

ACADEMIC SESSION-2021-22

Best Practice-1

Health Awareness Programme

- A) **Objects-** 1.To promote and protect students' physical, social, emotional, and mental well-being by supporting homemade food and avoid street foods.
- 2..To organize health promotion activities and community involvement programs.
- 3.To create awareness and educate students /people about healthcare.
4. To identify and address health issues in a student/ community.
- 5.To promote preventive healthcare and reduce the incidence of disease
- 6.Maintain a balanced and healthy diet.
- 7.Practice mindful eating. Avoid harmful chemicals in their lives by being health-conscious consumers and exercise regularly.
- 8.By raising Students/public awareness about important health issues, healthcare campaigns can reduce ill-health and premature deaths from diseases that are treatable if they are addressed in time. The importance of health awareness campaigns lies in giving people the opportunity to take accountability for their health.
9. to improve the health and well-being of all citizens of India, with a particular focus on those from low-income households

B) **Context-** As the saying goes, “health is wealth”, if our body is healthy,

our mind will be healthy, and if our mind is healthy, we will do anything . **We know that Regular physical activity provides important health benefits for chronic disease prevention and also** Cancer Prevention, Strengthen the bone, our heart , Healthy Weight , Independent Living etc. We will focus on all activities starting from education, as a result of which our students, staffs, our family, our society and our country will be driven towards progress. And in that direction, the current government of India and the United Nations has adopted various plans, plans, programs, whose main goal is to keep the human body healthy. The Government of India currently mandates the observance of Yoga Day, World and National Health Awareness Day primarily with the objective of creating healthy, strong, and health conscious citizens who will be the key to future prosperity. A sick, weak body harbors various diseases, any person becomes a mental patient. Aiming at that direction. So that our Institution, Kabi Nazrul College has adopted Health Awareness Program mainly to make students aware about their bodies. Boys and girls in remote villages are not health conscious, they have almost no knowledge about hygiene. They are used to eating almost street food .There are many superstitions in their minds, many of them take traditional treatment of their village, in case of any disease. In many cases death is

due to ignorance. Therefore, this Institution felt the need to adopt various program plans to create awareness about the problem. Regular exercise, physical exercise removes many diseases from the body, the average life expectancy of people increases, the body becomes disease-free, NSS, NCC and Physical Department can play a good role to create awareness in this regard.

D)Practices- This institution has adopted the program with a holistic view, starting from the students to the faculty, non-teaching staff so that there is no difficulty in the teaching-learning, administrative and academic fields. NCC, NSS and Physical Department of our college have adopted various plans, programs to create health awareness among the students. National Health Awareness Day, Yoga Day is observed every year. NSS department visits their adopted villages by sending students to make the villagers aware about their health. Besides, Programme officers of the National Service Scheme (NSS) in the college makes students aware of health through various programmes and they have arranged a rally for campaigning by students on roads and college campus. Mental and physical fitness of students is maintained through various tasks of national service projects. Apart from this, the physical department of our college regularly conducts physical exercises for the students, takes various programs on health, and takes classes for the students to be aware of health. Again NCC makes students health conscious through departments and their programmes. The institute brings a yoga expert on Yoga Day to show the students how to exercise. An ophthalmologist was brought in to examine the students' Eyes (chokes) and also staffs. In a pandemic situation, college authorities as well as faculty members give various advices, instructions, counseling to the students so that they do not break down mentally. How students will be outside, aware of the body while doing it is made aware through Google Class. In the post-lockdown phase, sufficient quantities of these items (Musk, Sanitizer etc.) are kept in the college for every staff, student and student to use masks and sanitizer. College authorities also give instructions so that students do not spit everywhere. Every toilet in the college is regularly cleaned with phenyl and bleaching powder. Every faculty gives lectures on hygiene and health to the students during free time.

F) Problems- Many of us are not aware about health, not only students but also college staffs neglect health. Again, most of the students in this college come from the rural areas (village), they cannot leave the traditional habits of the village environment. Most of the guardian of students in the village are not aware of their health due to education and economy, many are superstitious. As a result, the main purpose of the college program is disrupted in many cases. Moreover, the college does not have enough money to maintain the hygiene of the college.

F) Pictures and documents for Health awareness Programme



Yoga Practices



Yoga Practices



A

Girl

Student

showing

Yoga



Students Listening lectures regarding “what is role of women in society for plastic free Earth , on the International Day Women in College room



All are observing Yoga Day



A Boy showing Yoga and Dr. S. Chatterjee delivering lecture about Yoga.



