

## **Best Practice – I**

### **1. Title of the Practice (2022-23)**

#### **Health awareness programme**

**2. Goal:** Health is an asset that helps us to maintain the balance between the life and the sound mind. It's the true elixir for a happy life as it leads to a calm and composed mind to be well-being. Awareness plays a key role in our approach to improve the access of healthcare measure. Different initiatives were carried out through the year to develop awareness in various issues in context of clinical problems among students especially on health and hygiene and which generates the awareness among the students how to control and prevent those undesirable events. Timely access to accurate information and public awareness on prevention methods is one of the feasible interventions in these situations. Identifying level of public awareness on disease prevention is important to mitigate the pandemic.

**3. The Context:** Health is the biggest wealth. It helps us to enjoy all the little things in life. If one is not healthy, they fail to feel happy. Being unhappy can impact the health of people around us too. The college aims at the development of proper awareness of health and medicinal issues amongst its students to create a bright and healthy future for themselves and for their surroundings. Given their young and unripe years, the students are prone to numerous ill practices, which in turn, might be aggravated by the lack of proper guidance or misconceptions. Different awareness programme of this sort might help them to stay safe and maintain a healthy life. It's very well known that the COVID-19 outbreak has placed unprecedented demands on the health systems of many countries around the globe. In order to develop the causes and consequences various awareness seminars and workshops are conducted throughout the year.

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

##### **i) A SPECIAL CAMP ORGANISED AT SANJOG COMMUNITY HALL, DUTTABAD SLUM AREA**

Any special camp has special appeal to the youth as it provides unique opportunity to the students for group activities, collective experience sharing and constant interaction with the community. As part of it, Bidhannagar College NSS Unit organized a Special Camp from 21<sup>st</sup> March to 27<sup>th</sup> March, 2023 at Sanjog Community Hall, Duttabad, Ward No. 38, under Bidhannagar Municipal Corporation, District – North 24 Parganas. The objective of our special camp was to raise awareness on current health and social issues, like **cancer, AIDS, vector born disease, human trafficking and importance of proper nutrient for child and mother etc. to the slum dwellers.** We also organized **health /eye checkup camp.** All programmes were oriented towards the benefit of the society.

##### **ii) HIV/AIDS AWARENESS PROGRAMME**

AIDS is surrounded by misinformed taboos in our society. In order to carry out effective prevention measures and treatment for the infected, it is important to create awareness amongst people. In order to mark World HIV/AIDS Day (1<sup>st</sup> December) an HIV/AIDS Awareness seminar was organized jointly by the NSS unit, Bidhannagar College and the Department of Education in association with the Rotary Club of Ganga Heritage, District 3291 on **16<sup>th</sup> December 2022.** Dr. Sumit Poodar, Secretary General of the Association for the Prevention and Control of Rabies in India (APCRI) delivered a lecture on the topic.

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

Bidhannagar College IQAC and NSS unit have a vision and strong commitment towards the service of the society. The said unit is always involved with the activities related to health awareness programmes on different issues on societal life among students. Various awareness programmes were conducted frequently on general health and hygiene, etc.

#### **a) A SPECIAL CAMP ORGANISED AT SANJOG COMMUNITY HALL, DUTTABAD SLUM AREA**

On the second day of the camp **CANCER AWARENESS** seminar was organized. **Dr. Ketaki Maitra, Oncologist** addressed the local people about cancer. She emphasized on early symptoms of various cancer like breast, cervix, prostate, lung etc, early diagnosis and treatment regimen and from where they could get low cost treatment. She sensitized the community on not to be afraid of cancer as early diagnosis and treatment can cure it. Then there are interactive sessions where Dr. Maitra clears several doubts and myths about cancer.

On 3<sup>rd</sup> day of the camp **free health and eye checkup** was organized at the community center in association with **Central Calcutta Society for Advancement of Human Development and Research and Susrut Eye Foundation and Research Centre, Salt Lake**. In the camp general physical examination, blood pressure, pulse, general eye checkup, eye power test, colorblindness test etc. were done for the students and local people. Dr. Sabana Roy Choudhury and her associates conducted the health camp and eye checkup camp was conducted by Samapan Gyen and his team members. Necessary medical advice and precautionary measures were given to the patients. The students were given the task of taking down the details of the people who came for this health check-up and guide the people for the same. The doctors carefully listened to the problems that patients were facing and provided an appropriate solution to cure it. Majority of the people were suffering from chronic joint pain and high blood pressure, diabetes and some have problem in eyes especially in older people. The camp lasted for 5 hours, from 11am to 4pm. More than 100 people attended the camp. Total 28 NSS volunteers and 4 teachers were present.

