

## **Best Practice – I**

### **1. Title of the Practice (2019-20)**

## **Health awareness programme**

**2. Goal:** Health is an asset that helps us to maintain the balance between the life and 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.

**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

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

#### **i) AIDS AWARENESS PROGRAMME**

In order to mark World AIDS Day (1st December), the NSS Unit of Bidhannagar College, in collaboration with the Education Department of our college, arranged an awareness programme on AIDS on **27.11.2019**.

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. Keeping that in mind, we invited **Srimati Sumita Samanta, Deputy Director, Information Education Communication and Mainstreaming, West Bengal State Aids Prevention and Control Society (WBSAP&CS)** and **Sri Jagadish Jana, Assistant Director, WBSAP&CS**.

#### **ii) MOTIVATIONAL LECTURE ON BLOOD DONATION**

A motivational lecture was organised jointly by the NSS unit and the Alumni Association of Bidhannagar College on **26<sup>th</sup> August, 2019**. It is a conventional way of orienting students, the prospective donors, before organising a blood-donation camp.

This year, we were privileged to have as the speaker **Dr. Suchitra Ghosh, ex-reader in**

**the Department of Zoology, Bangabasi College.** Besides being an eminent ornithologist, she has been actively involved in blood donation related activities all around the state.

### iii) **BLOOD DONATION CAMP**

A Blood donation camp was organised jointly by the NSS Unit and the Alumni Association of Bidhannagar College on **27<sup>th</sup> August, 2019**. It is a regular event in our NSS calendar and is also much anticipated. There is considerable interest and enthusiasm amongst the students regarding this programme.

The programme was graced by the presence of Dr. Suchitra Ghosh, ex-reader in the department of Zoology, Bangabasi College and Dr. Madhumita Manna, Principal, Bidhannagar College. Only the day before, she had motivated the students of our college to actively take part in this endeavor.

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

Bidhannagar College NSS unit has 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) **In AIDS awareness programme, Srimati Sumita Samanta and Sri Jagadish Jana** with their thorough and lucid explanation of the fundamental aspects of the disease, kept the students captivated. Sri Jana, 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.
- b) During **motivational lecture on blood donation Dr. Suchitra Ghosh** addressed 86 students of the college on the necessity and significance of blood and blood donation. Her everyday classroom-based approach with the use of blackboard was very convenient for the students and created a favourable response.
- c) This year's **Blood donation Camp** ran till 4 pm, starting at 11am in the morning. In the presence of a 5 member's medical team, 79 students donated blood. Some teachers and members of non-teaching staff also contributed to this noble enterprise.

The participation of 26 NSS volunteers, 8 alumni members, 22 teachers and 7 staff members of the principal's office ensured the smooth running of the entire programme. A few minor cases of post-donation illness and nausea were immediately addressed by the medical experts present at the site.

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

## 7. Contact Details

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**AIDS AWARENESS PROGRAMME**



**MOTIVATIONAL LECTURE ON BLOOD DONATION**



**BLOOD DONATION CAMP**

## **Best Practice – II**

### **1. Title of the Practice (2019-20)**

## **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:**

Similar to the basic essentials of life like food, water, shelter, cleanliness also holds great significance in life. It is, in fact, one of the most important things for healthy living. The first and foremost importance of cleanliness is that it means the absence of disease. Cleanliness helps us stay refreshed and hygienic on a personal level.

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

**a) Campus Cleaning:** A drive was arranged by the N.S.S. unit of Bidhannagar College on the **13<sup>th</sup> of July, 2019.**

**b) Baishe Shrabon celebration:** A cultural programme was organised on **7<sup>th</sup> August 2019** by the NSS unit of Bidhannagar College in collaboration with the Cultural Committee of the college. It was in observance of the death anniversary of Kabiguru Rabindranath Tagore.

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

Bidhannagar College NSS unit has a vision and strong commitment towards the service of the society. The said unit is always involved with the activities related to cleaning of campus and awareness programmes on different issues on societal life among students.

- a) **College campus cleaning programme:** The College campus cleaning programmes were organized at its premises where NSS volunteers (divided into several groups) carried out a massive cleanliness drive. The waste material such as plastic and paper cup, papers, plastic and paper packets were collected from the campus lawn. Sprinkling of bleaching powder along with phenyl was also done over the open drains of the college campus.

After the class hours in the first half, 4 students and 8 teachers joined hands to remove weed from the surroundings of the college buildings. Stray trash from the college premises was collected and dumped in the proper place. And finally, bleaching powder was sprinkled at several corners of the campus for disinfecting purposes. Students exhibited enthusiasm and vouched to do this on a regular basis.

- b) **Baishe Shrabon celebration:** As a part of our observance of the day, we garlanded a portrait of Kabiguru Rabindranath Tagore and both the teachers and students took turns in celebrating his works by singing his songs and reciting his poems.

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

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**College campus cleaning programme**



**Baishe Shrabon celebration**