

# **Best Practice: 2**

## **1. Title of the Practice: “Reaching Out to Society is our Commitment”**

## **2. Goal/Objectives of the Practice**

- To facilitate the process of teaching and learning through the mode of service.
- To establish a community-institution linkage with the motto of service and thus promoting the practical learning capability of the students along with service
- To build leadership, and academic skills for strengthening the communities through service.
- To learn team building through learning to serve the nation and community.
- To lay a foundation to a healthy nation through service-oriented learning.

## **3. The Context**

***“The best way to find yourself is to lose yourself in the service of others”.***

***“Service to mankind is Service to God”.***

Subharti University is a mission of service. It is committed to providing basic necessities of life such as healthcare and education to everyone without any bar of caste, creed, religion or any other man-made factors. It aims to bring people together by removing hatred, spreading love, building up of moral & national character, and extending service to mankind so as to make the dream of ~VASUDHAIV KUTUMABKAM come true. The entire process of teaching and learning has been designed keeping in mind this core concept and ideology. Also, the faculty members imbibe basic and universal values before embarking up teaching and developing strategies. Alongside the students are also provided opportunities to pursue and practice these values. Mere learning without practice is meaningless.

Field practicum is a key training where students receive first-hand exposure. Hence Subharti University has adopted 5 villages. The practical learning of the students can be enhanced by a combination of classroom instruction with community-based interaction and service.

The university has adopted neighbouring villages with the focus of its development and service through the engagement of students and faculty members. It also serves the purpose of linking academics with

theory and practice and the resources of the institution can be well utilized for the development of the community.

#### **4. The Practice:**

The Students and Faculty Members from Departments like Medical, Dental, Nursing, Education, Law, Journalism & Mass Communication, etc. are posted to the adopted villages for extension activities and also to fulfil their curricular requirements.

Each faculty/department plans its yearly activity on beforehand and gets its approval from the competent authority for extending the services as per plan. Such activities are regularly monitored and evaluated against present objectives. Various camps such as Composite Health, Dental, Eye Screening, Blood Donation camps, Legal Awareness, Literacy & Rights Awareness etc. are regularly organized by the Departments. Health awareness programs with regard to various diseases like Cancer, TB, Anaemia, Heart diseases etc. are also conducted in adopted and outreach areas each academic year. Other programs like awareness regarding government projects and schemes, skill training, etc are being conducted for enhancing the awareness of rural masses.

During the academic year 2022-23, total 348 activities were organized in which 149 Oral Screening and the rest activities were different activities organized in various areas of Meerut district, Many programs were organized as Yoga Camps, Nukkad Natak, Health camps, outreach activities and Training Programmes.

The students conduct surveys in rural areas to assess the problems and needs of the communities. After analysing the problems and needs, different health awareness activities like “nukkad natak”, seminars, workshops etc. are conducted to educate the masses. All the activities are conducted under the guidance & monitoring of the teachers and in the end, they make an evaluation of the outreach services.

#### **5. Evidence of Success:**

Students' interest in the learning process is ignited and encouraged through service-oriented learning. The community and the students benefit from the practice of learning through service. After villages were adopted, surveys were carried out at regular intervals, and the outcomes, following the execution of several programmes, are as follows. The community that was served had become much more conscious of

health issues. In light of the camps that were set up and the care that was given, the community's preventive and promotional health condition improved. Some of the changes noticed were that people began using government programmes, children were being sent to schools for education, etc.

The areas of survey, evaluation, and activity planning experienced significant improvements in the students' abilities. After getting introduced to the concept of learning through service, a lot of students are inspired to engage in social service.

### **5. Problems Encountered and Resources Required**

The motivation levels were low among the people of the community to attend the camps/ awareness programs and gathering them at one place was a great difficulty. To overcome the problem, wide publicity was given about the camps and awareness programs through drum beating, banners, posters, and announcements from temples, mosques etc. The help of village Pradhan, School Teachers, ASHA workers, and other influential persons was also solicited.

The University always stood ahead in providing required resources like specialists, manpower, drugs, finance, transport etc.

