

BEST PRACTICES – (2017 -18)

Best Practice-1:

1. **TITLE OF THE PRACTICE:** Free Medical Health and Fitness Check-up for campus & community
2. **Objectives of the Practice:**
 - i) To create awareness regarding potential health hazards & problems among the campus & community people
 - ii) To arrange guidance & counseling by experts in the field of health fitness & medicine
 - iii) To provide free medical check-up and advice to campus & community people
 - iv) To enhance the fitness & health consciousness among the people of campus & community

3. The Context:

Being healthy and fit in simple terms implies taking care of the body. It is a well-known fact that a healthy mind resides in healthy body. Wellness of body and the mind helps you to maintain the energy level to achieve success. We all need to strive to accomplish health. Safeguarding your body from the consumption of substances, doing regular exercises, taking balanced diet etc. are some of the important ways for attaining & maintaining good health & fitness. Obtaining healthy life style empowers us to perform our jobs without being or lethargic. Being happy is associated with fostering health and performing one's best. So happiness could be termed as the consequence of healthy and wholesome lifestyle. Every individual needs to take decent care of the health on a priority basis such as generating efforts on preserving physical and psychological fitness and ensure timely and routine medical checks and fitness tests. Notwithstanding the importance of medical check-ups & fitness tests yet it is an undeniable fact that such check-ups are often a bit too costly and sometimes even pose a financial burden to the people with limited financial resources.

4. The Practice:

Taking into account the importance of fitness & health and the economic strain it contains as mentioned above, the Post Graduate University Department of Physical Education of Sant Gadge Baba Amravati University, Amravati organizes a Fitness Week every year to promote health and fitness awareness among the people. In this programme, the Department arranges free medical and fitness tests for the students, members of administrative, teaching & non-teaching staff as well as the general public. It is emphasized that the Physical, Physiological variables that are checked would cost 800 to 1000 rupees in medical hospitals & laboratories outside are provided free of cost here. All citizens are extended an open invitation to seek benefit from this fitness campaign. Following variables are checked in the fitness camp:

- | | |
|------------------------------|---------------------------|
| 1. Strength | 8. VO2MAX |
| 2. Stability | 9. Finger Dexterity |
| 3. Blood Pressure | 10. Haemoglobin |
| 4. Reaction time | 11. Eye-Hand Coordination |
| 5. Agility | 12. Memory Recall Ability |
| 6. Peak Flow (Lung Capacity) | 13. Body Fat Analyser |
| 7. Flexibility | |

All the participants have to get registered at the registration table. Various booths are established where testing of above stated variables is done by the experts and health personnels. Participants enter each booth and undergo the testing or examining one by one. All the notings of the performances are recorded to prepare a final health & fitness report. On the basis of the findings of the overall report, the participants are given expert medical advice and counselling. The Health & Fitness report gives the participants a clear idea about the area of concerns regarding the health issue and also areas of their strengths. This enables the participant to take appropriate and timely measures to correct the faults and boost their sense of fitness and well being. It makes them aware of the factors that are harmful or helpful in maintaining their health & fitness. The participants are given a copy of the report and their feedback is taken for further improvements.

5. Evidence of success:

The initiative taken by the Physical Education Department in this enterprise is met with overwhelming response from the students, University teachers & Administrative officers, Nonteaching staff including class 3 & class 4 employees. Also people from outside the campus have registered huge positive response with enthusiastic participation. Formal and oral requests are received from the participants for carrying on this practice on consistent basis. The growing number of participants every year indicate the huge success of the programme. The Department aims to encourage and cover more and more community people to take the benefit of the camp through various modes of publicity. It is a service to the community that the University takes pride in as it ensures concrete relationship between the University and society. With the Central government taking concrete positive measures in promoting health & fitness awareness among the people of the country, this small initiative taken by the University goes a long way in achieving the target of improving the Nation's general well being and fitness ensuring improved performances in various domains of life. This can ensure the overall growth in country's progress & prosperity index.

