

## I. Title of the Practice:- "Swasthya Sanjivani"

### 1. Objectives of the Practice

- a. To initiate a creative pursuit for a healthy and positively nourishing life.
- b. To create awareness amongst the teaching and non-teaching staff about the techniques to monitor the metabolic syndrome
- c. To promote sustainable life through regular physical examination

### 2. The Context

The lifestyle of a person is now an issue of growing concern because it is directly correlated with our health and sound state of mind. Significant interest has been developed in the public sphere towards employing a disease-free and healthy lifestyle. It is a harsh reality that an unhealthy lifestyle has resulted in the development of a variety of non-communicable diseases in recent years. Lifestyle-related diseases are increasing in almost all sections of society and the teaching community is not an exception to it. It is therefore advisable to regularly examine our bodies under the supervision of medical experts, especially to avoid complex and grave health issues that could turn into fatal occurrences. This has sparked an urge and necessity to initiate a platform in our college through which regular medical checkups of teachers, non-teaching staff, and their relatives can be taken up. Taking into consideration all these realities, we have initiated the scheme of "Swasthya Sanjivani."


### 3. The Practice

Every six months we carry out a health drive in our college by inviting health experts. Blood samples are collected on our college campus itself, and then the reports are generated with expert comments and viable suggestions. Teachers, non-teaching staff, and their family members are invited to participate in this camp. In this practice, we follow all the parameters as suggested by WHO. This practice will especially alert those unaware of any bodily maladies that may exist.

### 4. Evidence of Success

The overwhelming response from the teaching as well as non-teaching staff members warrants the success of this practice. The practice is preemptive and aims to prevent a minor health issue from developing into a complicated one. Periodic screening and regular checkups provide insights into the metabolic syndrome of each participant.



  
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In pursuance of our objective to promote sustainable life through regular physical examination we conducted physical checkup of 68 staffs members. They participated in this metabolic health check-up camp. It is important to note that around 54% were found to be healthy or normal & about 30% & 16% were found to have either border-line or initial stages of metabolic syndrome or pre-diabetic. Out of 30% pre-diabetic, surprisingly many were totally unaware of this kind of deranged metabolic health. This mass metabolic screening was organized with almost 40% subsidized rates and on behalf of non-teaching support staff, Kirti college management bore 50% of expenses thereby creating a huge subsidy for them whose metabolic health awareness is low and ignorance and fear is sky high.

**Analysis of HbA1C and other data from 51 participants revealed following outcome:**

- 27 (50%) were healthy or non-diabetic and Insulin sensitive.
- 16 were with border line pre-diabetic .
- 8 were with diabetes or at advanced stages of metabolic health .
- From analysis of Healthy, Pre-diabetic & Diabetic group with respect to body weight expressed as BMI, the following trend emerged:
  - ✓ Equal number of participants from so called Healthy group were either normal (n=13) or overweight (n=12) BMI and only few cases were really obese (n=02).

Participants from the so called Pre-diabetic group, the number overweight (n=7) & obese (n=5) were increased and normal BMI (n=4) decreased.

✓ Participants from the so called Diabetic group, the number of overweight (n=5) & obese (n=3) were only represented with not a single case from normal or ideal BMI.

✓ The trend showed close association between body weight as represented by BMI and metabolic health status

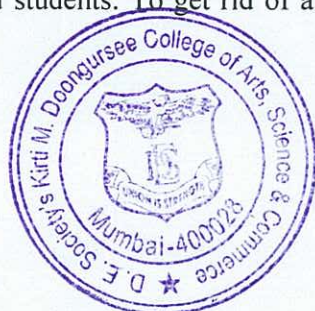
**2. Title of the Practice :- Blaze a trail for excellence: Admission through ERP**

**1. Objectives of the Practice**

- a. To systematize and simplify the process of admission
- b. To make the admission process student and parent friendly
- c. To achieve greater transparency and accountability in the admission process

**2. The Context**

The admission process in colleges is considered as one of the most crucial as well as tedious administrative procedures. A technical glitch at the initial phase of admission may cause inconvenience to parents and students. To get rid of all possible inadequacies pertaining to the



  
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admission process, we have linked it with that of ERP. This has systematized the entire admission process thereby reducing the paperwork and unnecessary routine of administrative mundanity.

### **3. The Practice**

By introducing the ERP system in the admissions process, we have taken out the drudgery of hard work and rudimentary paperwork and eased the system by making it student friendly. Following are the steps involved in the centralized system of our admission:

Firstly, the admission form is configured through the system itself, and then students are requested to select and procure the admission form in a faculty suitable to their interests and choices. ERP generates their login ID and gives them the password. Students are promoted to the next class if they fulfill all the eligibility norms. They are asked to fill up the form in the online mode, and then submit the form after selecting subjects of their preference. After this process, the students pay the requisite fees. Roll numbers are also generated after the payment, and subsequently, the divisions are allotted.

### **4. Evidence of Success**

The ERP-linked admission process has made the process hassle free for both students and parents. The process is smooth and error free. Students and parents are able to take admissions using their smart phones. An immediate response from the ERP system to each of their online actions has boosted the confidence of parents who are from the least advanced section of society. For those who are not familiar with computers, the college provides assistance by students who also benefit under the 'Earn while learn' scheme. It has also reduced the burden of work on the administrative staff.

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

Our institution basically caters to the needs of the students who come from a very humble background. Many of them are engaged in doing menial jobs to make ends meet. So those who are not techno savvy or those who do not have a smart phone or a computer system have to depend on external resources to help them in gaining admission.



  
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