A Girl showing Yoga and Dr. M Gupta Lecturing about Yoga

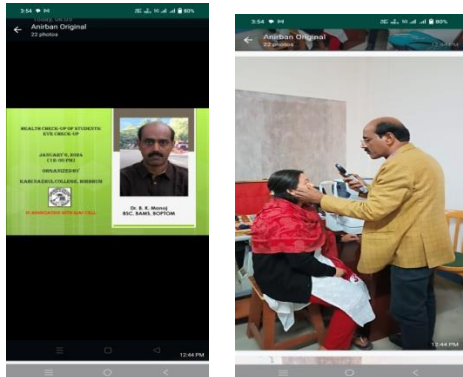
And Dr. M.Gupta delivering lecture about Yoga



Ram Sadhu, Expert of Yoga, showing Yoga



A. Singh lecturing about Yoga



A Eye specialist Dr. checking eyes



A Eye specialist Dr. testing eyes of college

	students
	
<p>Dr. A.A. T. Hossan lecturing about Yoga in a class with projector</p>	

Season-2021-22

Best Practice-2

Title- Plastic free Campus -

- A) Objects- 1.No plastic, no pollution in the college campus
- 2.” “Protect the Campus: avoid plastic, and protect the Earth .” “Say no to plastic, make Earth magic.” “Use less plastic, love Institution more, and to protect human Life, ecosystems and endangers animal lives.
 - 3.To growth physical sound and mental energetic of the students and create a green mind.
 4. To clean the college campus, environment as well as Earth.
 5. To practice to use alternative carry bags, and other purpose by the students and staffs, avoid to plastic pollution in the campus as well as sea and on land
 - 6.The initiative aims to establish campus, environment-friendly plastic waste disposal solutions. In the process it seeks to ban the use of plastic bags and plastic products, and reduce plastic littering across the campus as well as state. Say no to disposable plastic cutlery, plastic straws and other single-use plastics
 - 7.”Prohibit the use of single-use plastics on campus, including plastic bags, bottles, and utensils, to reduce plastic pollution and promote eco-friendly alternatives such as biodegradable or reusable materials.

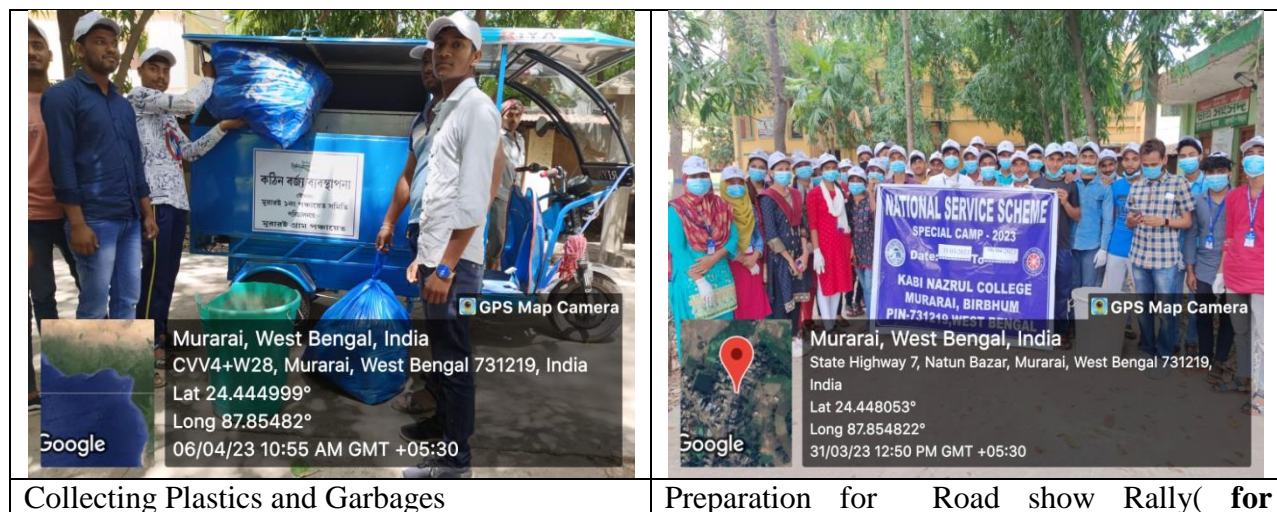
B) Context-According to the reports for year 2017-18, Central Pollution Control Board (CPCB) has estimated that India generates approximately 9.4 Million tones per annum plastic waste, (which amounts to 26,000 tones of waste per day), and out of this approximately 5.6 Million tones per annum plastic waste is recycled (i.e. 15,600 tones of waste per day) and 3.8 Million tones per annum plastic waste is left uncollected or littered (9,400 tones of waste per day)⁶. As the world's population grows, and more cities, and industries are built, temporary development is taking place, resulting in excessive plastic use around the world. The result of which is serious, the pollution is increasing, canal, bills, rivers, canals, sea and land are all polluted by plastic. In the field of agriculture, farming is becoming difficult. The entire environment is littered with plastic. Environment is facing challenges today. Our Kabi Nazrul College is located in a remote area, most of the boys and girls are not aware of the environment. They have no idea what plastic can do to us. Excessive use of plastic litters the campus and causes visual pollution, and is bad for the body as well. It is also bad for plants. So the said program has been adopted to keep the college campus beautiful, clean and tidy. Taking this initiative so that students can dispose of their own plastic waste in designated dustbins. Plastic infection causes disease. Not only this campus, so that a student can make the environment of his own village, as well as the environment of this world, beautiful and alive, taking the program. If the college has a clean, beautiful environment, the mind will be healthy, which is beneficial for teaching and learning. This new generation will make the world healthy and beautiful.

