

OFFICE OF THE PRINCIPAL
DR. B.K.B. COLLEGE

P.O. : Puranigudam, Nagaon - 782141 (Assam)

Estd. 1967

From :

Dr. Nijhen Ch. Das

Principal & Secretary

Dr. B.K.B. College, Puranigudam

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Ref. No.

Date



BEST PRACTICE II

Dr. B.K.B. College, Puranigudam

Session: 2018-2019

Title of the Best practice: Health Awareness and Anti-Tobacco Campaign.

Objective of the Practice: Health Awareness refers to the development of one's understanding of one's mental and physical condition. In a rural educational institute like Dr. B.K.B. College 'Awareness' is a learning process that involves a growing understanding of the self and 'Health Awareness' is a paradox of understanding potential factors that make our lives vulnerable to illness. Here lies relevance of anti-tobacco campaign.

Context: Dr. B.K.B. College has been trying its best to make the students understand the importance of sound body, mind and soul collectively called health. The institution owns a **Health Centre** only with First Aid facility headed by Dr. Kamal Ch. Saikia and Dr. Mustahid Hazarika whose business is to give suggestion to students-patients in case of emergency and to take him/her immediately to the nearby Puranigudam State Dispensary for treatment. The college administration ensures **cleanliness** of the college campus throughout the session. It is always tried to keep the classrooms, lavatories, canteen clean and hygienic. **Pure drinking water** is made available to the students through installation of water purifiers. **Yoga and Meditation Cell** gives admission to 35 students and trains the interested ones to be physically and mentally fit. **GSLI** scheme is another facility provided by the institution

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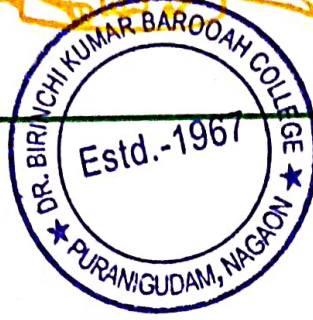
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covering all students enrolled for the session 2018-2019. The college also owns a Zymkhana providing opportunity to the students to remain physically fit. NSS and NCC are the two main properties of the institution for keeping our students physically and mentally fit through programmes undertaken. BKBIAN Group or Mentor-Mentee Group for Counseling and Mentoring is another cell of the institution under which a few Groups are working with Counselors with a view to addressing needs and problems of the major students admitted to the groups. Considering such impact factors Dr. B.K.B. College with its limited infrastructure places Health Awareness and Anti-Tobacco Campaign as a best practice for the session 2018-19.

Practice: The Programmes related to Health Awareness and Anti-Tobacco Campaign under taken in the Academic Year 2018-2019 are as follows ---

Programmes on Cleanliness -----

1. Awareness Programme, Rally and Door to Door Visit observing 'Swach Hi Seva' celebrating NSS Foundation Day is organised by NSS Unit, Dr. B.K.B. College at Borchungjhar, Model Village of Dr. B.K.B. College on September 24, 2018.

2. Drives on Cleanliness "Swacha Bharat Abhiyan" are organised by NSS Unit, Students' Union at college premises on July 31, 2018, August 15, 2018, October 2, 2018, October 28, 2018, January 26, 2019 and February 14, 2019.

3. Cleanliness Programme celebrating International Women's Day is undertaken by NSS on March 8, 2019.

Programmes on Health -----

1. Free Medical Health Check-Up Camp is organised by NSS Unit, Dr. B.K.B. College in collaboration with PKB Nursing Home at college premises on August 6, 2018.

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2. A Lecture cum Awareness Programme on Organ Donation organised by NCC Unit, Dr. B.K.B. College and IQAC at Chapanalla H.S. School, Nagaon on 27th November, 2018.

3. A Lecture Programme on 'Environment and Health' delivered by Sumi Deka is organised by Dept. of Psychology and Eco-Club on June 5, 2019.

4. A Lecture cum Demonstration Programme celebrating International Yoga Day Organised by NSS, Women Forum and Yoga Cell, Dr. B.K.B. College in collaboration with Prajapati Brahmakumari at college premises on June 21, 2019.

5. A Health Awareness Lecture Programme on 'Osteoporosis, Anaemia and Mental Hygiene' delivered by Dr. Naba Krishna Gohain, Dr. Mukul Debnath and Dr. Mirazul Hazarika and free distribution of napkins/pads to girl students is organised by NSS Unit and Dept. of Sociology in collaboration with NGO 'Shristi' and Gahain Nursing Home on June 22, 2019.

6. Blood Donation Camp is organised by NSS, Dr. B.K.B. College and Dept. of Sociology in association with Gohain Nursing Home and NGO 'Shristi' on June 22, 2019.

Programmes on Anti-Tobacco Campaign -----

1. Awareness Programme on 'Tobacco Control and Cancer Prevention' and Oath Taking is organised by NSS, Dr. B.K.B. College at college premises on April 25, 2019.

2. An Awareness Programme on 'Tobacco Control and Cancer Prevention' is organised by NSS, Dr. B.K.B. College at RKB H.S. School, Puranigudam on June 25, 2019.

3. An Awareness Programme on 'Tobacco Control and Cancer Prevention' is organised by NSS, Dr. B.K.B. College at Borchungjhar, Model Village of Dr. B.K.B. College on June 28, 2019.

Evidence of Success and Resources required: The success of the practice 'Health Awareness and Anti-Tobacco campaign' lies in its ability to make the students aware of

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health issues and make them motivated to keep their health sound giving stress on cleanliness, Pure drinking water, Yoga and being free from tobacco. The institution has been declared a 'Tobacco Free Zone' and a 'Plastic Free Zone'. Drives on cleanliness create a congenial atmosphere in the institution. Water Purifiers in a few places within the campus are installed. Zymkhana has become a motivating factor for the students. Free medical health check-up programme proves to be beneficial for certain students. A good number of students take oath of discarding tobacco forever in their life in the 'Oath Taking' programme. A Yoga Culture is also developing in the institution. Thirty students donate blood in the blood donation programme. Pads are freely distributed to more than hundred girl students with a view to negating their hesitation and developing a strong mindset. The programme on 'Osteoporosis, Anaemia and Mental Hygiene' develops health awareness on the part of the students. The programme on Organ Donation motivates the community to think for organ donation. 'Swach Hi Seva' and 'Tobacco Control and Cancer Prevention' rally organised at Borchungjhar, Model Village of Dr. B.K.B. College enjoys spontaneous participation of the community. The programme 'Tobacco Control and Cancer Prevention' organised at college premises inspires our students to discard tobacco from their life and society, similarly the same programme organised at RKB H.S. School, Puranigudam shows involvement of the students of our prime feeding centre with same spirit. What is more a students of Dr. B.K.B. College, Mr. Narayan Sou, Fifth Semester, Roll No 102, ID No. 133/V/19, is awarded 'Meritorious Participation' Award in the Workshop on 'Tobacco Control in Assam' organised by NSS, Gauhati University on April 8, 2019. Of course there is no reason for the institution to be self complacent in this regard and hence decides that such a practice on 'Health Awareness' will be sustained for the sake of the students and the community all around. It is also realised that health insurance for all students, periodical health check up in

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the college campus and collaboration with a local Nursing Home will work better in this regard.

(Dr. Nripen Ch. Das)

Principal and IQAC, Chairperson

Dr. B.K.B. College, Puranigudam -

Principal
Dr. B.K.B. College
Puranigudam
Nagaon (Assam)