

LADY BRABOURNE COLLEGE

BEST PRACTICE I

Best Practice I: Different Awareness programmes organized by the college

The Objectives: Organizing different awareness programme in the college is an efficient way to reach a large number of students as well as teachers and non-teaching staff. We can offer the following services to our targeted audiences:

- Share educational health information
- Raise awareness of targeted health issues
- Provide demonstrations of healthy practices
- Create awareness about available wellness program resources

The Context: A plan has been taken by the college to educate students, teachers and nonteaching employees of the college about the following health awareness benefits:

- Benefits of exercise and the consequences of inactivity.
- Impact of diet on their health
- Screen them for cholesterol, blood pressure, glucose, BMI etc.
- Provide individual health coaching on results and recommendations from those screenings.

The Practice:

- A Thalasemia Awareness programme and Detection camp were held in our college on 25th February, 2015. The entire programme was organized by the Nilratan Sarkar Medical College and Hospital and an NGO.
- Another Awareness Programme on Ebola, Swine flu and Chandipura virus was organized at the college by our Science Promotion Committee on 28th March, 2015. The speakers were Prof. Dhruvajyoti Chattopadhyay, then Pro-V.C. (Academic), University of Calcutta, Dr. Suman Kanungo and Dr. Shanta Sabuj Das, both of National Institute of Chilera and Enteric Disease.
- The third awareness programme was on Cancer held in the college on the 5th of December, this year. This programme was also organized by the Science Promotion Committee of the college with a financial assistance of Rs. 30000/- granted by the Department of Science and Technology, Govt. of West Bengal. The speakers were Dr. Susanta Roy Chaudhuri, Thakurpukur Cancer Hospital and Research Centre, Dr. Chhanda Dutta, SSKM Hospital, Dr. Rathindra Nath Boral, Chittaranjan National Cancer Research Centre, Dr. Aditya Narayan Sen, renowned Onko Surgeon, Dr. Debashis Bhattacharya, Director, Nilratan Sarkar Hospital and Dr. Ramdas Chatterjee, former Head, Deptt. Of Virology and Tumerology, Chittaranjan National Cancer Research Centre and Guest Professor, Deptt. of Microbiology, Lady Brabourne College.

The Impact: Since awareness programmes are easy to implement with a little cost, it has been very much effective in the perspective of our college. Such initiatives focus on changing health knowledge and behavior at an individual level.

Contact Details

The Principal,
Lady Brabourne College,
P1/2, Suhrawardy Avenue,
Kolkata 700 017,
West Bengal.
Telephone (O) 033-22897720
E mail: prl@ladybrabourne.com
Website: www.ladybrabourne.com

BEST PRACTICE II

Best Practice II : Since its inception in 2010, the Women's Studies Centre of our college has been exceptionally active.

The Objectives:

Lady Brabourne College caters exclusively to the educational needs of women. The institution has a U.G.C. funded *Women's Studies Centre* which undertakes research on gender issues, organizes seminars and various other programmes to discuss and deliberate on gender issues. The centre publishes materials on research on women's issues to promote women empowerment.

The Context:

2014, being the Platinum Jubilee Year of the college, the Women's Studies Centre celebrated the International Women's Day as well as the 5th birthday of the centre quite elaborately. The centre has also organized various events like short story writing competition, seminars, workshops, awareness programme and film-shows. It regularly publishes ISBN books and newsletters.

The Practice:

On the 8th march, 2015, on completion of five successful years of its journey, the Centre launched 'Nirbhaya' basically an outreach endeavor, deploying creative as well as audio-visual tools to generate awareness about sexual violence against women.

Rabindra Tirtha, the government-owned cultural complex at Rajarhat, Kolkata, invited the Centre of our college, to stage 'Nirupama theke Nirbhaya' on 29th August as a tribute to Tagore on the occasion of his death anniversary. Like 26th of August the performances were once again a tremendous success that left the audience spellbound.

The Annual Newsletter with an ISSN number and two books, one in English ('The other Universe: An Anthology of Women's Studies) and the other in Bengali (titled 'Nari: Bastabe O Kalpabastabe), both with ISBN numbers, have been published.

The Centre, in collaboration with School of Women's Studies, Jadavpur University and 'Sachetana' an NGO, organized in the college a seven-day Interdisciplinary Research Methodology Workshop on Women's Studies titled 'Politics of Gender: Family Community and the State' in October, 2015. The main aim of the workshop, organized in accordance with UGC guidelines, was to impart training to Ph.D. scholars and College or University teachers for research in Women's Studies.

The centre invited D. Basabi Chakrabarty, Rabindra Bharati University to speak on 'Feminism and Poetry' on 7th December, 2015.

Impact:

The Women's Studies Centre has become another feather to the academic cap of Lady Brabourne College. The students are greatly benefitted from the lectures and workshops of the renowned scholars and personalities who are stalwarts in different fields of Women's Studies research by listening to them. The Annual Newsletters published by this centre provides updated information on the publications and talks by the faculties of this college in the field of Women's Studies which will help the students a lot.

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