Next day a **Dengue awareness campaign** was organized for the local residents. Smt. Urmi Mitra, Assistant Professor, Dept of Zoology explained the symptoms of Dengue Fever, like continuous vomiting, knee pain, stomach pain, head ache, and body pain, and also gave practical awareness about how dengue spreads by mosquitoes and how they breed in flower pots, water coolers, refrigerators, and wastages. She suggests the participants to be cautious about little stagnant water anywhere and clear the place for prevention of breeding areas of mosquitoes. Then volunteers carried out door-to-door campaigns and distributed leaflets of fact sheets on dengue disease. The awareness camp was really conducive to keep the environment free from Dengue virus. 20 NSS volunteers attended the camp.

On the last day of the camp, we organized a **seminar on infant and child feeding**. Ms. Mitali Palodhi, Vice president, Indian Dietetic Association was the speaker of the event. She sensitized the participants on the importance of proper nutrient requirements of infants and also for the mother. She also told the importance of Indian traditional food for the development of children. She suggests the participants not to eat fast food, packaged fruit juice, and avoid taking unnecessarily energy drinks.

#### **b) HIV/AIDS AWARENESS PROGRAMME**

Dr. Sumit Poodar with his thorough and lucid explanation of the fundamental aspects of the disease, kept the students captivated. He, in particular, touched a chord by sharing his own personal experiences and his first-hand encounter with the disease. He vividly explained the need for social acceptance and the removal of the stigma for better handling of the disease. The programme was rounded off by a vote of thanks from Dr. Shoumyasree Sen, Head and Associate Professor, Department of Education, Bidhannagar College. There were 101 participants comprising of NSS volunteers, students and faculty members present in this awareness programme.

**6. Problems Encountered and Resources Required:** More participation of students required to achieve the goal.

## 7. Contact Details

Name of the Principal: Dr. Saurabh Chakraborti

Name of the Institution: Bidhannagar College.

City: Kolkata.

Pin Code: 700064.

Accredited Status: B<sup>+</sup>

Work Phone : 033-23374782 / 033-23374761

Website: [www.bidhannagarcollege.org](http://www.bidhannagarcollege.org)

Mobile: 9830575550

Fax:

E-mail: [bnciqac@gmail.com](mailto:bnciqac@gmail.com)



A Special Camp was organised by the NSS Unit of Bidhannagar College at Sanjog Community Hall, Duttabad, Ward No.38, under Bidhannagar Municipal Corporation, District – North 24 Parganas from March 21 to 27, 2023.

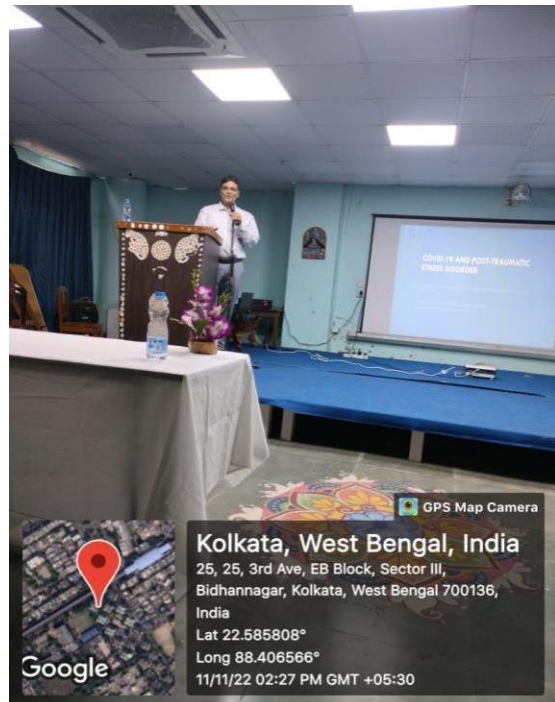
**Rotary** **IMAGINE ROTARY**

**Bidhannagar College**  
*National Service Scheme (NSS) Unit*  
*and*  
*Department Of Education*  
*In association with*  
*Rotary Club of Ganga Heritage, District 3291*

# HIV and AIDS AWARENESS SEMINAR

December 16, 2022  
 Seminar Hall, 4<sup>th</sup> Floor  
 2:00 pm

*Hon'ble Speaker*  
**Dr. SUMIT PODDAR. MBBS, MBA, Ph.D**  
*Critical Care Consultant and*  
*Secretary General, Association for Prevention and*  
*Control of Rabies in India (APCRI)*



An HIV/AIDS Awareness seminar was organized jointly by the NSS unit, Bidhannagar College and the Department of Education in association with the Rotary Club of Ganga Heritage, District 3291 on 16<sup>th</sup> December 2022.

