



Academic Session: July, 2022- June, 2023

BEST PRACTICE NO - I

1. Title of the practice: **“Campaign against Plastic and Sapling Distribution Programme”**
by HWC

2. The context that required the initiation of the practice:

After spread of Covid- Pandemic, West Bengal experienced deadly storm Amphan which affected many districts of West Bengal. The extreme weather events indicate clearly that something is wrong with Nature. Anthropogenic activities have disrupted the processes of earth system. Climate action is the 13th Sustainable Goal of UN. Educational institutes play an important role in this regard. This made our students, teaching and non-teaching staff to take action against use of plastic and make the locality greener.

3. Objectives of the practice:

The objective of this Programme were

- To take action against climate change in parity with 13th Sustainable Goal of UN
- To spread awareness against use of plastic and its harmful effects on climate among the students, teachers, non-teaching staff of the college and local community people.
- To make the locality greener and pollution free and healthier.

4. The Practice:

Hooghly Women’s College organised a **“Campaign against Plastic and Sapling Distribution Programme”** on 24th of June, 2023. The event took place in collaboration with Paschimbanga Vigyan Mancha, Bandel – Magra Vigyan Kendra. The programme was divided in two parts: first Campaign against Plastic was done then distribution of the saplings was completed. The programme was initiated around 8:30 a.m. and was completed by 11a.m. The students and professors- Dr. Anup Biswas, Co-ordinator, IQAC, Dr. Lily Mondal, Associate Professor, Department of English, Prof. Madhushree Bhowmik, Department of Nutrition participated in the programme. The students along with teachers went to Bandel Church and Hooghly Imam Bari and cleared plastics from the premises of the historical architectures. Next a rally was organised through Chawk bazaar campaigning against use of plastic. In the second part of the programme saplings were distributed amongst the students, shop keepers in around our college and passers-by. After successful completion of the event, our respected guest Mr Sandip Singha Paschimbanga Vigyan Mancha, Bandel – Magra Vigyan Kendra as delivered speech.

5. Obstacles faced if any and strategies adopted to overcome them:

It rained heavily on the day of the event, so availing public transport for students and teachers became a problem. Co-ordination took time due to rain and network issue.

As we had our respected guest Mr Sandip Singha, Honourable Secretary of Paschimbanga Vigyan Mancha, Bandel – Magra Vigyan Kendra with us, we could overcome the problem of coordination easily. He coordinated with the local municipality in such a way that the programme was completed smoothly.

The enthusiastic students and teachers did not mind to be soaked in rain and work with energy and vigour.



HOOGHLY WOMEN'S COLLEGE

(Govt. Sponsored)

P.O. & Dt. Hooghly, Pin - 712103, W.B.

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Ph. : 2680-2335 (Principal)
2680-5033 (Office)

6. Impact of the practice:

- “Campaign against Plastic and Sapling Distribution Programme” energized the students to actively participate in other climate related initiative by the college.
- The vendors of Chawk Bazar could be made aware of the hazards of plastic use.
- The authorities of Bandel Church and Hooghly Imam Bari commended the initiative.
- The local people applauded the initiative and gathered spontaneously to collect the saplings.

7. Resources required:

Human Resources: Students and Teachers of HWC, Members of Paschimbanga Vigyan Mancha, Bandel – Magra Vigyan Kendra, local Municipality Cleaning Staff

Other Resources: Hand gloves, Vats, Posters, Banners, Saplings





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Bandel, West Bengal, India
W99V+HX4, Lenin Pally, Sahaganj, Bandel, West Bengal 712104, India
Lat 22.918763°
Long 88.395038°
24/06/23 09:01 AM GMT +05:30



Bandel, West Bengal, India
W99V+HX4, Lenin Pally, Sahaganj, Bandel, West Bengal 712104, India
Lat 22.918764°
Long 88.39503°
24/06/23 09:01 AM GMT +05:30



Kolkata, West Bengal, India
55, Hooghly Ghat Rd, Chowk Bazar, Olaichanditala, Kolkata, West Bengal 712103, India
Lat 22.908212°
Long 88.399741°
24/06/23 09:59 AM GMT +05:30



Bandel, West Bengal, India
W99V+8HP, Subhash Nagar, Bandel, West Bengal 712103, India
Lat 22.918779°
Long 88.395084°
24/06/23 08:58 AM GMT +05:30



Kolkata, West Bengal, India
55, Hooghly Ghat Rd, Chowk Bazar, Olaichanditala, Kolkata, West Bengal 712103, India
Lat 22.908323°
Long 88.399712°
24/06/23 10:05 AM GMT +05:30





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Academic Session: July, 2021- June, 2022

BEST PRACTICE NO - II

1. Title of the practice: 'Health Check-up Camp'

2. The context that required the initiation of the practice:

Almost half of the students of our institution come from rural areas and are from humble background, they are unable to avail Health Check-up on regular basis. Hostel boarders also depend on college for Health Check-up. To save time and money of the students Health Check-up Camp was planned. In the Academic Session 2022-2023 Nutrition Department of the institution organized 'Health Check-up Camp' on 5th of September, 2022 for students, teachers and non-teaching staff of the college.

3. Objectives of the practice:

The objective of this Programme were

- to provide Health Check-up to the students
- to create awareness among the students the necessity of having good health

4. The Practice:

In the Academic Session 2022-2023 Hooghly Women's College organized 'Health Check-up Camp' on 5th of September, 2022 during National Nutrition Week. Students and faculty members of the department of Nutrition arranged a health 'Health Check-up Camp' in the hall room of the college. Experts from the department measured blood pressure, height-weight 'Body Mass Index' (BMI) calculation was done for the students, teaching and non-teaching staff of the college. In the camp Blood Group was also tested for the willing participants. The organizers enthusiastically invited all to participate in the 'Health Check-up Camp'. The participants were very much to get the service free of cost and at the college door step.

5. Obstacles faced if any and strategies adopted to overcome them:

As it was conducted in the college premises and not in any hospital or health centre, initially the students, teaching and non-teaching staff of the college had some kind of inhibition to participate. Students and faculty members of the department of Nutrition rigorously campaigned by visiting the different departments of the college. They informed the students, teaching and non-teaching staff of the college the benefits of regular health check-up.

6. Impact of the practice:

After successfully completion of the 'Health Check-up Camp', the department of Nutrition organised blood Group Check-up Programme again during the observation of students' week in the college.

They also collaborated with NSS wing of the college and arranged a health camp in Jhanpa village, Hooghly, West Bengal.



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The students, teaching and non-teaching staff of the college became aware of the benefits of regular health check-up.

7. Resources required:

Human Resources: Students and faculty members of the department of Nutrition

Materials Required: Needle, Cotton, Weighing machine, Tape for measuring height, pen, paper.

