

Best Practices
Anandaram Dhekial Phookan College, Nagaon, Assam

Best Practices-1

The college has adopted two best practices of which one of them is developing discipline, comradeship and spirit of adventure and selfless service through involving the students in social activities through NCC and NSS.

In the pursuit of nurturing well-rounded individuals, ADP college has incorporated National Cadet Corps (NCC) and National Service Scheme (NSS) as integral component of educational framework. The primary objective behind the inclusion of these programs is to instill a sense of discipline among students. NCC and NSS serve as dynamic platforms for fostering a structured and organized approach to life, emphasizing the importance of order, teamwork, and personal responsibility.

The objectives associated with the incorporation of NCC and NSS include:

- 1) To train the students of the college to become confident, committed and competent leaders in all walk of life.
- 2) To conduct different activities contributing towards society in terms of social and community development.
- 3) To provide an environment in the college and motivate the cadets to join the armed forces as a career.
- 4) To develop personality of the student youth through voluntary community service.
- 5) To make them reach out to a broader section of people and upload the value of selfless service
- 6) To understand the community in which they work and understand themselves in relation

NCC

1. Title of the Practice

Anandaram Dhekial Phookan (ADP) College NCC Unit and its cadets bringing laurels to both the Institution and the District

2. The Context

In 1963 under Dr. Narayan Ch. Barman's guidance (then Vice Principal of our college) a company of NCC was formed with 200 students cadets under 8th Assam NCC. As the members increased and there was a need for a separate officer to head the company, the HoD of the Education Department Narendra Nath Saikia was given the same Pre-Commission Training and appointed as a Part-time NCC Officer of the College. Thereafter, the then HOD of the English Department Rabindra Bora took charge as the NCC officer for some time. After Mr. Bora's retirement the HoD of the Geography Department Mr. Khagendra Chandra Mahela took Pre-Commission Training and continued as NCC officer of the college from 1981.

He had Promoted to Vice-Principal in the year of 2013. In 2013 Ram Babu Rai was recruited as NCC office Assistant to accelerate the Cadets. In 2016 Dr. Ajit Bharali, Assistant Professor of the Assamese Department took over as the NCC Officer and had been successfully continued upto 2018.

In 2018, November, Principal Dr Surajit Kr Bhagawoti gave the responsibility to Dr. Jalin Prakash chetia, Assistant Professor of the Assamese Department. He took over as the NCC Officer in-Charge and has been successfully continuing as the same till date.

By now, quite a good number of cadets from our college have won laurels to the institution, through their participation in various competitions and camps, and a few have placed themselves at respectable positions, largely on account of their credentials in the NCC.



ADP College in Collaboration with NCC Unit, 8 Assam Bn Army Wing Organised PRABHAT PHERI Programme on 12th August 2022 in City Area, Nagaon, Assam.

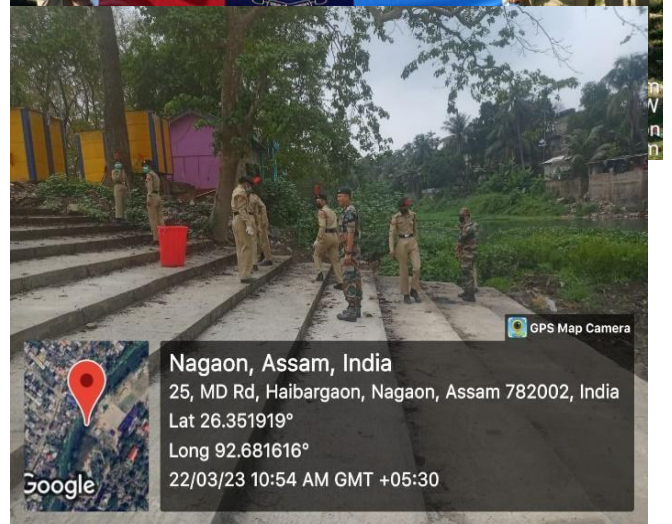


The 8 Assam Bn NCC, Army Wing Organised Swahidu ko Sat Sat Pranam Programme on 26st August 2022, In Collaboration with ADP College NCC, Puranigudam College NCC and Nowgong College NCC Unit in Nagaon NCC Office HQ, Assam.



ADP COLLEGE NCC UNIT, 8 Assam Bn NCC, Army Wing Organised PUNEET SAGAR ABHIYAN ON WORLD TOURISM DAY-27/09/2022.