6. Problems Encountered and Resources Required:

In general the Health & Fitness Campaign has met with huge popularity and success among various groups of people. However, with increasing number of participants, there is a demand that such camps be organised on consistent basis throughout the year. Due to various other activities, it is not possible to conduct the free fitness check-up throughout the year. The staff crunch is also the problems as is paucity of funds. To bring in more categories of testings and to cover more and more participants, naturally more test and testings equipments are needed and more funding as a result.

Notes:

The activity yields best result with good planning and with ready access to a pool of professional experts in the field of medicine, physiotherapy, psychology and sports. Good financial support ensures effectiveness and success of the programme.





Best Practice-2:

Department of Applied Electronics (2017-18)

1. **Title of the Practice:** Awareness about Energy Conservation.

2. Objectives of the Practice

It is essential to conserve the energy. Also, still there are many villages in hilly Melghat region of the Amravati district, where major problem is the lack of electricity. Use of LED lamp is a one of the solutions to alleviate energy problem.

Objectives-

- To create awareness of energy conservation amongst citizens and society
- To teach people how to manage the economical energy consumption in their homes
- To teach an individual how to save the energy
- To teach different techniques to common people pertaining to clever and optimal use of energy
- To teach proper operation of energy consuming appliances to people so that life of such appliances could be increased in addition to the savings in energy
- To promote use of LED lights as an energy intervention for improving energy demand and supply.
- To train the youth to motivate, train and empower them to find local solution on the problem of energy conservation and insufficiency.
- To transfer the technology of LED lamp making to the youth.

Expected outcome

Awareness and knowledge about energy and lighting system. Empower the youth and may become entrepreneur. By making this technology available, we are making available the employment generation opportunities available to the youths, by way of manufacturing and marketing of these products

3. The Context

In India, the energy problem is very serious. The difficult goals of conservation of energy can be achieved only through the combined efforts of many people. Business leaders, government officials, scientists, individual citizens and society at large must all work together to conserve energy. Everybody must realize the importance of energy conservation.

Individuals can conserve electrical energy as well as petroleum/diesel in many ways. Cost of complete LED lamp unit becomes expensive as the lamp casing in retail is very costly. It becomes difficult to purchase it in bulk with a very large quantity.

4. The Practice

Various activities have been carried out through the different modes that follow:

1. Arranging exhibitions on conservation of energy
2. Poster presentation on conservation of energy
3. Invited talks of the eminent energy conservationists
4. Group discussions on energy conservation
5. Seminars and workshops on conservation of energy

For last 18 years, Department of Applied Electronics has been conducting the extension activity titled as “Awareness of Energy conservation” every year under TRDEA (Teaching Research Development and Extension Activities). During initial years, the Department had organized workshops on Conservation of Energy. These workshops were comprised of expert lectures, poster exhibitions, quiz competition, demonstrations, etc. From 2009, the Department of Applied Electronics started organizing “LED lamp fabrication” workshops for school, college teachers, university and college students, girl students of affiliated colleges and other university departments as well as tribal students from Melghat region.

One major problem Melghat area facing is the availability of the electricity. The terrain is so rugged & hilly that the conventional grid based electricity is yet to reach in many parts of the Melghat. Wherever in Melghat it is available, is grossly inadequate. Another problem is inadequate employment opportunities to the local youth. It is necessary to provide various interventions to this area so as to address these issues. One such intervention could be to train local youth for manufacturing LED based lighting system which will be powered by either solar energy or can utilise storage battery to store scanty supply of electricity. This will help in elevating socioeconomic status of this tribal area.

Use of low power consuming LED lamps is the promising solution to energy conservation. Numerous students from UG, PG courses have participated in the hands-on training workshops. Following Table shows the various programs organized under the best practice.

