

7.2.1 Two institutional best practices as per the NAAC format

Best Practice -1

Title: Providing holistic care for the students

Objectives:

Our college ensures the safety and well-being of students, distinguishing itself as the premier institution in the state of Telangana. Our faculty is committed to the holistic growth of its students by focusing on the following objectives:

- 1. Support Mental Health**
- 2. Look After Physical Health**
- 3. Implement Anti-Harassment Policies**
- 4. Promote Work-Life Balance**
- 5. Facilitate Peer Support Programs**

Context:

Medical studies can be intense, leading to significant stress. Our faculty provides access to counseling services to help students manage their mental health effectively, reducing burnout and improving overall well-being. We have a dedicated health system that promotes preventive care and ensures that students have easy access to medical assistance when needed, supporting their physical well-being throughout their studies. MRM CW is committed to creating a safe and respectful psychological environment, which is fundamental to student growth. Our college has clear policies and procedures to protect students from harassment and discrimination, fostering a supportive atmosphere for learning.

Practices:

-Balancing Academics and Recreation: Encouraging a balance between academics and recreation helps prevent student burnout. We promote breaks and self-care, support mental health, and allow students to recharge, ultimately enhancing their academic performance.

Health Services: All students receive free medical care, including outpatient services, diagnostic services, inpatient services (medical and surgical care), provision of paying rooms free of cost, and COVID-19 & HBV immunization free of cost. Emergency health services with an ambulance facility are provided free of cost. Routine health checkups are offered for physical and mental fitness.

Peer Support Networks: Peer support networks offer invaluable guidance and mentorship, helping students navigate challenges unique to medical education and fostering a sense of community.

Inclusivity and Diversity: Our medical college celebrates diversity, admitting students from different strata and states. Celebrating diversity enriches the learning environment and ensures that all students feel respected and valued, contributing to a more cohesive and supportive community. Equal access to educational resources ensures that all students have the tools they need to succeed academically, promoting fairness and inclusivity.

Communication and Feedback: We keep communication channels open to build trust and enable timely resolution of issues. Feedback mechanisms are in place to empower students and faculty to address concerns promptly.

Workshops on stress management and study skills equip students with essential tools for academic success and personal well-being, reinforcing their resilience. Career guidance counselors help alleviate anxiety about post-graduation plans, helping students make informed decisions and transition smoothly into their professional lives.

Evidence of Success:

By implementing these practices comprehensively, we have cultivated an environment where students not only excel academically but also thrive personally, ensuring their holistic development and well-being.

Problems Encountered & Resources Required:

All the above-mentioned activities undoubtedly help the holistic growth of the students. However, the challenge lies in effectively accommodating these activities in the demanding academic calendar. The College academic committee, consisting of the Principal/Dean, Heads of various departments, and senior Professors, carefully reviews the academic calendar and meticulously plans the co-curricular and extra-curricular activities that alleviate academic stress and provide students with opportunities to exhibit their latent talents.

BEST PRACTICE - 2

Title of the Practice: Providing quality treatment at free /subsidized cost for the weaker sections of the society

Objectives:

The objectives of this practice are to adopt patients from weaker sections of society & to provide quality health care at free/subsidized rates. Especially

1. For Pregnant women
2. Child care including immunization
3. Malla Reddy kit & Monetary benefit of Rs 5000/- on the birth of the girl child

Context:

Care in the hospital has been considered an expensive affair by the general public from the beginning. Thus, most of the deliveries are being attended by traditional birth attendants in the initial stages, which could later become more complicated. To overcome these issues, our institution has been trying to provide antenatal care to people from socio-economically backward classes, are provided at minimal or no cost.

Practice:

Poor patients are provided transport from their homes to our hospital & back to their places in our college vehicles. The antenatal are being provided with free lunch & snacks. To provide them with world-class medical care, most of the tests and treatments are done at free of cost. All the pregnant ladies receive free antenatal check-ups, free hospital delivery, a kit for the baby, a monetary benefit to the girl baby in the form of Rs 5000/-, free immunization born to the baby after delivery.

Evidence of Success:

Many deliveries occur daily. Our services gained wide popularity in both local and regional media . This shows that our campaigns are valued and unique. Our serving style is quite successful.

Problems Encountered and Resources Required:

Although the popularity was good, some parents and caretakers of elderly patients were skeptical about the quality of the treatment, as they were misguided by some outsiders as it is provided free of cost.