

DWIJENDRALAL COLLEGE

KRISHNAGAR, NADIA, WEST BENGAL

BEST PRACTICE

No. 1

1. Title of the Practice: YOGA CAMP FOR COLLEGE STUDENTS

2. Goal: The goal of this practice is

- * To instill a sense of health consciousness in students.
- * To help students comprehend the enhancement of physical fitness through the practice of Yoga.
- * To expand students' thinking capacity beyond textbooks and study materials.
- * To help students understand how the ancient Indian art of Yoga promotes soundness of both mind and body.

With a view to these aims, the Department of Physical Education came ahead, and with the collaboration of Game & Sports Subcommittee of this college, they have performed the Yoga Training Camp for Students in this session.

3. The context:

A sound mind resides in a fit body. Considering the necessity for students to dedicate substantial effort to academic improvement, it is equally crucial for them to prioritize their physical fitness. However, not all students are well-informed about the methods to achieve the desired level of fitness. This initiative has been launched to not only raise awareness about health among students but also to guide them on the path to such awareness. The dedicated and knowledgeable teachers of the Department of Physical Education willingly took on the responsibility for this endeavor.

4. The Practice:

Yoga sessions are scheduled for half an hour each day before the start of classes, following the established class routines. All students interested in practicing yoga are encouraged to join. However, once a student decides to participate, commitment is expected for the entire duration of the session, ensuring they gain awareness of various yoga poses and postures. This knowledge equips them to continue their practice independently. The initial session spanned fifteen days,

and in response to student demand, the training program was subsequently rebooted for another fifteen days.

5. Evidence of success:

We can site these scenarios as the evidence of success of the project:

- The yoga sessions were highly enjoyable for the students, and the number of participants steadily grew over the course of the sessions.
- The students who did not join the sessions for some reason, demanded for it again so that they also can take the benefit. This led to the establishment of a regular and ongoing yoga practice within the college to ensure that all students could reap its benefits.
- The bond among students of different departments of the college increased to a great level during the common yoga session.

6. Problems encountered and Resources Required:

At the very beginning, a great number of students was reluctant to come to the college half an hour earlier. But the mouth spread reputation of the initiative was enough to deal with the problem. Additionally, the program incurred minimal costs as it only required a few mattresses as infrastructure, and the college internally financed this expense.

Best Practice

No. 2

1. Title of the Practice: EYE TEST CAMP WITH THE INVOLVEMENT OF STUDENTS

2. Goal: The goal of the practice is-

- * To promote community health by providing accessible eye screenings and basic eye care services to the local population.
- * To identify and address eye health issues early on, raise awareness about eye care.
- * To engage students in community service while enhancing their practical skills and understanding of public health initiatives.
- * To serve the underserved populations, while empowering students with valuable skills and a sense of social responsibility.

3. The Context:

The context of an eye check-up camp with the students of Dwijendralal College involves creating a symbiotic relationship between educational institutions and community health. By organizing such camps, our college aims to bridge healthcare gaps in the local community, offering free eye check-ups and promoting preventive eye care. Our students actively engage in this initiative, gaining practical experience, fostering community connections, and contributing to public health outreach. This context reflects a holistic approach to education, emphasizing social responsibility and the application of knowledge for the greater good.

4. The Practice:

The eye check-up camp with the participation of students at Dwijendralal College involves collaborative efforts between the college and healthcare professionals. With the guidance of Honourable Teacher-in-charge, Students are actively involved in the planning and execution of the camp, including setting up screening stations, assisting with eye examinations, and educating the community about eye health. This eye camp organised in any such holiday with the presence of any local medical practitioner. This initiative not only promotes health awareness but also provides students at Dwijendralal College with valuable hands-on experience, integrating theoretical knowledge with practical skills.

5. The Evidence of success:

- * A high participation rate from the local community indicates the camp's effectiveness in reaching and engaging residents, demonstrating the initiative's relevance and acceptance.
- * Active participation and positive feedback from students involved in organizing and conducting this eye test camp showcase the educational benefits, practical skills gained, and the development of a sense of social responsibility among the student body.
- * Positive feedback from individuals who attended the camp, expressing satisfaction with the services provided and the educational component, serves as qualitative evidence of the initiative's success.
- * Positive coverage in local media, increased awareness about the eye check-up camp through various channels, and positive publicity contribute to the success by enhancing the initiative's reach and impact.

* Success can be measured by the number of individuals referred for further medical attention and their subsequent follow-up.

6. Problem Encountered and Resourced Required:

Coordinating this kind of eye check-up camp, including venue arrangements, crowd management and transportation for community members, we have found some difficulties. Limited financial resources hindered the acquisition of necessary medical equipment and other resources crucial for the effective functioning of the camp. It is also to be ensured that student volunteers are adequately trained to assist in various aspects of the camp, from conducting basic eye screening to basic administrative task. Although, the college authority has tried its best to support and provide all the support for a successful coordination, this camp required proactive planning, resource allocation and healthcare professionals.