

Best Practice – I

1. Title of the Practice (2021-22)

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. The novel corona virus disease 2019 (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. 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 webinars were conducted throughout this pandemic period.

4. The Practice:

a) Covid 19 Vaccination Camp:

The Coronavirus outbreak has challenged the whole world. Constantly, the experts and authorities are working to develop the vaccines. Therefore, we can also do our bit and adopt preventive measures to limit the spread of this disease. The major goal is to get the vaccine to everyone so that we can go on and about with our normal lives. A COVID Vaccine Certificate (CVC) issued by the government offers an assurance to the beneficiary on the vaccination, type of vaccine used, and the provisional certificate also provides the next vaccination due. It also is an evidence for the citizen to prove to any entities which may require proof of vaccination. Vaccination not only protects individuals from disease, but also reduces their risk of spreading the virus. Therefore, there could be a requirement in future to produce certificate for certain kind of social interactions and international travel. A Vaccination camp was organised in the college campus to get the students and the staff vaccinated either 1st dose or 2nd dose with prior registration or spot registration, October 4, 2021 with the help of Bidhannagar Sub Division Hospital.

b) Thalassaemia Awareness Webinar, Camp and Thalassaemia Screening

Thalassemia is one of the silent assassins of our society. As a disease it is well-nigh incurable and brings limitless misery to the sufferer as well as to their family. Yet, a few simple steps are enough to prevent this disease and to eradicate the curse from the face of our planet. All we need is to be aware. A programme on Thalassaemia awareness is, therefore, a regular fixture in our NSS programme calendar. This year, in spite of the pandemic-induced lockdown, we managed to organize a webinar on this theme. It was held on the **27th of July, 2021** on the Zoom platform, in collaboration with the Thalassaemia Awareness and Prevention Committee, Rotary International District 3291. The webinar started at 5p.m. on the said date. The meeting was graced by the presence of Sri Prabir Chatterjee, District Governor of Rotary International District 3291, other dignitaries from the institute, and Sri Tapomay Das, Officer-in-Charge of Bidhannagar College. A Thalassaemia Awareness Camp also was held on **6th April 2022**. This year's awareness camp, like last year, was held in collaboration with the Thalassaemia Awareness and Prevention Committee, Rotary Club of Ganga Heritage, Rotary International District 3291. Several members of the club were present as dignitaries. The chief speaker in the programme was Dr. Ramendu Homchaudhuri. Dr. Homchaudhuri, a veteran in this field, spoke elaborately and lucidly on the three simple steps that need to be followed for Thalassaemia eradication, viz. testing oneself, testing one's prospective spouse before marriage and a test during pregnancy if both the partners are carriers. His address was punctuated by anecdotes and real life cases that he has experienced in his long career dealing with this disease. Following the awareness camp held on the day before, a Thalassaemia screening camp was held in the college premises on **7th April 2022**.

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) Covid 19 Vaccination Camp:

Bidhannagar College in association with the Sub Divisional Hospital, Bidhannagar organized COVID -19 vaccinations Camp on 4th October 2021 in the College Campus. Vaccination was done by the Nursing and Technical staff members of the Hospital. During the camp, 46 staff and students of the College got vaccinated with Covishield vaccine. Among them 11 got first dose and 35 vaccinated by second dose. Teaching, Non –Teaching staff and students of the College helped generously to the smooth conduct of the camp. Officer-in –Charge, Mr Tapamoy Das, expressed his gratitude to the doctors and the supporting staff of the Sub Division Hospital Bidhannagar for this Vaccination camp.

