

## **Best Practice – I**

### **1. Title of the Practice (2023-24)**

#### **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. Thalassaemia Awareness Seminar and Screening**

A programme on Thalassaemia awareness is, therefore, a regular fixture in our NSS programme calendar. This year's thalassaemia awareness camp and screening camp was held in collaboration with the Thalassaemia Control Unit, B C Roy PGIPS. Our Principal Dr. Saurabh Chakraborty gave the inaugural speech and encourage students for screening themselves. Mrs. Madhumita Samanta, counselor elaborately and lucidly explain 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. Screening of around 61 students was done. 7 faculty members were present in the programme.

## **II Awareness Programme on HIV-AIDS and Blood Donation**

The National Service Scheme Unit of Bidhannagar College with association with West Bengal State AIDS Prevention and Control Society organized an awareness campaign on HIV/AIDS and Blood Donation on 9<sup>th</sup> May 2024. Keeping that in mind, we invited Mr. Smarajit Ray, Assistant Director (VBD), Blood Transfusion Service Division, Dept. of Health and Family Welfare, Govt. of West Bengal as our honourable speaker. The programme was chaired by Prof. Dr. Nimai Chandra Saha, Principal, Bidhannagar College and he gave the Welcome Address. Mr. Smarajit Ray with his thorough and lucid explanation of the fundamental aspects of the disease, kept the students captivated. In first part he tried to create awareness on HIV-AIDS among students and in 2nd session he aware the students on the importance of blood donation and different government initiative regarding the matter. He vividly explained the need for social acceptance and the removal of the stigma for better handling of the disease and made us aware about the misconceptions about Blood donation and HIV.

## **III. Seminar cum Workshop on Awareness and Importance of YOGA in daily life**

On the occasion of 10th International Yoga Day, NSS unit of Bidhannagar College celebrated the day with enthusiasm and passion. At beginning of the programme, introductory speech was given Prof. Dr. Nimai Chandra Saha, Principal, Bidhanngar College. Our prime resource person Dr. Malay Kumar Mukhopadhyay, State NSS officer and JDPI, Education Directorate, West Bengal, delivered a lecture on YOGA, its origin and importance in daily life specially for young students. He explains how YOGA helps them to make fit and relive themselves from stress. Then he demonstrated few YOGA postures to our students and trained them individually. They learnt the different yoga with great interest.

## **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.

Effective thalassemia management requires stricter enforcement of standardized blood screening guidelines. Collaboration between patient advocacy groups and healthcare providers can address concerns about blood safety, transmission risks, and social stigma through accurate information

dissemination. Implementing advanced screening methods is crucial, but robust implementation is also key.

Mrs. Madhumita Samanta in her address has focused on strategies to control thalassemia like educating health professionals, school and college students, pregnant women and the population at large, establishing prenatal diagnosis facilities in different regions of the country, setting up a greater number of Day Care Centers for managing existing thalassemia patients and developing cost-effective facilities for stem cell transplantation across the country.

#### **b) Awareness Programme on HIV-AIDS and Blood Donation**

Mr. Smarajit Ray's address focuses on how the major route of transmission of HIV/AIDS is still the heterosexual route followed by parent to child and 1% among injectable drug users. The sexual mode of transmission is well known to the audience and the fact that polygamy can increase the risk of HIV/AIDS is known as well. Mr. Ray mentioned that in India, access to safe blood is possible through blood banks including blood separation units and model blood banks. 113 students, 10 faculty member participated in the programme.

#### **c) Seminar cum Workshop on Awareness and Importance of YOGA in daily life**

Dr. Mukhopadhyay mentioned how college students have to adapt to new social situations, rigorous academic workload, and greater financial responsibilities. Not coping well with transition has been correlated with lower course grades and decreased social and general problem-solving ability. Failure to effectively deal with stress can cause anxiety. Both stress and anxiety are known to negatively affect concentration, memory, problem-solving skills, and academic performance, often leading to illness, depression, avoidance, and other psychosomatic and/or physical problems. Yoga can be a possible remedy for the above mentioned conditions.

36 students and 30 faculty member was participated in this programme

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

Limited supply of funding to plan and execute events. Lack of motivation amongst students.

## **7. Contact Details**

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Name of the Institution: Bidhannagar College.

City: Kolkata.

