

KAMARBANDHA COLLEGE

**Affiliated to Dibrugarh University
Recognised under section 2(f) and 12(B) of the UGC Act 1956**



BEST PRACTICES: 2

BEST PRACTICES-2: HEALTH AND HYGIENE

Best Practices-2

1. Title of the Practice: HEALTH AND HYGIENE

2. Objectives of the Practices:

- To impart health education for raising awareness and adoption of healthy lifestyle.
- To sensitize and train students about common public health problems.
- Educate students on correct hygiene and sanitation practices - how to keep our environment clean, save water, use of toilets etc.
- To prevent outbreak of diseases like diarrhea etc. in their community and how to protect themselves from getting infected.

3. Context:

Health of students is linked to educational achievement. That is why our college promote health, providing instruction and experiences that influence students' health related behaviours and develop healthy habits. We felt the necessity to improve the health and well-being of our student communities and also our environment through outreach programmes where students are informed about good hygiene practices like hand washing etc. and various diseases like diarrhea, cholera etc. that can result from unhygienic conditions, and also reach nearby places, especially tea gardens areas, for promotion of health and hygiene through awareness programmes and counselling, where there are frequent outbreaks.

4. The Practice:

To raise awareness among students we have been organizing programmes on mental health, hygiene and sanitation, vaccination awareness campaigns, free health camp, blood donation camp and provide medicines for students as well as outsiders from nearby villagers with the help of our NSS unit. We invite Resource persons from Health department, District administration and other departments. We observe 'No Vehicle Day' every third Saturday to keep the atmosphere pollution free. Yoga classes are held every Saturday and other physical exercise trainings are also promoted. Volunteers of NSS conducted awareness campaigns on Covid in our adopted village, and health and sanitation practices, distributing soaps and masks among the needy people. World Health Days are celebrated where discussions on topics like women's health, campaigns on hygiene are held. Vaccination camps, Blood donation camps are held at our college for students as well as outsiders, including their parents.

5. Evidence of Success:

Our volunteers themselves plan and conduct awareness campaigns in nearby villages. All the members- teachers, office staff and students sincerely try to keep the college campus clean. Students now come forward to take JE, Covid vaccines, donate blood and encourage their relatives and neighbours to take vaccines or donate blood.

6. Problems encountered and Resources required:

Even after health awareness programmes and checkups, students do not give much importance to health .They do not take proper breakfast and eat unhealthy foods like chips, Gutka etc. They are reluctant to do exercises or yoga classes.

Resources required

Human Resource: Health Workers, students, faculty, Volunteers etc.

Financial Support: The Management provides money for volunteer's hospitality.

Space: Auditorium and classrooms.

Equipment: Medical equipment are provided by the organizing hospitals

PHOTOS OF BEST PRACTICES ACTIVITIES FROM THE INSTITUTION