b) Thalassaemia Awareness Camp and Thalassaemia Screening

During the Webinar after brief addresses were followed by a lecture by the Chief Speaker of the event, Dr. Ramendu Homchaudhur. Dr. Homchaudhuri, a veteran in this field, spoke elaborately and lucidly on the three simple steps that need to be followed for Thalassaemia eradication, viz. testing oneself, testing one's prospective spouse before marriage and a test during pregnancy if both the partners are carriers. His address was punctuated by anecdotes and real life cases that he has experienced in his long career dealing with this disease. A total of 112 participants, inclusive of students (80) and teachers, listened to the programme online and were immensely benefitted. IN the Camp on offline mode the students, teachers and non-teaching staff of the college attended the programme. The students and teachers interacted with the qualified medical practitioners sent by the Haematology Department of the NRS Medical College, Kolkata regarding Thalassaemia and the students enjoyed thoroughly the seminar and they learned a lot about the subject. Around 80 students and 32 teachers were present in the programme. Following the awareness camp held on the day before, a Thalassaemia screening camp was held in the college premises on 7th April 2022. More than hundred screenings — 96 students and 7 teachers — were done by able and qualified medical practitioners sent by the Hematology Department of the NRS Medical College, Kolkata.

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

7. Contact Details

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A Vaccination camp was organised in the college campus to get the students and the staff vaccinated either 1st dose, or 2nd dose with prior registration or spot registration, October 4, 2021.



Thalassaemia Awareness Camp was organized as a part of World Health Day Celebration by NSS unit, Bidhannagar College in collaboration with Rotary Club of Ganga Heritage, Kolkata District 3291 and Department of Haematology, NSS Medical College at Seminar Room on 6th and 7th April 2022.

Best Practice – II

1. Title of the Practice (2021-22)

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) Tree Plantation Programme on 13th 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. Tree plantation Programme was organised in Bidhannagar College campus by NSS unit, Bidhannagar college in association with Rotary International District 3291, August 13, 2021 with Rotary International District 3291 organization. Our Officer-in-Charge gave a passionate speech about the significance of tree plantation programme and the importance of trees and plants to make the area full of greenery and to reduce the effects of global warming.

b) WEBINAR ON ENVIRONMENTAL CHALLENGES AND MANAGEMENT STRATEGIES, 2022

Environmental awareness features prominently among the objectives of the National Service Scheme. Several programmes aimed at orienting the students towards the conservation of the environment are held every year by the NSS unit of Bidhannagar College. Such programme was held this year on the 7th of February in the form of a webinar on 'Environmental Challenges and Management Strategies'. The webinar was organised jointly by the NSS Unit and the Internal Quality Assurance Cell of our college and was held on the Google Meet platform 3pm onwards. Among the speakers was Mr. Tapan Saha, retired senior scientist, Institute of Environmental Studies and Wetland Management, Kolkata. He spoke on 'Water Pollution and Water Resource Management'. His deliberation was followed by a lecture on 'Greenhouse Effect and Global Warming' by Dr. Kashinath Bhattacharya, retired professor of Botany, Visva-Bharati, Santiniketa.

c) Inter- Department Poster and Cultural Competition :

On the occasion of 'National Science Day', the college celebrated this day on 28.02.2022 through the presentation of posters by the students. The topic of the posters was "Science from different perspectives" (English) or "Nana Angike Bigyan bhabona" (Bengali). Prof. Achinta Kumar Sarkar (HOD, Department of Chemistry) and Prof. Debesh Roy (HOD, Department of Statistics) were the judges of the poster presentation. The program was inaugurated by the Principal, Bidhannagar College. Welcome address was given by TCS, Dr. Lina Sen. Then inaugural speech was delivered by the Principal, Bidhannagar College. Inter departmental Cultural Competition was organized by Cultural Committee, Bidhannagar College on Rabindra Sangeet/ Nazrul geeti/ Atulprasad/ Rajanikanta/ Dwijendrageeti, Bangla Adhunik, Instrumental (Rabindra Sangeet), Classical Dance, Contemporary Dance, Recitation, Extempore and Debate on 12th and 13th April 2022. The program was a grand success. Winner of these programmes were awarded in the prize distribution ceremony held on 10th June, 2022.