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

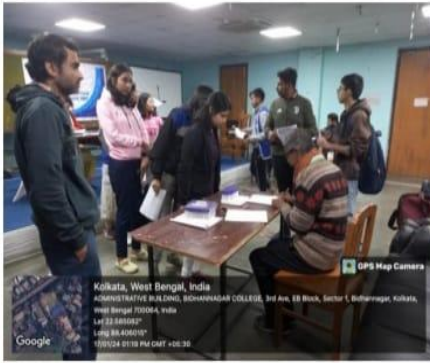
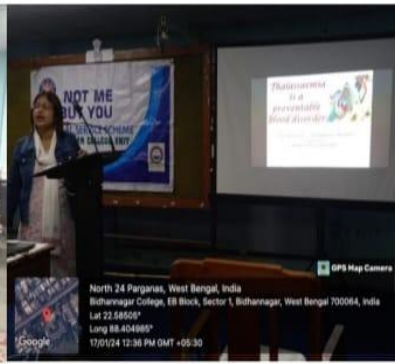
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## Thalassemia Awareness Seminar and Screening



Awareness Programme on HIV-AIDS and Blood Donation





Seminar cum Workshop on Awareness and Importance of YOGA in daily life

## **Best Practice – II**

### **1. Title of the Practice (2023-24)**

#### **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**

Bidhannagar College NSS Unit organized a Tree Plantation Program on 18.07.2023 with the aim of contributing to environmental conservation and promoting sustainable practices. The initiative aimed to raise awareness about the importance of trees in mitigating climate change, improving air quality, and enhancing biodiversity.

Objectives:

- To promote environmental conservation and sustainable development.



- To raise awareness about the importance of trees in combating climate change and improving air quality.
- To encourage active participation of NSS volunteers and community members in tree plantation activities.
- To contribute to the greening of public spaces and enhancing biodiversity.

## **b) Earth Day celebration 2024**

### **Seminar on “Planet vs Plastic”**

On the occasion of Earth Day Bidhannagar College NSS Unit organized an awareness seminar on “Planet vs Plastic”, which was the theme of Earth Day 2024. Prof Dr. Nimai Chandra Saha, Principal, Bidhannagar College delivered the lecture. His speech focused on the various hazardous effects of plastic on biodiversity and environment. He urged the students not to limit the usage of plastic as far as possible. The programme followed by vote of thanks given by TCS Dr. Sudip Kumar Ghosh. 35 teachers and 85 students and NSS Volunteer were participated in this event.

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 (NESAs), 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) Tree Plantation Programme outside the college**

Bidhannagar College NSS unit organized a tree plantation programme on 26<sup>th</sup> June e2024 at Kendriya Vidyalaya, Saltlake. Mango, Kathchapa, Jam, Bokul, Radhachura saplings were planted. The event ended with an oath to protect our environment by conducting such tree plantation drives in the future as well.

## **d) Rabindra Jayanati Celebration**

A dance Drama titled “Nohi debi-Nohi samanya naari” based on Tagore’s famous creation Chitrangada was staged jointly by the teachers and students of various departments. The entire Dance drama was seen in rapt attention and immensely appreciated by the audience as this piece

put forward the absolute crisis related to gender politics and women empowerment as well as human relationship.

The event began with a solemn inaugural ceremony in the Bidhannagar College Seminar room. Esteemed guests, faculty members, students, and Tagore enthusiasts gathered to mark the occasion. The ceremony commenced with a floral tribute to Tagore's portrait. A brief message delivered by the Principal Dr Saurabh Chakraborty followed by a composition of a "Geeti Alekhya" comprising of some poems and songs of Rabindranath Tagore. The program was concluded by the speech of the Secretary of Teachers' Council Dr Sudip Ghosh.

#### **e) Cultural competition 2023**

The Annual Cultural Competition of Bidhannagar College was held in the college premises in a befitting manner on 13<sup>th</sup> October 2023. This day-long vibrant program was organised by the Cultural Committee, Bidhannagar College and presided over by the Principal of the College, Dr Saurabh Chakraborty. In his speech Dr Chakraborty gave much importance to the need of conducting such programmes for holistic expansion of each student's academic world.

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

#### **a) Tree Plantation Programme**

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) Earth Day celebration 2024**

##### **Seminar on "Planet vs Plastic"**

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### **c) Tree Plantation Programme outside the college**

Tree plantation and preservation are deeply rooted in environmental conservation, sustainable development, and the promotion of green spaces. These practices are crucial components of efforts to address environmental challenges such as deforestation, habitat loss, climate change, and the overall degradation of ecosystems. 5 students and 3 teachers and non-teaching staff actively participated in this tree plantation drive.

### **d) Rabindra Jayanati Celebration**

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### Cultural competition 2023



### RABINDRA JAYANTI CELEBRATION





**Earth Day celebration 2024 - Seminar on “Planet vs Plastic”**



**Tree Plantation Programme outside the college**