

Best Practice No. 2(2018-2019)

1) Title of the Practices :	Observation of Nutritional Week by NSS and the Dept. of Nutrition
2) The context that required the initiation of the practice (100 – 200 words) :	Children suffering from malnutrition is an international problem today. India is the worst-affected country in this regard. Our state is not lagging far behind in this respect. Ours is a rural college surrounded by a good number of villages where most of the people live from hand to mouth. The families are mostly cultivation-dependent. The students of the college mostly belong to such rural background and they have very little idea about nutrition of health. The students in most cases come to the college with having a tiffin and take their lunch only after returning home. In consequence many students cannot attend all the classes of the college. At such a context the students should have a sound knowledge about nutritional food. They should be aware of what type of food they should do intake to supply adequate nutrition to their bodies, so that they cannot fall ill. With such a goal the NSS of the college in association with the Dept. of Nutrition takes the decision to observe the Nutritional week.
3) Objectives of the practice (50 – 60 words) :	The objectives of organizing such a programme are as follow – i) To make the students health conscious. ii) To make the students aware of their health problems. iii) To increase the learners’ knowledge base about utility of nutritional food in human body. iv) To help the learners recover their health suffering from malnutrition. v) To make the beneficiaries responsible to their families as well as to their society.
4) The Practice (250 – 300 words) :	N.S.S of Egra S S B College organizes various programmes throughout the year, some of which are awareness programmes, some are community development programmes. Since malnutrition is a social and local problem, N.S.S units of the college observe the nutrition week as a part of their normal programmes in our college starting from 14.07.2018. More or less 200 volunteers of N.S.S join the programmes along with 4 programme officers and other staff of the college to make the common people aware of the need of nutritional food for their Physical health. The N.S.S Units hold seminars within the campus to make the volunteers as well as the general students of the college conscious of their Physical and Mental health. For healthy minds live in healthy bodies. The volunteers also visit Egra Sub-divisional Hospital. There they distribute some nutritional food and fruits among a few patients. They try to convince the patients to take nutritional food and keep their surroundings clean and pollution free. The volunteers clean the campus in token of observance of nutritional week. The also distribute fruits and some nutritional food items among some of the students of the college.
5) Obstacles faced if any strategies adopted to overcome them (150 – 200 words) :	The college being located at a rural base, the students come out mostly from downtrodden families. They cannot even earn sufficient food for the day, so, how can they arrange for intake of nutritional food like milk, fruits etc. Financial stringency is the main hindrance for such students to

	take nutritional food for their health. Besides, the common ignorance about regular intake of nutritional food makes the problem more acute. Though some have the financial capability to buy nutritional food, but their ignorance about utility of such food items in life often keeps them away from taking sufficient nutrition for their physical health
6) Impact of the Practice (100 - 120) :	By observing such programmes in and outside the campus, impact of such practice achieved through the following benefits – i) The students learn to manage healthy weight. ii) They learn to maintain the immune system. iii) They learn to avoid tendency of taking poor-diet iv) They learn to maintain their mood through healthy eating. v) They can make their family members and others of the locality aware of the causes of poor health and hygiene problems. vi) Such a programme leaves the prospect of a healthy future generation.
7) Resources required :	Financial assistance to organize such Awareness Programmes, N.S.S Volunteers and Students, Festoons and Banners, Resource Persons, Computer, LCD Projector, Internet Facility, Projection Screen etc.
8) About the Institution :	
i) Name of the Institution	i. Egra Sarada Shashi Bhusan College.
ii) Year of Re-Accreditation	ii) 2015
iii) Address	iii) At + P.O. – Egra, Dist – Purba Medinipur, West Bengal, PIN - 721429.
iv) Grade awarded by NAAC	iv) 2.32
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