

**TELANGANA TRIBEL WELFARE
RESIDENTIAL DEGREE
COLLEGE(GIRLS)
KOTHAGUDEM**

DEPARTMENT OF MICROBIOLOGY

BEST PRACTICES

Best Practice I: Microbiology Best Practices

(Drinking water testing of college Staff and Students)

Goal:

- To check potability of drinking water.
- To provide services to Community
- To keep students and staff healthy and physically fit for the academic work.

1. The Context:

- Water used for drinking purpose is a source of many waterborne diseases.
- Prior checking is always helpful for prevention of these waterborne diseases.
- This saves health, time and money of the individual.

2. The Practice:

This practice includes.

- Collection of water samples from staff and students from their home and college campus in sterile containers provided by Microbiology department of the college.
- Its testing in the Microbiology lab by standard methods prescribed by APHA (American Public Health Association) and WHO for presence of pathogenic bacteria.
- Filling up of form and distribution of quality certificate.
- Suggestions and recommendations are given for treatment of water if sample is found positive.

3. Evidence of Success:

- This practice developed awareness about drinking water quality among staff and students.
- Since no fee is charged, it saved time and money of the individuals which is not affordable when done from commercial agencies.
- Practical skills and knowledge of final year students of Microbiology were improved.



Best Practice II

(Blood Group and Hemoglobin Check-up of Girl students)

Goal:

- To check health problems of girl students related to blood
- To provide services to Community
- To keep students healthy and physically fit for day to day's work.

1. The Context:

The college is proud to have high number of girl students admitted to various UG/PG programs run by it. Most of these girl students have low socio-economic status, rural and illiterate family background. These girls are in the adolescence phase of life cycle which needs higher iron intake due to excessive bleeding during menstrual cycle. This is a major cause for anemia amongst them. Low dietary intake of iron, blood loss due to Hookworm infestation and Malaria are the other causes of iron deficiency. Considering the above, the management of our college has adopted the policy of compulsory hemoglobin and blood group check-up.

2. The Practice:

This practice includes hemoglobin & blood group check-up of girl students followed by remedial measures. The detail history of each student regarding menstrual problems & other health problems is taken. Proper medicines, tonics and De-worming tablets are given to all students. The college alumni, teaching and non-teaching staff of the college, generously donate iron and nutritional supplement tablets and tonics for the students. Follow-up is taken of those girls whose hemoglobin level was found to be below normal range. For improvement, problems are solved by counselling. Healthy eating habits are imbibed in students. Awareness against ill effects of junk food is also created.



Best Practice III

(Microbiology students involved in Health camps and give awareness to blood born diseases)