5. Evidence of Success:

a) Tree plantation program on 13th August

Bidhannagar College NSS unit organized a tree plantation programme on 13th August 2021 prior to Independence Day with Rotary International District 3291 organization. The programme started with prayer and songs. 13 teachers and Rotarian participated in this programme. Rotary International District 3291 organization presented 20 saplings to our NSS unit. Officer-in-charge, Teachers and guests started planting saplings in the garden of our college campus. We also watered the trees and made fencing to protect the trees. Our Officer-in-Charge gave a passionate speech about the significance of tree plantation programme and the importance of trees and plants to make the area full of greenery and to reduce the effects of global warming. The event ended with an oath to protect our environment by conducting such tree plantation programme to establish the worth saying - "One Tree, One Life".

b) WEBINAR ON ENVIRONMENTAL CHALLENGES AND MANAGEMENT STRATEGIES, 2022

The webinar was organised jointly by the NSS Unit and the Internal Quality Assurance Cell of our college and was held on the Google Meet platform 3pm onwards. Among the speakers was Mr. Tapan Saha, retired senior scientist, Institute of Environmental Studies and Wetland Management, Kolkata. He spoke on 'Water Pollution and Water Resource Management'. His deliberation was followed by a lecture on 'Greenhouse Effect and Global Warming' by Dr. Kashinath Bhattacharya, retired professor of Botany, Visva-Bharati, Santiniketan. Both the lectures were highly engaging as was made evident by the questions that followed. The programme was attended by 85 participants.

c) Inter- Department Poster and Cultural Competition :

There were approximately 38 posters. The duration of the programme was from 2 pm to 5 pm. Five posters each from department of Botany, Chemistry, Microbiology, Mathematics and Physics won the best poster award. Each and every student received participation certificate. Best poster awards were distributed in the Prize distribution ceremony on 10th June 2022. Ten faculty members were present in the National Science Day Committee. They were Dr. Kajari Lahiri (Botany), Dr. Syamali Bhadra (Mathematics), Dr. Ketaki Dutta (English), Dr. Shoumyasree Sen (Education), Dr. Rini Roy (Microbiology), Dr. Biswatosh Ghosh (Zoology), Mr. Kaushik Bhattacharya (Anthropology), Dr. Supriya Chatterjee (Physics), Dr. Susanta Kumar Manna (Chemistry) and Mr. Soumyadeep Das (Statistics). The programme was conducted by

Dr. Ketaki Dutta. The event took place at seminar room of new science building 4th floor. The evaluation process was completed on 03.03.2022. Lots of enthusiasm from the students was observed in this program. Total numbers of participants were more than 100. A vast number of enthusiastic students participated in the two days cultural competition. Winner of these competition were awarded in the prize distribution ceremony.

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

7. Contact Details

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Tree Plantation Programme

**Internal Quality Assurance Cell (IQAC)
&
National Service Scheme (NSS) unit
of
BIDHANNAGAR COLLEGE
Kolkata**

are jointly organizing a one-day webinar
on

“Environmental Challenges and Management Strategies”

7th February, 2022.

Google Meet joining info
Video call link: <https://meet.google.com/axx-kacu-qyl>
Students are asked to join 15 minutes before the commencement of the programme.
The link of the feedback form will be shared at the end of the programme in the chat box by the Technical Support Team, BNC.



Mr. Tapan Saha
Retired Senior Scientist
Institute of Environmental Studies and Wetland
Management, Kolkata.

Lecture on “Water pollution and water resource
management” at 3:00-4:00 pm



Dr. Kashinath Bhattacharya
Retired Professor of Bioregry
Visva-Bharati, Santiniketan

Lecture on “Greenhouse Effect and Global
Warming” at 4:00-5:00 pm

IQAC and NSS unit of Bidhannagar College jointly organized a one-day webinar on “Environmental Challenges and Management Strategies” on 7th February 2022.



Glimpses of Classical dance, Rabindra Sangeet, Instrumental, Drawing competition



Rabindra-Nazrul Jayanti and Prize distribution Ceremony was held at Seminar room on 10th June 2022.