</sup> and least common AB. Blood group O (40.10%) was the most common blood group in both genders followed by B (35.02%), A (17.11%), & AB (4.27%).

### DEPARTMENT OF ZOOLOGY BLOOD GROUPING- 2021

Sc.no	programme	A+ve	A-ve	B+ve	B-ve	AB+ve	AB-ve	O+ve	O-ve	TOTAL
1.	B.A	03	--	12	--	01	--	07	01	25/27
2.	MCCs	08	--	20	--	--	--	26	04	58/60
3.	B.Com(Gen)	08	01	23	01	02	--	23	--	58/60
4.	B.Com(Com)	19	01	17	--	01	--	24	02	64/69
5.	MPCs	16	--	18	--	01	--	23	--	58/60
6.	BZC(EM)	02	--	11	--	--	--	10	03	26/26
7.	BZC(TM)	05	--	11	01	01	--	06	--	24/24
8.	MPC(EM)	11	--	05	--	02	--	14	03	35/37
9.	MPC(TM)	04	--	09	--	03	--	15	--	31/34
	TOTAL	76	02	126	02	11	--	148	13	379/397

### 2021 ACADEMIC YEAR BLOOD GROUP PERCENTAGE DATA

S.NO	TOTAL STUDENTS	GROUP	NO.OF STUDENTS	GROUP PERCENTAGE
1	379	A <sup>+Ve</sup>	76	20.05%
2	379	A <sup>-Ve</sup>	02	0.52%
3	379	B <sup>+Ve</sup>	126	33.24%
4	379	B <sup>-Ve</sup>	02	0.52%
5	379	AB <sup>+Ve</sup>	11	2.90%
6	379	AB <sup>-Ve</sup>	00	00
7	379	O <sup>+Ve</sup>	148	39.31%
8	379	O <sup>-Ve</sup>	13	3.43%

- Department of Zoology and Botany has organized a Blood grouping programme on 09.12.2021 to 11.12.2021 to Degree College all First year Students of 2021- 2022 academic year.

