

BEST PRACTICE 1:

TITLE OF THE BEST PRACTICE: DRESS CODE FOR UNDER GRADUATE STUDENTS

The Context:

Students are generally identified about their level of education and affiliation from their uniform or formal dress since ages. Dress code for college students has always been a controversial issue among the various stakeholders. Institutions want to have dress code policies for maintaining a healthy learning environment. At MNR Medical College and Hospital, Sangareddy, Students are representing the profession and the college in a number of ways during the course of their training. Therefore, maintaining a professional appearance is very important for the professional development of the students.

All students are expected to present a professional image in the classroom, and to other organizations where they may be representing the college. Thus, it is important for all students to be dressed appropriately and present a well-groomed appearance at college every day.

Objectives of the Practice

- 1) To promote a more serious college atmosphere which emphasizes academics and promotes good behaviour.
- 2) To increase student achievement by encouraging students to concentrate more on their studies and less on their wardrobe.
- 3) To reduce social conflict and peer pressure that may be associated with appearance.

The Practice

Students are not permitted to wear any religious attire while on campus. The college respects every religion and does not discriminate against any religion. It is because we wish to create a student community without divisions based on religion, culture, class, gender or social status and to ensure that students do not get discriminated against that we strictly enforce a secular dress code.

All students are expected to follow the common dress code.

Failure to wear the uniform to college, will be considered a breach of conduct and strict action will be taken against offenders. Uniform for the students is:

Boys:

Should wear formal pants and shirts (half or full sleeves)

Jeans, casuals and T-Shirts are not allowed

Should wear only formal shoes. Slippers, sports shoes, etc are not allowed

Should trim nails, hair, moustache, beard regularly and neatly

Girls:

Should wear only churidhar with long top and overcoat.

Short tops, Jeans and T-Shirts are not allowed.

Should not wear tight bottoms, leggings etc which gives odd appearance

Should wear normal sandals/shoes of leather/nylon version type. High heel fancy shoes and chappals are not allowed.

All students are required to wear their student Identity Cards at all times in the campus.

Advantages

Dress code means a similar pattern type of dressing worn by all the students of a college.

1. The dress code hence reduces the gap between rich and poor students.
2. Dress code also inculcates a sense of discipline
3. The goal of this effort is to reduce other forms of violence that can occur due to socioeconomic differences.
4. Dress codes help students to stay focused on their education.
5. Dress code can help to enhance the college and community pride.
6. Dress codes help administrators to instantly identify trespassers.

Challenging issues

1. Dress codes at college restrict a person's freedom of expression.
2. A standard dress code can be challenging to enforce.
3. Dress codes can emphasize racial divisions in a community.
4. Most students do not support the idea of a strict dress code.

Evidence of Success

Gap between rich and poor students has been reduced

Students are more disciplined now when compared with no dress code

Concentration in the classroom has been increased

Resources Required

Good garments and tailoring firm



BEST PRACTICE 2:

Title: COMMUNITY HEALTH EDUCATION

OBJECTIVE:

- To spread general health and sanitation awareness in the community.
- To educate the community about various health problems and diseases.
- To teach how to implement various preventive measures to curtail disease spread. Ex: Prevention of COVID 19 disease by following COVID 19 protocol like temperature screening, wearing mask, social distancing, regular hand sanitization.
- Prevention of diseases at low cost as compared to treatment of same diseases.
- To bring in the change of behaviour regarding prevention of various diseases in the community.
- To remove the stigma and misconceptions about various diseases in the community

CONTEXT: The challenging issues encountered during health education include:

- Communication issues
- Level of education in the community
- Social beliefs and customs of the community
- Poor socioeconomic status
- Manpower for delivery of health education
- Time
- Making health messages in simple and rustic language
- arrangement of devices, common places for the delivery of health education
- Social stigma attached with disease like leprosy, AIDS, COVID 19, TB

- Religious and cultural beliefs of the people

PRACTICE:

In MNR Medical College and Hospital organizes regular Health Education camps for delivering health education to the community. Health Education camps specifically for the prevention of COVID 19 were conducted on the correct usage of masks, sanitizers and on the social distancing norms.

- Health education regarding benefits of vaccination in the prevention of COVID 19
- COVID 19 health education posters, generated through medical graduate competitions were displayed in the community rally

- MNR Medical college and Hospital continuously displays information of health and diseases through LCD screens. Currently the information regarding COVID 19 pandemic is in vogue.

Evidence of Success

Community health education helped in promoting, protecting and improving the health of individuals, communities. It helped to positively influence the health behaviour of individuals, groups, and communities while addressing lifestyle factors (i.e., nutrition, physical activity, sexual behaviour and drug use) and living conditions that influence health. Health education resulted in decrease in no of cases of COVID 19. It also resulted in increased no of people who took vaccinations of COVID 19. Health education was given about prevention of AIDS through social media platforms. It helped to create awareness about preventive measures of AIDS.

Problems Encountered – problems encountered are

Resistance in the community people are resistant for listening the health messages.

Level of comprehension of the community – the message is not understood by the community if message is not in the simple language.

Level of education of the community is sometimes problematic.

Customs, beliefs and religious practices are the problems in understanding the message.

Customs and beliefs of the people

Resources required are – Money is required for arranging different things

Manpower like health educators, artist to make posters and placards

Materials like mike, placards

Time to spare for doing health education



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World AIDS day celebration
at MNR Medical College



GPS Map Camera

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World AIDS day celebration
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COVID 19 – awareness about masks, sanitizers and social distancing for paramedical workers

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