About **30 Cadets** of ADP College and ADP COLLEGE NCC UNIT, 8 Assam Bn NCC, Army Wing Organised **UNITY RUN for Rashtriya Ekta Diwas on 31ST October 2022**, Nagaon City at 6.00 AM as per ARMY WING Programme Agenda the College NCC team arrange the programme early in the morning. In the Programme Lt. Dr Jalin Prakash Chetia, ANO along with others Cadets were Present in the programme. In this Programme More than **30 NCC Cadets of ADP College** along with others attended.



ADP COLLEGE NCC UNIT, Organised a **SWACHHTA PROGRAMME** on The Occasion of **WORLD POLLUTION PREVENTION DAY** on 2nd December- 2022, INDIA, In Collaboration with 8 Assam Bn NCC, Nagaon Girls College, Nowgong College, GNDP commerce college NCC Unit with the help of Nagaon Municipality Board in Nagaon Kolong River Bank in front of the Nagaon Girls College area.

Anandaram Dhekial Phookan College NCC Unit Celebrated Swachhta Programme in connection with **World Water Day 22nd March 2023** along with 8 Assam Bn NCC, Nowgong Girls college NCC unit, Nowgong College NCC unit, and participated in the programme about **60 Cadets** along with Lt Dr Jalin Prakash Chetia, NCC officer Ram Babu Rai, Senior Under Officer, Under officer and many others were cooperated. In the programme more than 50 kg Garbage collected and disposed from the bank of the Kolong river.



Anandaram Dhekial Phookan College NCC Unit Celebrated **Mission Life, Lifestyle for Environment programme on 24rd March 2023** in collaboration with IQAC, NSS, CECC ADP College, Nagaon, Assam. In connection with **Mission Life**, a week long programme conducted by ADP College from 23rd March to 28th March-2023. On the **3rd day**- Our ADP College NCC Unit Conducted a **Swachhta Awareness** in the Campus and neighbour Haiborgaon area of the Nagaon City on 24-03-2023, Wednesday.



Anandaram Dhekial Phookan College NCC Unit Celebrated **Mission Life, Lifestyle for Environment programme on 27th March 2023** in collaboration with IQAC, NSS, CECC ADP College, Nagaon, Assam. In connection with **Mission Life**, a week long programme conducted by ADP College from 23rd March to 28 March-2023. On the **6th day**- Our ADP College NCC Unit Conducted a **Food Nutrition & Reproductive Health Programme among the Degree students** in the Computer Hub, Haiborgaon, Nagaon City on 27-03-2023, Thursday. In the programme about **62 Students and Cadets** along with Asst. Professors participated. Resource Person Syamolima Sharma, Dietician and Nutritionist delivered a good lecture before the gatherings and Principal i/c Dr Mridul Kumar Hazarika delivered a welcome address on behalf of the college

NSS

The Practice

Anandaram Dhekial Phookan (ADP) College NCC Unit has a glorious history having its cadets bringing laurels to both the Institution and the District. It is an active cadets Unit. The Cadets participate in CATC (Combined Annual Training Camp), ATC (Annual Training Camp), Army Attachment Camp, National Integration Camp (NIC), Sainik Camp, Republic Day Camp (RDC),

Title of the Practice: Promoting holistic development of student and delivering dedicated services to the community through NSS.

Context

Keeping in view of smooth and effective implementation of NSS activities, the College constitutes an Advisory committee headed by the Principal of the College as Chairman. The NSS Advisory Committee to advice programme /Planning and development of activities. A newly constituted NSS committee for the academic year 2018-19 was held on 17th of September, 2019.

The NSS unit of ADP College, following its plan and programmes approved by advisory committee,

organises programmes as instructed into two categories .viz. Regular NSS Activity and Special Camping Programme.

Programme under NSS Regular Activity:

Under this, students undertake various programmes in the adopted villages, college/school campuses and urban slums during weekends or after college hours. NSS Volunteers are given opportunities to take part into programmes related to welfare of the society as per their wish. The duration of NSS services is recorded under scheduled 120 hours in an academic enrolment of each registered volunteers. For verification, activities of volunteers are to be mentioned on their diary. Apart from scheduled regular activities, NSS volunteers of ADP College take part on different community services. The District Administration engages our NSS Volunteers into different programmes from time to time.