S.N	Year	Programme organized	Benefits/Targets achieved
1	2009-2010	Poster Exhibition on “Conservation of Energy”, demonstration and training of LED lamp making at Z.P. School, Chandur Rly.	Students got acquainted with the PCB making for LED lamps and energy conservation
2	2010-2011	i. Poster, Model Exhibition on “Conservation of Energy” and LED Lamp making and display of various lamps in “Tiger Mela” for school children organized by Nature conservation Society of Amravati. ii. Organised LED Lamp Fabrication workshop at Harisal, Melghat for the tribal students.	School students got acquainted with renewable energy, conservation of conventional energy
3	2011-2012	LED Lamp making workshop for students of Bapusaheb Kubet kar vidyalaya organized at department of Applied electronics, SGB Amravati Univ.	Students got acquainted with the PCB making for LED lamps and energy conservation

4	2012-13 (19/10/2012)	LED Lamp making workshop for UG students of university affiliated colleges & PG students of departments of SGB Amravati University at Applied Electronics department.	Students got hands on training of LED lamp fabrication and importance of energy conservation
5	2013-14 (20/02/2014)	LED Lamp making workshop for Students of 11 th standard from GVISH and Vidyabharti college, Amravati	Students got hands on training of LED lamp fabrication and importance of energy conservation
6	2014-15 (20/2/2015)	LED Lamp Fabrication workshop for Students of 11 th standard from Vidyabharti college, Amravati	Students got hands on training of LED lamp fabrication and importance of energy conservation
7	2015-16 (26/02/2016)	LED Lamp Fabrication workshop for Students of 11 th standard from Vidyabharti college & GVISH Amravati	Students got hands on training of LED lamp fabrication and importance of energy conservation
8	2016-17 (14/02/2017)	LED Lamp Fabrication workshop for Students of B.Sc. from Mahatma Fule college, Bhatkuli & GVISH Amravati	Students got hands on training of LED lamp fabrication and importance of energy conservation
9	2016-17 (9/3/2017)	LED Lamp Fabrication workshop for B.Sc. Students of Arts, Science & Commerce college, Chikhaldara at Chikhaldara	Students got hands on training of LED lamp fabrication and importance of energy conservation
10	2017-18 (10-11 Oct 2018)	Organised a workshop on “Fabrication of LED Lamps” for Sipna society’s Arts Science & Commerce college, Chikhaldara students in SGBAU	Students got hands on training of LED lamp fabrication and importance of Energy Conservation
11	2018-19 (10/10/2018)	Organized LED lamp fabrication workshop for UG girl students of affiliated science colleges sponsored by Maharashtra state Commission for Women and TRDEA	Students got hands on training of LED lamp fabrication and importance of energy conservation
12	2019-20 (17/02/2020)	Organized low- cost LED lamp fabrication hands on Workshop for students of affiliated Science Colleges on 17/02/2020	Students got hands on training of LED lamp fabrication and importance of energy conservation

5. Evidence of Success

The aforementioned activities were conducted every year at some affiliated colleges of Sant Gadge Baba Amravati University as well as some schools in and around Amravati. Large number of Students have participated in these activities with great enthusiasm. Furthermore, participants took an oath to propagate the lessons and message to their family members, friends and relatives. As a result of this, people have realized the importance of energy conservation. They started replacing their tube lights with LED lights. They have understood the importance of five star energy compliance for consumer appliances, because of very low power electric consumption and environment- friendliness.

We have organized the LED Lamp Fabrication workshops. Every time, there is overwhelming response. Participants learn with enthusiasm. Almost all the participants are able to fabricate the LED lamp. We have given training to the tribal students thereafter they started making LED lamps. One of our students has started his own company regarding LED lamps and illumination systems. The feedback of the participants is satisfactory. Such workshops are helpful to them.

6. Problems Encountered and Resources Required

Quality of LED lamp depends on the quality of material. The material cost is high. To reduce the cost of fabricated LED lamp the material such as LEDs, PCBs, Lamp Casings should be purchased in bulk / Wholesale. It is difficult to purchase the material in bulk, because of budgetary constraints and substantial funds.

