

NORTH KAMRUP COLLEGE, BAGHMARA



BEST PRACTICES

Session : 2019-20

1. Title of the Practice: Relief (material and financial) from College Teachers' Unit provided to nearby villages

Objective: The objective of this practice was to help people from nearby villages (poor family and daily-wage earners etc.) to cope with unprecedented financial and material stress relating to COVID-19 pandemic

Context: The economic and social disruption caused by the pandemic was devastating. It led to a serious impact on the societal lifestyle causing several newly implemented restrictions by the Government. The College Teachers' Unit, therefore, decided to raise funds and provide some relief to more than fifty family of nearby villages.

Practice: The COVID-19 pandemic has led to a dramatic loss of human life worldwide and presented an unprecedented challenge to public health, food systems and the world of work. Many agricultural workers-waged and self-employed- while feeding the world, regularly face high levels of working poverty, malnutrition and poor health, and suffer from lack of safety and labour protection as well as other types of abuse. With low and irregular incomes and a lack of social support, many of them are

spurred to continue working, often in unsafe situations, thus exposing themselves and their families to additional risks. Further, when experiencing income losses, they may resort to negative coping strategies. Our college decided to raise funds for similar affected families in order to provide some relief and distributed the same to nearby affected people and local artist. These funds included both material and financial assistance and was handed over to the village council (Gram Panchayat) for further dissemination.

Problems Encountered: Restrictions laid by the Government to cope up with Covid-19 especially on travel, transportation and social distancing created some problems which was however subsided with the cooperation of the village council.

2. Title of the Practice: Free and assisted health consultation to girl students in nearby PHE.

Objective: The objective of this practice was to promote women health and hygiene.

Context: The college being a rural college with high girl student enrolment gives us an opportunity to make them aware of their physical body and various health issues that might affect them if and when not taken proper care of.

Practice: Rural women in India experience poorer health outcomes and have less access to health care than urban women. Many rural areas have limited numbers of health care providers too. Indian women have high mortality rates, particularly during childhood and in their reproductive years. Keeping in mind this significant health disparity between rural and urban women and with an intent to educate our girl students in their prime years

about female body and health, the college decided to provide any three girl students whoever approach the Women Cell of the college to the nearby PHE for a free and assisted health consultation each month. Along with educating them about various health profiles including blood pressure, sugar level, weight, haemoglobin rate etc., it benefits the young girls from the college who often get deprived from regular health assistance due to their financial crisis.

Problems Encountered: In the initial months the number of girl students who approached the administration was less due to various inhibitions and their shy nature. However, with time the number of girls availing the facility has increased significantly.