

## Best / Innovative Practices:

### Details:

### **Organic & container Gardening**

**Objective:** To promote low-cost & eco-friendly farming, an alternative to conventional chemical farming which demands exorbitant costs

### **Context:**

- India is facing a threat with increasing population and decreasing agricultural land due to fast growing urbanization and industrialization
- Apart from that, the food that we consuming is being contaminated due to excessive use of chemical fertilizers & pesticides
- The quality of the soil is also degrading and facing water scarcity due to the increasing demand for water in chemical farming.
- “Agriculture is both VICTIM & CAUSE of water scarcity”
- Pollution caused by agriculture is polluting water & food
- These issues to be fixed. And an alternative to overcome abovesaid problems is, the chemical-free farming with the use of waste & disposed containers where in natural compost, vermicompost and biopesticides are promoted which are absolutely harmless

### **Practice:**

- Staff & students of the college initiated by the concept of chemical-free farming
- Any waste / discarded containers with half to one foot taken and filled with cocopeat, compost (either vermicompost or kitchen compost) and neem powder or dried neem leaves
- Drip irrigation is provided, if possible, by using waste PVC pipes. Green shade nets in summers and plastic sheets in rainy season are used to cover the plants & containers
- Students & staff are provided with tomato, chilli and brinjal saplings and all varieties of beans & spinach seeds which need a little space to grow

### **Success:**

1. Staff & students taking the fruits of organic gardening
2. Few families became self-sufficient in vegetable production

### **References:**

- ✓ Dr. Cho Han Kyu methods – videos
- ✓ Subhash Palekar lessons – videos
- ✓ Rythunestham - videos

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1. Estimation of Haemoglobin percentage of blood.

2. Goal:

- To measure their own Hb%.
- To know their own Hb% so that they conclude their health status.
- To know how to overcome from Anaemia.
- To know the precautions to be taken to prevent anaemia

3. Context :

Primarily, every individuals health, especially women and girls depends upon Hb%. One must maintain good Hb% levels in order to be healthy. Girl students who are with low levels of Hb% are prone to anaemia. For this reason, it is advisory to know the Hb% levels. Thus, students are asked to measure their own Hb% in blood.

4. The Practice :

Every student is trained to measure Hb% with the help of Haemoglobinometer. Thereafter, they are asked to measure their own Hb% and record the results at regular intervals.

5. Evidence of Success:

- Students actively participate in measuring the Hb%. After knowing the results, proper care is taken by the students for maintaining required Hb% levels.
- Precautions such as taking deworming medicine, iron rich food reduce anaemic conditions in the students.
- Helps in maintaining physical and mental health, that in turn increases their regularity to the college.

6. Problems encountered and resources:

- Availability of Haemoglobinometer in Zoology department.
- Limited availability of other equipments.