C) Practices- Dustbins have been provided at various places in the college campus to ensure that no plastic is used, garbage is transported. Starting from various departmental rooms, college balconies, office rooms, principal rooms, and empty spaces of the college campus, plastic dustbins have been provided as much as possible, so that the students can throw away their used plastic items. College authorities have issued guidelines to ensure that students and staff do not bring plastic items to the college as much as possible, and use less plastic items. Eating gutka, bean masala is prohibited, college authorities always keep an eye on not throwing plastic food packets anywhere. The NSS department of the college regularly collects the plastic items lying around the campus and keeps them in designated dustbins. Not only NSS department, NCC department and every staff cooperate in this matter, so that the college is clean. Swachha Bharat Abhiyan, which is organized by the Central Government, is observed every year in the college. Every year World Environment Day and National Environment Day are observed through various activities/programmes. The main goal of which is to save the environment and sustainable development. Faculty of Botany, Zoology and Geography departments make students aware of environment in their classes. On World Environment Day, National Environment Day, and Swachh Bharat Abhiyan Day, lecture programs are organized in college rooms to sensitize students about environment. NCC and NSS departments impart knowledge about the environment to the students and they have arranged a rally for campaigning by students on roads and college campus. The teachers of the Environmental Science Department constantly make the students aware of the environment, how the environment is polluted, why we should not use plastic, how plastic is harming our environment, our flora, agriculture etc.

How the environment is being destroyed, how much warming has increased, the use of plastic is harming the environment around us, this world. “World Science Day” is observed, on this occasion an international seminar is organized by the science department of our college, various issues related to the environment are discussed there, from the faculty to the students in our college have enriched by the seminar, and also the department organized a competition among the students and distributed prize among the students. Its main goal is to make college campuses plastic free, create healthy and green minded students, and create an academic environment, while making the world pollution free.

D) Aspects of Problems - Like in every society, some students in our college, orders, instructions, advice of the institution mean nothing. Also, few staffs of the Institution is not very aware of the environment. So the Institution has to face many hurdles to make free plastic campus. College students hailing from remote villages are not very aware of the environment. How harmful is plastic in our body, how much is harming the environment ? They don't know how much visual pollution; some again do wrong even knowing. Inspire of giving notice, very few students eat Gutkha, Paan Mashala, Paan Parag and throw the packet in the room, or in the balcony of the college or in the bathroom of the college, in the empty place or even in the common room. Very few students eat Gutka and throw pitch in the corner of the room, the corner of the stairs, and spit. Despite the ban, some students throw plastic-bags, plastic packs in the college campuses instead of designated Dustbin. As a result in some cases the college authorities have to face hurdles in making the college clean and plastic free. However, after many efforts, college campuses have been largely plastic-free.

Pictures and Documentations



Collecting Plastics and Garbages

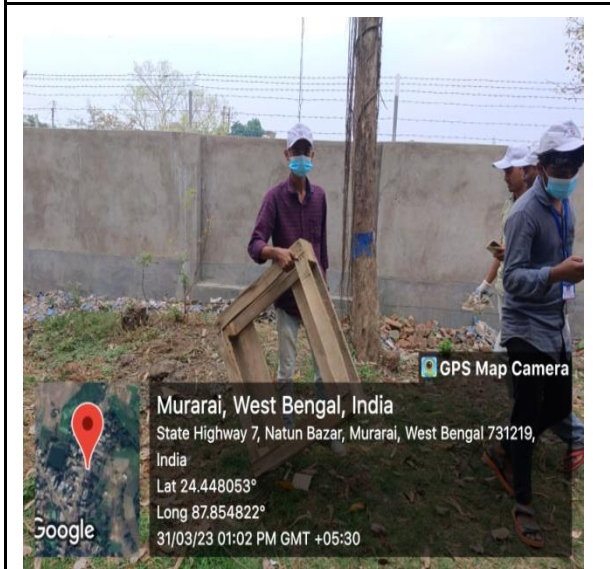
Preparation for Road show Rally(for

Campaigns) by NSS

Swachh Bharat Rally and Collecting Garbage



Swachh Bharat Rally and Observing World Environment Day



Collecting Plastics and Garbage by NSS



Collecting Garbage



Collecting



Plastic