4. Practice

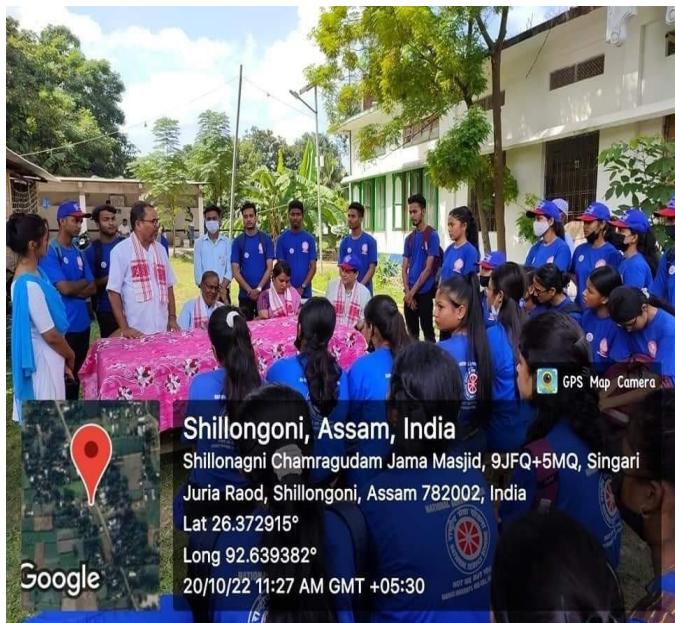
Brief overview of A. D.P College N.S.S Unit.

N.S.S unit of ADP College is one of the premier establishments of the College since 1959 and the NSS unit of the College has been serving community development through social voluntary service.

Since the inception, the College has organised Workshops, Awareness Camp, and Popular Speech on social stigma and its preventive measures, Blood Donation Camp, Round the Clock availability in arranging Blood to needy people etc. The unit also extends its full cooperation to District Administration in relief distribution and management activities. All the members enrolled into NSS unit of ADP College are automatically given an extension to avail membership of District Disaster Management Authority (DDMA). All the members are being trained at different levels by supporting agencies of NGOs, DDMA, NDMA etc. The main Motto of the NSS of ADP College, Nagaon is NOT ME BUT YOU and 'WE ARE WITH YOU' always. In continuation of different activities undertaken by NSS unit of ADP College are categorised into Regular Activities and Special Activities. The details of the NSS activities are being



International Day of Person with Disability celebrated in Bahrapur Sankar Mission Blind School by NSS Unit of ADP College



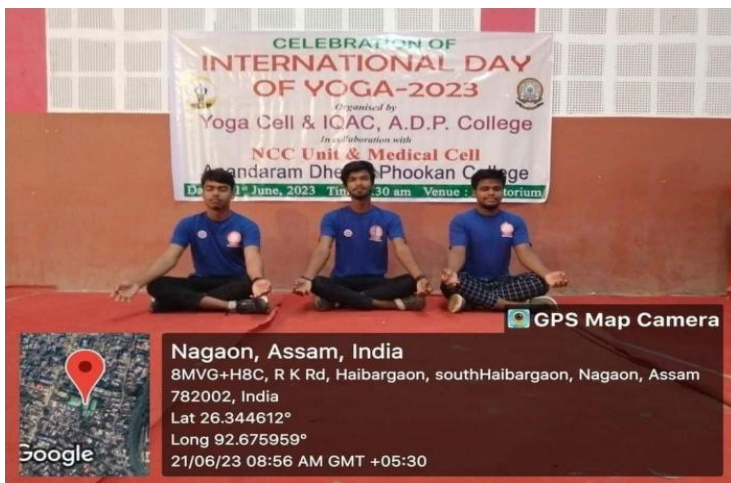
A special camp by NSS Unit including special and regular activities at NSS Adopted Village at Sillongani Village, Nagaon, Assam. The main aim of this camp was Step Towards Education, Health and Family Welfare.



Volunteers of NSS Cell, ADP College participated in North East NSS Festival between 31st March- 4th April, 2023, in collaboration with Regional Directorate of NSS, Guwahati.



NSS Volunteers participated in the Mensurational Hygiene programme organized by office of the District Welfare Nagaon , Assam



On the occasion of International Yoga Day, NSS volunteers have organised Yoga practices at college campus by ADP College



World Environment Day was celebrated by the ADP College NSS Unit with NCC on 5th June, 2023 with following activities:

- 1) Tree plantation in college campus
- 2) Awareness rally by the faculty and students in the locality
- 3) Virtual meeting among faculty and students to discuss environmental issues with theme Beat Plastic Pollution.
- 4) Extension Programme on food and health with special reference to plastic pollution at Adarsha Netaji Sishu Vidyalaya, Panigaon , Assam

Problems Encountered and Resources Required

The following are the problems encountered and resources required for the NCC unit.

