

# Best Practices

Academic year 2021-22



**1. Eco Feminism: an approach to a Sustainable Campus:** The College wishes all its students to be aware of a respectful towards the eco system, in which the Nature and Universe are considered as our mother; our very survival in this world depends upon our ability to nourish and nurture this mother, who must be as dear to us as our biological mother. We teach the students that the survival of this world depends upon our respect and preservation of the eco system. The College celebrates the World Environment day either in offline or in online mode, teachers as per the situation demands. Teachers, students and non-teaching participate in the program where poster drawing and designing, talks delivered by students and teachers, sometimes eminent speakers bring the said celebration of the world environment day to a great height, such programmes are organised in such a manner to make students more environment conscious and realised the nurturing power of nature. Young teachers take the classes of environmental science, and go beyond the syllabus to explain to the students that if we human being take care of Nature today, Nature will take care of our tomorrows. The College has an indoor medicinal plant garden at its roof which students are encouraged to visit so that they can initially know the names of the medicinal plants and enquire further about their healing capacity either from the teachers of by browsing the net. The college have a dedicated gardener who takes care the medicinal plant garden and also grows infinite number of seasonal flowers in earthen tubs for enhancement of the College ambience. Saplings and plants are planted all-round the College

boundary for fresh supply of oxygen. The College has introduced rain water harvesting, in which the rain water is accumulated in two wells, both in the new and old building of the College. The profuse amount of water is used for cleaning for college premises, watering the plants of the College., The Colleges, both plastic free and tobacco free zone, where use of any of them is a punishable offence. In case of any e- waste, Barasat municipality takes care to remove them from the College campus. The Swachh Bharat Avijaan is regularly enacted in the college through the NSS unit, in which the unit members of NSS clean the premises of the College. Masks and sanitisers were distributed among students by the teachers and non-teaching staffs of the college. Through repeated campaigning by verbal, audio visual and other means we have been able to make this students realise that a world without greenery and without water will virtually become a desert. By making the campus a non-smoking and a non- plastic zone, students teachers and non- teaching staffs have been safe from the pernicious effects that hastens various kinds of diseases particularly lung cancer and brings sure death. The entire thing may be planned in a larger scale, if funds permit in the future. The dearth is not the lack of ideas but procurement of the funds.





## **2. Health awareness and wellness programme: Phyco-Corporal approach**

The College believes that physical fitness and mental alertness go hand in hand. Accordingly, the College wishes that each of its students should be involved in one physical activity or other so that their fit bodies will automatically become a vessel for intellectual stimuli. Health awareness and wellness programme are integral parts of Barasat College, and are practised and manifested in multiple ways, under the active instruction of Sri Biplab Sanyal, Head Clerk Day, who is a yoga trainer and practicing physiotherapist, The international yoga day (21/6/18) is celebrated every year. Indian higher Education too is also attempting to build similar bridges between mental and physical health. students who are learning yoga outside the institution often need the accountant for quarries related to the same. If any teacher, non-teaching or student has injured himself or herself in any game, sport, or any near fatal accident, the accountant of the college provides them with physiotherapeutic treatment free of cost. The college has a state- of- art gymnasium, which caters to the needs of students, teaching and non-teaching staffs of the college. Separated time slots have been allotted for the males and females of the college. The college often hosts multilevel cricket and football matches, to sharpen the sportsmanship of the students, who often participate in the university, state and national levels. Though the College does not have any dedicated games teacher /physical instructor, the games and sports committee cease to it that annual sports of the college are held regularly in the form of both indoor and outdoor games. The college participates in almost all games organised by WBSU and bring prizes to make the college proud. Some of the prizes won by the students of the College are displayed in the chamber of the Principal of the College. Blood donation camp are very successfully held every year in the College, usually the day before the college closes for Durga Puja festival. Along with it, several other medical tests e.g eye check-up, test of thyroid, blood pressure, blood sugar conducted as per as practicable and as long as, it does not impinge upon the examination system. The College has planted trees around its boundaries as well as the outdoor court of badminton and volleyball. More and more students are selected in the University team, as players in different field sports that they conduct. The NSS team of the college is also a pivot force in the University programmes and also participate in mega events conducted by the state govt. It is indeed a great challenge to inspire the net-browsing and burger-chewing young generation of students to understand the importance of physical activity and its integral part in development of the mind. Regular and repeated sensitization has increased the footfall in the College gym, various indoor and outdoor games and sports as well as the sessions of the yoga training held in the College.