



# INSTITUTIONAL DISTINCTIVENESS

**Chandrakona Vidyasagar Mahavidyalaya**

**Chandrakona, Paschim Medinipur, West Bengal, India**

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**<https://chandrakonavm.ac.in/>**

## **Institutional Distinctiveness**

*"Punarbittaṃ punarmitraṃ punarbhāryā punarmahī.  
Ētatsarvaṃ punarlabhyaṃ na śarīraṃ punaḥ punaḥ."*

Everything in life can be regained - money, friend, wife and earth/kingdom but the one thing that can never be regained is one's health. If health is lost, it is lost forever as is impossible to regain the lost vigour. Therefore, taking care of one's health is of utmost importance for an individual. Apart from imparting holistic education to the students, the college has endeavoured to boost physical well-being of the student. We emphasis to take some initiatives on health-related issues of all stakeholders as well as community outreach. In view of the fact that a large section of our students coming from economically weaker background, we need to take steps to cover some common health issues at free of cost. Keeping this in mind, the following activities were carried out:

The NSS unit organizes various awareness campaigns all-round the year. Some of the important awareness campaigns are listed in the following:

- Plastic free campaign in our college
- Women's Health and Hygiene
- Blood Group Detection Camp and Plastic waste free campaign at Chandrakona Rural Hospital as outreach activities
- Thalassemia Detection Camp
- Tobacco Awareness Program to discuss the tobacco related health hazards
- Yoga Day Celebration
- Importance of Cleanliness: Swachata Avijan at college campus
- Blood Donation Camp at college campus
- AIDS day Observation
- In light of the Covid-19 situation, speech and poster campaign programme on prevention of Covid-19 was organized on campus.

After the onset of Covid Pandemic, we all have realized the importance of health and hygiene. In addition to the above activities, we organize the following programmes:

- ✓ COVID vaccination camp on campus
- ✓ Yoga Camps in our college campus by the Physical education department and encourage the people of our locality for participation. Stress management and wellness are also the part of activities.
- ✓ College has opened its gymnasium for community access every day for certain period of time
- ✓ First Aid training camp for students has been organized in collaboration with St. John's Ambulance Association to address the growing need for effective first aid to deal with the increase in accidents occurring with the development of an industrialised and urbanised society.
- ✓ Interactive lecture session has been arranged on breast cancer in association with Medica Super speciality hospital (Kolkata) on campus. In this connection, a health awareness camp on women's sexual and reproductive health was held on campus for staff and community. As one of the community outreach programmes, the college organized a free health awareness and medical camp in a nearby village 'Belaibone'.
- ✓ In the age of digitalization, students have to share longer time on the screen of computer and mobile for their online teaching and learning. Most of the times they neglect the eye health and fail to maintain good eyesight due to negligence. Our college has taken initiative to keep their eyes healthy by organizing free Eye Check-up camp for students in association with Lions Club.
- ✓ Our college provides the facility of separate medical room on campus. Regular primary health check-up like tests of blood sugar, blood pressure etc. for all students and staff is conducted by the staff of Physical Education department.
- ✓ College is concerned about the potential health hazards due to the drug addiction primarily among the students and youth in India. A MoU was signed between Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIV), Ghatal and our college to focus on mental & physical wellbeing of students and adolescent. In this connection, a social welfare programme has recently been organized on "Nasha Mukh Bharat" in collaboration with PBKIV to create awareness among students about the harmful effects of drugs.

In addition to that, the college has recently introduced the Group Personal Accident **Insurance Policy** for total number of 1089 students of our college. The students are insured under the ICICI Lombard Group Personal Accident Insurance policy with sum insured of two lakh rupees for each student. **Students can get the benefit of cashless facility for hospitalisation and OPD due to accidental injury.** It covers the cases of accidental burns, animal bite, snake bites and insect bites which are very

common in this rural area. The college has paid a gross premium of Rs. 1,63,350/- for this insurance policy. Besides, the college has come under West Bengal Health Scheme for faculty members.

As the physical well-being is related to mental and emotional wellbeing also, we can not neglect this point affecting mostly the young people of 18-22 years of age group. Suicidal attempts have been noticed in our district. Counselling programmes are arranged by the Physical Education department on campus for students and our college has participated in 'Suicide Prevention Camp' in Ghatal sub-division.

All teaching and non-teaching staff sincerely work to hold it in high esteem with loyalty and reverence in imparting quality education and providing support to follow the healthy lifestyle of our students. In addition, dedicated gymnasium, playground, basketball court, medical room, modern laboratory, distinguished and dedicated faculty members, efficient support staff and green campus are assets of our college.

Through our capacity-building initiation, we have been able to address the growing need to maintain good health and hygiene in post pandemic era and provide health insurance benefit to the students. We have regularly organized several campaigns and health checkup programmes to improve the overall physical health of our students as we believe the fact that a healthy student can build a healthy society and healthy society can build a bettered Nation.