- Lack of parade ground as the college premises is very small and there is no open field.
- The students are from economically challenged backgrounds and hence they cannot afford to procure requisite materials, which are not supplied by the administration. There is hesitation to travel outside.
- There is no fund allocated for NCC by the college.

- The classes and NCC programmes often clash, resulting in hesitation of the cadets to join the programmes.
- Awareness about the role and functioning of NCC is very little as Gauhati University has not yet implemented the suggestion of UGC to make NCC a compulsory subject in degree programmes. Teaching assignment of the in-charge comes on the way of NCC programmes as we do not have full-time NCC in-charge and we have to manage tight-rope walk.

Best Practice -2

1. Title of the Practice

Breast-Cancer awareness among the locals of Nagaon District.

2. Objectives of the Practice

- a. Early Detection & Prevention – Creating and educating on early detection through Scientific Seminars, etc.
- b. To create Community Out reaches & Cancer screening camps by going deeper into the society and creating awareness.
- c. Research: To penetrate into the untapped sectors for scientific analysis, providing sustainable solutions to help the community.

3. The Context

1 in 8 women can have breast cancer in their lifetime and the incidence is alarmingly increasing worldwide. Unfortunately, the death rate is significantly higher in the developing countries compared to the developed world due to shyness, taboo & ignorance irrespective of education & socio-economic condition. Men have breasts too and most men with breast cancer seem to have experiences of shock and subsequent embarrassment, battling the “stigma” of having a predominantly woman's disease. We break the culture enforced embarrassment and openly discuss about breast health with women and men.

4. The Practice

The main objective is to create awareness among the locals of Nagaon town on breast cancer. A collaboration with Breast Cancer Hub (BCH), a GuideStar Platinum Certified, Top-rated 501(C)(3)

Nonprofit Organization, has led to the fruition of the project. BCH has been collaborating with ADP college since 2020, on the topic “An Ongoing BCH Epidemiological Research Study Meeting to understand the cancer scenario in Nagaon and Karbi Anglong in Assam”, led by Dr. Afifa Kausar Asst. Professor Dept of Zoology and Zuganta Das, a BCH Research Scholar and an alumnus of ADP College, along with other students. The vision of BCH and ADP College is to conduct Population based epidemiological research study in diverse untapped cohorts to execute impactful & substantial results to bring into limelight the current scenario of Cancer screening since theyis insufficient data from these areas.

Programs conducted (2022-23)

- a. On 5th July 2022, a Workshop on Research Methodology & Discussion on the progress of the project was conducted by Dr. Lopamudra Das Roy, eminent cancer scientist, founder and president Breast Cancer Hub in collaboration with IQAC was held in ADP College. There were also new students who joined in on the team project.
- b. On June 16, 2023, a Workshop on Breast cancer screening and awareness was organised as part of Ongoing Research Project Ground Reality on Breast Cancer Screening in Nagaon & Karbi Anglong Districts of Assam, Anandaram Dhekial Phookan College (ADP College), Nagaon, Assam, in Collaboration with Breast Cancer Hub (BCH). The resource person interacted with faculty members, office staff and students. Dr. Roy interacted with the project coordinator, interns and volunteers and briefed them on the execution of the project.

Workshop pictures:

Ongoing BCH research in collaboration with ADP College, Nagaon Tuesday, July 5, 2022





Workshop on Research Methodology & Discussion - Ongoing Breast Cancer Hub (BCH) Research Project in Collaboration with Anandaram Dhekial Phookan College (ADP College), Nagaon, Assam, 2019 onwards: Ground Reality on Breast Cancer Screening in Nagaon & Karbi Anglong Districts of Assam.

June 16 2023




5. Evidence of Success

- Reached out to the students of the college for awareness on early detection and screening.
- Local people residing in Nagaon and adjoining towns got to know about breast cancer and early symptoms.
- Target populations were encouraged to go for Breast Self-Examination.
- Efforts were made to speak to people that cancer is not contagious and break silence on poorest taboo.

6. Problems Encountered and Resources Required

Lack of fund is the problem encountered. Funding from College and other bodies would help in the continuation of the project.



Principal
A.D.P. College
Nagaon (Assam)

