

Best Practice – I

1. Title of the Practice (2020-21)

Health awareness programme

2. Goal: Health is an asset that helps us to maintain the balance between the life and 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. These in turn generates the awareness among the students how to control and prevent those undesirable events. The novel corona virus infection (COVID-19) presents an important and urgent threat to global health at this moments. 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. Unhealthy one fails to feel happiness. Being unhappy can impact the health of people around us too. The college aims at the development of proper awareness of health and medical 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 webinars were conducted throughout this pandemic period.

4. The Practice:

a) One day webinar on 'Covid-19: medical challenges and social impact'

The recent Covid-19 pandemic has had significant psychological and social effects on the population. Closure of educational Institutions due to COVID-19 have brought significant disruptions to education across the world. In order to boost up students of this pandemic situation one day webinar on 'Covid-19: medical challenges and social impact' was jointly organised by Department of Anthropology (UG and PG) and IQAC, Bidhannagar College on July 14, 2020. Dr. (Prof.) Bhabatosh Biswas, President of Indian Association of Cardio Thoracic Surgeons & HOD - CTVS of R G Kar Medical College was the invited speaker of this webinar.

b) National Webinar on ‘Emergence of New Pandemics: New Challenges to Microbiologists’

On 5th August 2020, a National Webinar was jointly organised by the Post Graduate Department of Microbiology and IQAC, Bidhannagar College. This webinar is unique in the sense that this would enrich us with the information on the probability of upcoming various microbial diseases that may lead to new pandemics in near future. Dr. Abul Kalam Azad Mondal, Professor, Vellore Institute of Technology, Vellore, Tamil Nadu and Dr. Sanjeev Pandey, Associate Professor, Department of Botany, Banwarilal Bhalotia College, Asansole, West Bengal were invited as speakers in this webinar.

c) Webinar on Dengue Awareness

On 24th September 2020, an Webinar was organised on Dengue Awareness on the occasion of NSS Day Celebration. The programme was graced by the presence of Dr Ramdas Chatterjee, Professor, Department of Viral Associated Human Cancer Chittaranjan National Cancer Institute.

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) In one day webinar on ‘Covid-19: medical challenges and social impact’

Dr. (Prof.) Bhabatosh Biswas discussed with his thorough and lucid explanation of the fundamental aspects of the disease. He vividly explained the need for social distancing and the removal of the stigma for better handling of this viral disease. The webinar was conducted on Google Meet platform with the active participation of 98 students. Principal, Dr Madhumita Manna inaugurated the programme by welcome speech. The programme was rounded off by a vote of thanks from Dr. Bandana Chakraborty, Head and Associate Professor, Department of Anthropology, Bidhannagar College.

b) National Webinar on ‘Emergence of New Pandemics: New Challenges to Microbiologists’

Dr. Abul Kalam Azad Mondal illuminated the students with his thorough explanation regarding various microbial aspects of the disease. Dr. Sanjeev Pandey, Associate Professor, Department of Botany, Banwarilal Bhalotia College gave us ideas of various microbial aspects by his lucid explanation. The webinar was conducted on Google Meet platform with the active participation of 83 students. The programme was rounded off

by a vote of thanks from Dr. Abdul Kalam, Head, Department of Microbiology, Bidhannagar College.

- c) During the Webinar on Dengue Awareness Dr Ramdas Chatterjee addressed 86 students of the college on the necessity and significance of blood and blood donation. From this webinar students are benefitted by getting the ideas of basic do's and don'ts during this pandemic situations given by Dr. Utpal Chatterjee.

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

7. Contact Details

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Name of the Institution: Bidhannagar College.

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Accredited Status: B⁺

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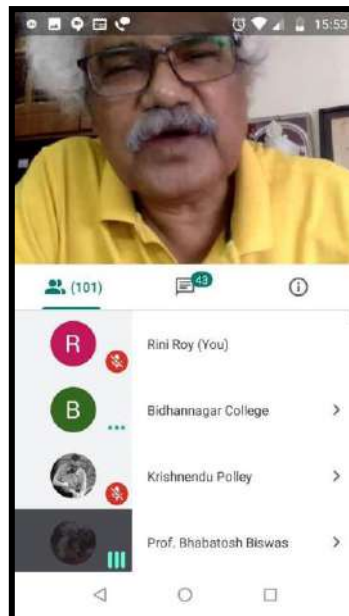
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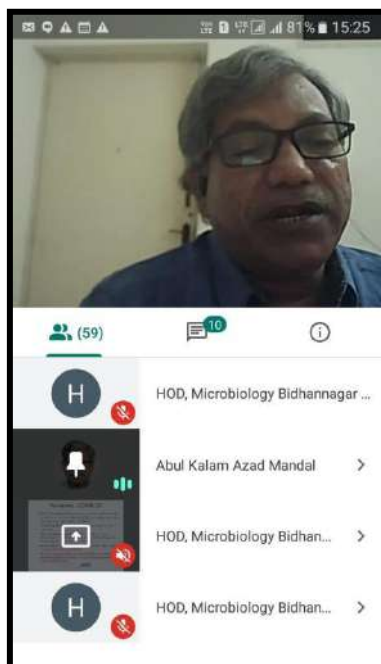
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One day webinar on ‘Covid-19: medical challenges and social impact’, jointly organised by Department of Anthropology (UG and PG) and IQAC, Bidhannagar College, Government of West Bengal, July 14, 2020.



National Webinar on ‘Emergence of New Pandemics: New Challenges to Microbiologists’ jointly organised by Post Graduate Department of Microbiology and IQAC, Bidhannagar College, Government of West Bengal, August 5, 2020.

Best Practice – II

1. Title of the Practice (2019-20)

Enrichment Programmes 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 programmes are conducted 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 create awareness, knowledge and attitudes towards nature.

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 behaviours on nature, and change human behaviours 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) **Baishe Shrabon celebration:** As a part of our observance of the day, a cultural program was performed by faculty members and students of Bidhannagar College, Kolkata to pay homage to the great poet Rabindranath Tagore on the occasion of Baise Srabon on 7th August 2020. YouTube link was provided for the said programme.

b) **Tree plantation program on 15th August:** 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 auspicious day of 15th August Tree Plantation Drive was taken by

NSS UNIT OF Bidhannagar College jointly with Rotary District 3291 for the Rotary International Year 2020-2021.

5. Evidence of Success:

a) **Baishe Shrabon celebration:** A cultural programme was organised on 7th August 2020 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. 66 students participated in this programme. You Tube steaming was done of this program.

b) **Tree plantation program on 15th August:** There are several benefits of taking care of and planting of trees in college campus, such as it improves the overall aesthetics of campus and provide shade, improves air quality etc. On 15th August, 2020 nearly 14 plant samplings were planted within the college campus.

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

7. Contact Details

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Baishe Shrabon celebration