### **6. Notes:**

By adopting this methodology in community-based teaching courses, students are motivated to learn from their experiences in community service and they become productive citizens of the country and service-oriented forever. This method has helped the students to be role models and leaders of the community.



# Subharti Medical College

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## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)

Office of the Community Medicine

Dated 04-08-2022

### TALK ON BREAST FEEDING

Venue- Capt.Abdul Hanmeed Subharti Rural Health and Training Centre Khajuri, ParikshitGarh, Meerut.

Participants- Dr. SushmaPrakash LMO, RHTC Khajuri, Subharti Medical College, Meerut.

Volunteer Medical Students – Interns Dr., Somya Chaudhary, vidisha Jain, Uday Chaudhary, vidit Kumar, manish kumar. Dr. Riya, Sadia Khan, Sherya Singh

Activity Proceeding- A talk was given by Dr. Sushma Prakash LMO on Importance of Breast feeding and counseled about diet and vaccination during pregnancy, Hygiene and value of institutional delivery. Supporting hand by Mrs Renu FHW.

Facilitator- Mohd. Farhat (MSW) Department of Community Medicine, Subharti Medical College, Meerut.



Dr. Rahul Bansal  
Head of department



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## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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Office of the Community Medicine

Dated 21/06/2023

### INTERNATIONAL YOGA DAY

Shaheed Bhagat Singh Subharti Urban Health and Training centre (UHTC) Multan Nagar by the department of Community Medicine organized a yoga camp on 21 June 2023 on occasion of INTERNATIONAL YOGA DAY.

Total number of participants involved is 20.

Dr. Rahul Bansal encourage more people to join the yoga classes that are held in UHTC on regular basis.

The camp was organized by

Dr Rahul Bansal, Dr Varsha Chaudhary, Dr. Babita

MBBS Interns

Dr Himanshi Chaudhary, Dr Junde Jini, Dr. Harleen kaur

BNYS interns

Nikita, Ananda, Angphen

Camp was successfully carried out by

Virender, Kusum



Dr. Bhawana Pant  
Head of department





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Office of the Community Medicine

Dated 14-09-2022

### POSAON MAAH

Venue- Primary wing of Shree Sanskrit Inter College, Aitmaapur, Khajuri, ParikshitGarh, Meerut.

Participants- Prof. Dr. Rahul Bansal Department of Community Medicine, Subharti Medical College, Meerut.

Volunteer Medical Students – Interns Dr.Arati Sharma, Dr.Praynvda Goyal, Dr.Pratishtha singh, Dr. Sanskriti,Dr. Vidit Kumar, Dr.SadiaKhan, Dr.Riya, Dr. Somya Chaudhary. Dr.Abjat Kaur.

Activity Proceeding- A talk on POSAON MAAH delivered by Dr. Sushma Prakash LMO Department of Community Medicine Subharti Medical College,Subharti University, Meerut at Capt. Abdul Hameed Subharti Rural Health and training centre Khajuri. She says during first six month only breastfeeding

Facilitator- Mohd. Farhat (MSW) Department of Community Medicine, Subharti Medical College, Meerut.



Dr. Bhawana Pant  
Head of department



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*Office of the Community Medicine*

*Dated 16/09/2022*

## Health Camp

Shahed Bhagat Singh Subharti Urban Health and Training Centre(UHTC), Multan nagar organised a General Health Camp on 16 September 2022 by the community medicine dept. where 105 patients were checked and given treatment. Some patients were referred to SMC for further management. Patients related to general medicine, ophthalmology, dermatology, dental were seen in this camp.

Following doctors and staff participated in the camp

Dr. Pawan Parasar

Dr Varsha Chaudhary(MOIC)

Dr. Ushma Minhas (LMO)

Dr. Babita (LMO)

Dr. Mayank (A.P)

PG students

Dr. Ayush

MBSS interns

BDS interns

Assisting Staff

Virender

Kusum

Mashrool

Kajal



**Dr. Rahul Bansal**  
Head of department

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*Office of the Community Medicine*

Dated 18-07/2023

### FEMALE HEALTH CAMP

**Venue-** Capt Abdul Hameed Subharti Rural Health and Training Centre, Khajuri, Meerut.

**Participants-** Dr. Rijul Ranjan MD/C, Dr. Sushma Prakash, Department of Community Medicine, Subharti Medical College, Meerut.

