

## **Best Practices**

1. Holistic Student Development through NCC and NSS for Community Engagement
2. Breast-Cancer awareness among the locals of Nagaon District

# Best Practices-1

## 1. Title of the Practice

Holistic Student Development through NCC and NSS for Community Engagement

## 2. Objective of the Practice

- a. To train the students to become confident, committed and competent leaders
- b. To conduct activities contributing towards society and community development
- c. To connect with a wider range of individuals and instill the importance of selfless service

## 3. The Context

Both NCC and NSS play vital roles in shaping the youth in different ways. NCC aims to foster discipline, leadership, and a spirit of adventure among students, preparing them for potential careers in the defense services. In contrast, NSS focuses on instilling social responsibility and promoting community service among students, preparing them to contribute positively to society. Together, they complement each other in building a well-rounded, responsible, and service-oriented youth community.

## 4. The Practice

Anandaram Dhekiyal Phookan (ADP) College NCC Unit and its cadets bring laurels to both the Institution and the District. The NCC unit, established in 1963, has seen several dedicated officers and produced cadets who excel in various competitions and camps. Currently led by Dr. Jalin Prakash Chetia, the NCC continues to thrive. The NSS unit, active since 1959, organizes regular and special community service activities, including workshops, awareness camps, blood donation drives, and disaster relief efforts. NSS volunteers collaborate with local authorities and NGOs, embodying the motto "NOT ME BUT YOU" through their dedicated service.

## 5. Evidence of Success

The evidence of success of the practice can be depicted by the activities done by NCC and NSS unit

### Activities of NCC and NSS Unit



PRABHAT PHERI Programme on 12th August 2022 in City Area, Nagaon, Assam



Swahidu ko Sat Sat Pranam Programme on 26<sup>st</sup> August 2022



SWACHHTA PROGRAMME on the occasion of WORLD POLLUTION PREVENTION DAY on 2nd December- 2022





Mission Life, Lifestyle for Environment programme on 24<sup>th</sup> March 2023



International Day of Person with Disability celebrated in Bahrapur Sankar Mission Blind School

Volunteers of NSS Cell, ADP College participated in North East NSS Festival between 31<sup>st</sup> March- 4<sup>th</sup> April, 2023



## **6. Problems Encountered and Resources Required**

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

- Lack of parade ground in the college premises
- The students are from economically challenged backgrounds and cannot afford to procure requisite materials
- 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 to make it a compulsory subject in degree programmes.
- Teaching assignment of the in-charge comes in the way of NCC programmes as we do not have full-time NCC in-charge.

## **Best Practice -2**

### **1. Title of the Practice**

Breast Cancer awareness among the locals of Nagaon District.

### **2. Objectives of the Practice**

The objectives are to detect and prevent breast cancer by creating and educating the community through seminars and outreach camps.

### **3. The Context**

Breast cancer often goes unnoticed due to societal norms. Men with breast cancer battle the “stigma” of women's disease. We aim to openly discuss breast health in the society.

### **4. The Practice**

The main objective is to create awareness among the locals of Nagaon town. The College in collaboration with Breast Cancer Hub (BCH), a Non-profit Organization, conducted a Population-based epidemiological research study to execute impactful & substantial results to bring into the limelight the current scenario of Cancer screening.

### **5. Evidence of Success**

- a. Reached out to the college students.
- b. Spread awareness to the people residing in Nagaon and adjoining towns.
- c. Encouraged to go for Breast Self-Examination.
- d. Efforts were made to speak to people that cancer is not contagious.

#### **Programs conducted (2022-23)**

- i. 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 of Breast Cancer Hub in collaboration with IQAC was held in ADP College. There were also new students who joined in on the team project.



- ii. On June 6<sup>th</sup> 2023 awareness campaign among the locals of the neighborhood about breast health was carried out by the students of the Zoology Department of the College
- iii. 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:**



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



Students of Department of Zoology spreading awareness on breast cancer and women health. 6<sup>th</sup> June 2023





## 6. Problems Encountered and Resources Required

Limited Awareness especially in rural areas and no Access to mammograms and other diagnostic tools for early detection are the main problems encountered.


Resources required for effective Breast Cancer management:

- Initiatives to educate the public about breast cancer, risk factors, and the importance of early detection

- Training for healthcare workers to improve knowledge and skills in breast cancer management

- Involvement of Government and NGOs for financial support in taking up this initiative at large scale

By addressing these problems and providing the necessary resources, it is possible to improve the management of breast cancer and enhance the quality of life for patients and survivors.



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