Prabhu Jagatbandhu College

Affiliated to the University of Calcutta

Jhorehat, Andul-Mouri, Howrah, West Bengal, India

(NAAC Accredited)

Best Practices

(2021-22)

Prabhu Jagatbandhu College

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Best Practices (2021-22)

Best Practice No. 1

1. **Title of the Practice**

   Psychological counseling during Post COVID-2020.

2. **Objectives of the Practice**

   Provide accessible and effective psychological support to all students.

3. **The Context**

   - **Surge in Anxiety and Depression**: The pandemic led to a significant increase in anxiety, depression, and stress among students and staff.
   - **Grief and Loss**: Many individuals experienced grief due to the loss of loved ones or significant disruptions to their lives.

4. **The Practice**

   Prabhu Jagatbandhu College have taken initiatives to help student psychologically during Post COVID-2020 through webinar, awareness camp in the locality through mask and sanitizer distribution.

5. **Evidence of Success**

   - Webinar : Psychological counselling of women in the post COVID situation organized by Women Cell & IQAC.

- Psychological counseling have been performed through G-meet staying available through Phone Calls.
- Guided students through online examination.
- Collaborating with external mental health organizations and professionals to enhance the quality and reach of counseling services.

6. **Problems Encountered and Resources Required**

Our college is situated in semi urban area. Most of the students do not have a facility of android phone. Sometimes it is not possible to connect students during that situation.

Some Glimpse / evidence

GENERAL NOTICE

 Webinar : Psychological counselling of women in the post COVID situation

Organized by : Women Cell & IQAC, Prabhu Jagatbandhu College, Andul-Mouri, Howrah, India.
Date : 18.04.2021, Time : 2 pm IST
Speaker : Ms. Sonali Chattopadhyay, Clinical Psychologist, Calcutta National Medical College.

Link of the google form for the registration of the webinar " Psychological counselling of women in post COVID situation", is given below :

https://forms.gle/DqLbEyn3KsTPNufRA

Guided students for Online Examination

You Tube Link: https://youtu.be/2TO6kAKJw_M

- ➢ **Psychological Counselling**
- ➢ **Live Classes through G-Meet**
- ➢ **Staying Available over Phone Calls**

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Best Practice No. 2

1. **Title of the Practice**

   Women Empowerment: Best Practices at Prabhu Jagatbandhu College

2. **Objectives of the Practice**

   - Promote gender equality and inclusivity.
   - Provide educational and professional development opportunities for women.
   - Ensure a safe and supportive environment for all female members of the College.
   - Prevent Violence and Discrimination against Women
   - Fight for Freedom of Women
   - Recognize Women's Right as a global struggle.

3. **The Context**

   Prabhu Jagatbandhu College has a diverse student body, with women making up more than 50% of the total enrollment. Despite this, women have historically faced challenges in accessing the same opportunities as their male counterparts. Our women empowerment initiatives aim to bridge this gap and create a level playing field for all.

4. **The Practice**

   The Women's Cell, Prabhu Jagatbandhu college is prospering hard to uphold women's issues including awareness among the girl students relating to health and hygiene issues. The Women's Cell understands the importance of bringing awareness to all gynecological problem. Early diagnosis of gynecological problem with effective and common screening programs is very important in reducing mortality and morbidity rates. It is recommended to maintain healthy lifestyle behaviors, avoid risky behaviors, screen risky groups and ensure women's awareness for primary prevention. For this purpose, the Women's Cell is planning for an awareness workshop on women's health and hygiene. The cell is planning for a program in the presence of a specialist doctor so that all women of the college can discuss their intimate health problem with him/her and get benefited.

5. **Evidence of Success**

   The Women's Cell, Prabhu Jagatbandhu college have installed a sanitary napkin vending machine in this college for women students. By using this anyone can immediately access to napkins anytime of the day to meet menstrual emergencies. Convenience of purchasing the product independently. Self dispensing of the napkin at the drop of coin. Saves the

embarrassment of seeking napkins in the peer group or from authorities. Women will be provided with easy access to sanitary napkins across their college. This will not only provide easy access, but also help to empower women and create awareness about women's health. This vending machine will be turned up as a feminine hygienic product. Working procedure of vending machine is simply designed where young girls can easily operate it, does not require power consumption.

6. Problems Encountered and Resources Required

Initial resistance from some sections of the community, addressed through continuous dialogue   and sensitization programs. Need for ongoing funding to support scholarships and new initiatives.

7. Notes (Optional)

  The women empowerment initiatives at Prabhu Jagatbandhu College have made significant strides in creating an inclusive and supportive environment for women. We remain committed to advancing these efforts and exploring new ways to empower our female students and staff.

Future Plan of action
1) Regular counseling session with the female students of the college.
2) Women's Health Camp at nearby locality.
3) Workshop on Women Rights.
4) Seminar/Conference on women atrocities.
5) Survey work on Women's participation in various socio-eco-politico-cultural and
   administrative activities.
6) Cultural Programmes focusing on gender discrimination.

Vending Machine in Girl's Common room