



WEST GUWAHATI COMMERCE COLLEGE

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Date:

7.2 Best Practices

1. Health Check up and life style management program

Objectives

Health checkups are designed not only to detect medical issues but also to identify risk factors and illness before they start to cause problems. Health checkups can prevent a person from illness and can save them from possible complications as well as make them aware to make changes in their lifestyle habits for longer lifespan. Our college gives emphasis on timely checkups of health for its staff members as well as for its students. West Guwahati Commerce College organized some of health and life style management programs for its staff members and students.

1. **Health checkup camp:** West Guwahati Commerce College had organised health checkup camp for our students, college staff, college neighbours and parents of students. In health checkup primary blood test like hemoglobin, sugar test, Blood Pressure, weight measurements etc. were done. Moreover proper initial medical treatment was given and also distributed free medicines to all as per requirement.
2. **Eye checkup camp:** Eye checkup is also a part of primary health checkup. Students are not aware of their eye issues in initial stage. The college has organised eye checkup camp for our college students, teaching and non-teaching staff, and parents and also for college neighbors and has given proper medical suggestions and treatment.

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3. **Blood donation camp:** In our college blood donation camp was also organised where more than 30 participants donated blood under proper supervision of medical team and as per norms. After donating of blood the participants were offered necessary fruits, health and energy drinks and also precautions and care suggestions were given to take at home. During the pandemic period it was not possible to conduct such camp but in the upcoming session our college has planned for such camp for the benefit of the society. After all, “a drop of blood can brings smile on the face of someone’s family”.
4. **Lifestyle management program:** Here, our medical team guides the participants to live a proper healthy life like giving advice on proper sleeping, balanced nutritional food, yoga and meditation, easy and simple exercises, as well as life style management techniques. Our college has already organized yoga and meditation camps in college premises in the international yoga day. In the upcoming session our college has planned for organizing a camp on nutrition management. Nutritional imbalance causes serious health issues among people which is always ignored as less importance. As it is said that ‘prevention is better than cure’.

Moreover college staff, students also participated in an awareness programme conducted by Pandu FRU (First Referral Unit) in the Karmashree Hiteswar Saikia Auditorium. The programme was on protection from dengue mosquitos and govt. initiative for dengue sufferers. The doctors basically discussed and advised on taking precutions and curative measures that can be adapted at home.



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Best Practice: 2: Maintain greenery environment within the college campus:

West Guwahati Commerce College gives emphasis on eco-friendly campus. This year some major initiatives are planned like plantation of some medicinal plants, spicy plants, ayurvedic plants etc.

Objectives of the Practice: It has been observing by the people that nature has been changing itself very tremendously as we are responsible for this change because of building and constructive more and more cities and town. So, the nature has unbalanced and disturbed that is why the combination of oxygen has ruined. Therefore, now we have to maintain this balance by following the given points:

- To ensure more plantations of different fruits and other useful plants.
- To enhance the values of plantation in creating pure and fresh environment among the students. The very noble objective of "Plantation programme is to save and protect the environment .
- To inculcate the habit of plantation work among the students .
- To change the heart hobbies of students to produce more and more oxygen.

It is very important to plant more and more trees, herbs and climbers because these are the carriers of rain and cloud. Only the nature has capacity to turn up the balance of nature to produce more and more oxygen, but it is only possible when our surroundings are full of trees and plants. Such type of programme is only possible when our new generation become more more sincere and active towards plantation programme. If our programme of plantation makes the points of success, it is sure and certain that our nature will be in balance and the life of the people can be happy prosperous. So, we should plant more trees and protect them for the future of new generation. Now we hoping that after this rainy season more plantation programs will be scheduled to provide us feelings of true natural vibration.


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