**Volunteer Medical Students – Interns**

Female health checkup camp at Capt. Abdul Hameed Subharti Rural Health and training centre Khajuri, the patients were examined and screening by Dr. Sushma Prakash LMO. The Health education given by Dr. Rijul Ranjan, and interns. With Supporting hands Mrs. Rema Rani, Miss. Suneeta, Mr. Arjun Singh, Mr. Ramesh, Mr. Vinod, Department of Community Medicine, Subharti Medical College, Meerut

The whole programme was Coordinated by MSW Mr. Farhat .



Dr. Bhawana Pant  
Department of department





# Subharti Medical College

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Office of the Medicine Dept.

Date 26/06/2023

## Health Camp

A health camp was organized on 26/06/2023 by the Department of Medicine, Swami Vivekananda Subharti University at Gyanpriya Hospital, Harra, Meerut.

The main objective of the program was to provide health services to the community in form of expert consultation & diagnosis of the common disease, proper treatment advice along with free medication and even guidance to consult tertiary care centre for further investigation and consultation to the population at large.

The programme had active participation of:

1. Dr. Shruti Khaitan (JR) - Department of Medicine

The team was assisted with 5 interns of MBBS-2018 Batch namely

1. Dr. Devanshi Patel
2. Dr. Dhruv Behal
3. Dr. Arjmand Amin
4. Dr. Arpit Gupta
5. Dr. Ashna Singh

Activity - Doctors told that the child should get the vaccine of BCG, hepatitis B as soon as possible and should get regular vaccinations for five years. If the child has diarrhea, give him a solution of ORS.

Women and adolescent girls should take special care of their food. For example, pulses, spinach, seasonal fruits, curd, milk, matta gram, jaggery datea, etc. should be eaten. Cleanliness should be taken care of during pregnancy. Dr. Surendra Kumar LMO and Dr. Babita also told important things related to nutrition and to consult at the center in case of any problem.

The meeting was attended by 215 patients. Sudbeer kumar and Rahul Kumar had special contribution in making the Health Camp.



Dr. Sanrabh Singhal  
Prof. & Head  
Department of Medicine



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Office of the Medicine Dept.

Date 15/06/2023

## Health Camp

A health camp was organized on 15/06/2023 by the Department of Medicine, Swami Vivekananda Subharti University at Gram Panchayat, Iktiyarpur Daurala, Meerut.

The main objective of the program was to provide health services to the community in form of expert consultation & diagnosis of the common disease, proper treatment advice along with free medication and even guidance to consult tertiary care centre for further investigation and consultation to the population at large.

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The meeting was attended by 208 patients. Sudheer Kumar and Rahul Kumar had special contribution in making the Health Camp.



Dr. Saurabh Singhal  
Prof. & Head  
Department of Medicine



## **POST GRADUATE DEPT. OF OPHTHALMOLOGY**



# **Subharti Medical College**

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Date-02/08/2022

### **EYE CAMP REPORT**

**Venue-**Ambedkar Bhawan Bhola Block Rohta Meerut

**Participants (Faculty)-** Dr. V. K. Malik, Dr. Charu Jain, Dr. Farhat Abrar, Dr. Mansi

**Participants(Students)-**Dr. Sanchita, Dr. Akshat, Dr. Akanksha, Dr. Prateek, Dr. Mridul, Dr. Kriti

**Activity-**An eye camp was organized by department of Ophthalmology, Subharti Medical College on 01/08/2022 from 9 am to 1 pm. In this camp 86 patients were screened for cataract out of which 18 patients were brought to Eye OPD of Subharti Medical College. A complete work up of these patients was done and all the investigations were sent. Out of these 11 patients were found to be fit for surgery who were admitted for cataract surgery and rest of the patients were advised to come on a later date with their investigations.

**Dr. V.K. Malik**

**(Head of Department)**