## **Best Practice – II**

### **1. Title of the Practice (2022-23)**

#### **Enrichment Programme on Environmental and Cultural Perception**

**2. Goal:** Environmental and cultural perceptions impart knowledge about the current situation and future prospects of nature. It teaches people to explore all the problems related to environment, and engage in wise ways of preserving it. Environmental awareness programme to educate people with a notion “GO GREEN.” In this modern era, people are educated, but they are unaware regarding the destruction of mother earth. The objectives of environmental education is to gain awareness, knowledge, attitudes, skills and capacity building: Participation.

Cultural awareness helps us break down cultural barriers, build cultural bridges, and learn how to love, and appreciate those different from us. We can relate better to people with cultural differences as we begin to understand ourselves better. These results in more cultural connection and less cultural conflict. Culture includes what people actually do and what they believe. Culture influences greatly how we see the world, how we try to understand it and how we communicate with each other. Therefore, culture determines, to a great extent, learning and teaching styles.

### **3. The Context:**

Environmental perception has commonly been defined as awareness of, or feelings about, the environment, and as the act of apprehending the environment by the senses. Culture is that part of environment which has been created by human beings. As humans, students have now realized the need for environmental problems and how to protect them for their own sustainability. This engagement is intended to heighten awareness about environmental problems, build knowledge through education about the impact of human behaviors on nature, and change human behaviors to increase sustainability. People's *environmental* awareness must be roused because the *environmental* problem is coming from the mind which has been shaped by the *culture*.

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

#### **a) TAGORE DEATH ANNIVERSARY CELEBRATION AND TREE PLANTATION PROGRAMME ON 8<sup>TH</sup> AUGUST, 2022**

A cultural programme was organized by the College in memory of Sri Rabindranath Tagore on his death anniversary on 8<sup>th</sup> August 2022.

Tree plantation is significant because it is linked to our basic need for good food to eat and clean air to breathe. Aside from these necessities, they preserve biodiversity, conserve water, preserve soil, and control climate, among other things. On the same day, a Tree Plantation programme was held. The whole programme was conducted by the NSS unit in collaboration with the Cultural Committee and Bengali Department, Bidhannagar College

#### **b) SEMINAR AND POSTER COMPETITION ON ‘BEAT PLASTIC POLLUTION’ ON ‘WORLD ENVIRONMENT DAY’**

An interactive seminar on the theme ‘Beat Plastic Pollution’ was organized to commemorate ‘World Environment Day’ by the NSS Unit, Bidhannagar College in collaboration with the National Environmental Science Academy (NESA), West Bengal Chapter at Seminar Hall at 2 pm. Dr. Chelladurai Raghunathan, Scientist F and Additional Director, Zoological Survey of India graced the occasion as Chief Guest. Dr. Aniruddha Mukherjee, Professor, Department of Environmental Science, University of Calcutta delivered a lecture on the theme. A poster competition on ‘Say No to Plastic’ was organized on this occasion. Students from the Department of Botany, Education,

History, Microbiology and Zoology participated in this poster competition. This program took place on June 6, 2023.

**c) INTER- DEPARTMENT POSTER AND CULTURAL COMPETITION :**

Observation of Students' Week as per guidelines issued by the Higher Education Department, Government of West Bengal was held in the college from January 2 to January 07, 2023, organized jointly by the Cultural Committee and NSS committee. Separate committees organized Creative writing competitions, events related to WBSCCS/Different Scholarships etc. and online Photography/Quiz competitions among the students. Members of the Cultural committee organized the Drawing and Poster-making/ Cultural competitions.

**5. Evidence of Success:**

**a) TAGORE DEATH ANNIVERSARY CELEBRATION AND TREE PLANTATION PROGRAMME ON 8<sup>TH</sup> AUGUST, 2022**

A cultural programme was organized by the College in memory of Sri Rabindranath Tagore on his death anniversary on 8<sup>th</sup> August 2022. On the same day, a Tree Plantation programme was held. The whole programme was conducted by the NSS unit in collaboration with the Cultural Committee and Bengali Department, Bidhannagar College, the programme started with prayer and songs. Teachers and students planted saplings in the garden of our college campus. We also watered the trees and made fencing to protect the trees.

