

Best Practice 1

Title of the Practice: Relief Extended to the Students through Extension of Various Programmes during COVID Pandemic

Health related activities for wellness for all in COVID pandemic period and to relieve financial constrain by reducing fee structure of students.

1. Objectives of the Practice

- i. To conduct online awareness programme on Covid 19.
- ii. To conduct health checkup and psychological counseling.
- iii. To conduct COVID 19 vaccination programme.
- iv. To relieve financial constrain by reducing fee structure of students for pandemic situation.

2. The Context

In the wake of COVID Pandemic from March 2020, fear and anxiety grievied all cross-sections of the people throughout the length and breadth of the country as happened in other countries of the World. To alleviate our students from the fear, support through various programmes were badly needed. Our college responded to the situation with various programmes to strengthen the mental fabric of the students so that they could not move away from academic pursuits in depression.

3. The Practice

Adhering to the strict compliance of the Government guidelines relating to COVID issues, online awareness programs were organized to help students understand the gravity of the situation and to find ways to come out of the complex situation, distinguished experts including eminent Doctors and Psychologists were invited in the awareness programmes. The Governing Body in its meeting No. 2020-21/7 dated 27.08.2021 reduce the fee structure of the students for all semesters in view of the dwindling income of the parents of the students during COVID Pandemic period.

4. Evidence of Success

As a result of undertaking of the steps our students are by and large not affected by the COVID Pandemic. These awareness programmes enlightened the students with adhering to the health guidelines very essential for maintaining sound health and mind. It also enable them to understand the need of physical exercises for remaining fit and healthy.

5. Problems Encountered and Resources Required

There was an inertia among the some students to attend the awareness programmes, but with the help of all teachers we overcome the problems and the student took interest in attending the programmes. In spite of dearth of resources of the college funds were released for these programmes for the larger interests of the students and society.

Best Practice 2

Title of the Practice:- Social awareness initiatives and community based outreach programmes by N.S.S. Unit.

1. Objectives of the Practices:

Making the local residents aware of the importance of education for girl child. The students of Krishnagar Women's College through various social activities carried out at an under privileged locality near the College Campus – Nicher Para, created an unique and unprecedented bond with the marginalized section of society. Our girls maintained consistency in conducting social activities and also to got desired results. It also sensitized our students for paying back to society; and developed organizational and communication skills.

2. The Context:

In the past few decades, the government has launched and implemented various welfare, upliftment schemes and awareness programs for the subaltern people. But due to lack of effective execution and result oriented mechanism, the desired goal couldn't be achieved. The overall progress of the underdogs living in depraved conditions is still restrained by various factors. Owing to lack of information, ignorance and outreach awareness programmes, life of these locals is still encircled by various problems. Illiteracy, health issues related to unhygienic living conditions, superstitious outlook, and suppressing the dreams and desires of girls etc. are some of the issues restraining the progress of suburban and rural Nadia. These factors compelled us to organize various awareness campaign specially targeting these issues to bring about a change in outlook of these localities. The primary focus was to make them aware, how far a girl can soar, if not constrained by glass ceiling.

3. The Practice:

The N.S.S. volunteers conducted Week Long Survey on the occasion of National Girl Child Day from 23rd – 29th January, 2022 and also national

Community Day, sensitizing the residents to various social ills debilitating their growth in life. 'Beti Parao! Beti Bachao!' was the motto of the yearlong activities; but help was extended to all in the form of organizing free health check-up camps, giving out blankets, study kits to needy students; sensitizing all regarding the COVID protocols, the use of getting vaccinated etc.

4. Evidence of Success:

- A change in attitude towards cleanliness was clearly evident.
- Girls of that locality came out with stories of unprecedented exploitation, and parents became more wary of those problems.
- The organizational skill among the students appeared to be enhanced while organizing various programmes in that locality.

5. Problems Encountered:

- As majority of the residents of Nicher Para are engaged in menial jobs like that of domestic helps or labourers, money is always an excruciating problem for them, and without more Governmental aid, the dream of a clean and hygienic life can never be fulfilled.

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