**b) SEMINAR AND POSTER COMPETITION ON 'BEAT PLASTIC POLLUTION' ON 'WORLD ENVIRONMENT DAY'**

An interactive seminar on the theme 'Beat Plastic Pollution' was organized to commemorate 'World Environment Day' by the NSS Unit, Bidhannagar College in collaboration with the National Environmental Science Academy (NESA), West Bengal Chapter at Seminar Hall at 2 pm. Dr. Chelladurai Raghunathan, Scientist F and Additional Director, Zoological Survey of India graced the occasion as Chief Guest. Dr. Aniruddha Mukherjee, Professor, Department of Environmental Science, University of Calcutta delivered a lecture on the theme. A poster competition on 'Say No to Plastic' was organized on this occasion. Students from the Department of Botany, Education, History, Microbiology and Zoology participated in this poster competition. This program took place on June 6, 2023.

**c) INTER- DEPARTMENT POSTER AND CULTURAL COMPETITION:**

On January 02 to January 07, 2023, Inter- Department Poster and Cultural Competition organized jointly by the Cultural Committee and NSS committee. It included Creative writing competitions, events related to WBSCCS/Different Scholarships etc. and online Photography/Quiz competitions among the students. Members of the Cultural committee organized the Drawing and Poster-making. There were 57 participants and 17 volunteers present in the programme.

**6. Problems Encountered and Resources Required:** More participation of students required to achieve the goal.

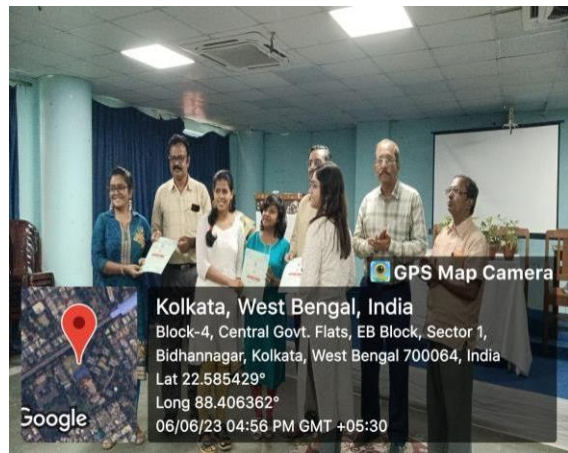
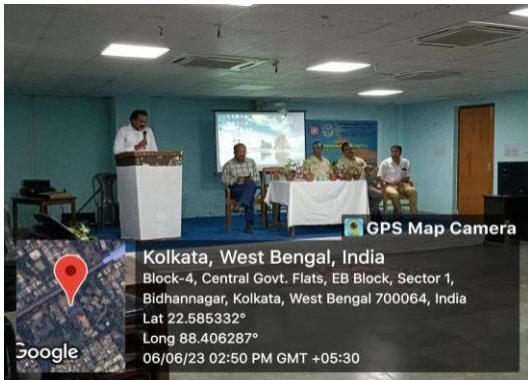
**7. Contact Details**

Name of the Principal: Dr. Saurabh Chakraborti  
Name of the Institution: Bidhannagar College.  
City: Kolkata.  
Pin Code: 700064.  
Accredited Status: B<sup>+</sup>  
Work Phone : 033-23374782 / 033-23374761  
Website: [www.bidhannagarcollege.org](http://www.bidhannagarcollege.org)  
Mobile: 9830575550

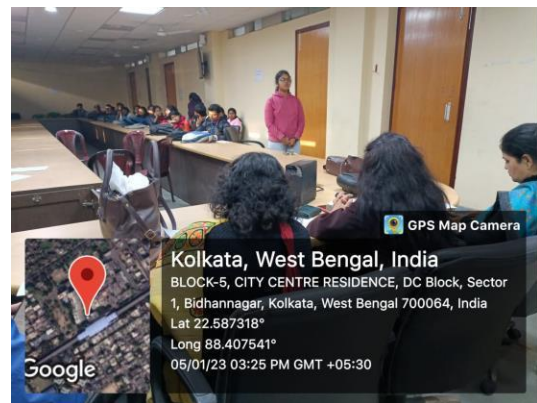
Fax:  
E-mail: [bnciqac@gmail.com](mailto:bnciqac@gmail.com)



**Tagore death anniversary celebration and tree plantation programme on 8<sup>th</sup> august, 2022**



**Seminar and poster competition on ‘beat plastic pollution’ on ‘world environment day’**



**Inter- department poster and cultural competition**