

The Best Practice

North Bank College, Ghilamara

Lakhimpur

1. **Title of Practice:** Social Service & Community Service Provided by College Students in general and by college NSS units in particular.

2. **The Context that required the initiation of the practice:** North Bank College is situated in a comparatively remote area. This place has abundant socio-cultural and academic challenges. For instance, the students of this area do not get enough scope to upgrade and uplift their personalities. On the other hand, common masses of this place are also deprived from a whole lot of opportunities. Besides, the common people of the entire locality are still backward both financially and educationally. Since majority of the people around this college are tribal people of whom the female section lacks information about menstrual health and maintenance of menstrual hygiene, so as an institution of higher education in this area, it was our responsibility to create awareness among the local people about their challenges and the ways to fix it.

3. **Objectives of the practice:** The best practices of North Bank College have had many objectives like: i. To create awareness among local people about the means to maintain menstrual health and hygiene. ii. To inspire our college students to become responsible citizens and to make them realize the challenges of our societies.

4. **The Practice:** North Bank College's best practices were indeed the involvement of College students in general and College NSS units in particular in several social and community services. First of all, the concerned college students participated in several community service programs including cleanliness drives within and around the college campus, tree plantation drives within and around the campus, providing help to the flood affected people of this area and constructing several foot bridges and other such items during the season of flood.

Apart from that, North Bank College students also organize several awareness programs among the local tribal people of this entire area, especially the female section. They create

awareness about the maintenance of health and hygiene during the menstruation period among the female class. Not only this, our students also distribute sanitary napkins among the poor females of this region.

5. Obstacles faced if any and strategies adopted to overcome them: while running our best practices, college students had to face several obstacles. For instance, they had to compromise with their regular classes as such community services could be performed only when all the students concerned were able to be present on the site. Besides, another obstacle was the arrangement of finance needed to perform those activities and to buy necessary resources.

However, those obstacles were overcome soon. To make up the loss of the routine classes, sometimes our teachers took extra classes convenient to the concerned students. As far as the financial strains are concerned, it was also solved easily with the generous help received from many local people and our college teachers.

6. Impact of the Practice: The impact of our best practices was soon visible in this area. For example, this place has worn a green color as a strenuous effort from our college students. Besides, construction and maintenance of several foot bridges have also helped the local people in their communication during tough times. Besides, creations of awareness about menstrual health and hygiene among the local tribal women have also brought about a revolutionary change among the concerned women about their ways of living a healthy life.

7. Resources Required: Man (students') Power; sanitary napkins; financial needs; other raw materials like bamboo, tree saplings etc.

8. About the Institution:

- i. Name of the Institution: North Bank College.
- ii. Year of Accreditation: 2004 (1st Cycle) & 2016 (2nd Cycle)
- iii. Address: Ghilamara, Dist.: Lakhimpur, Assam. PIN: 787053.
- iv. Grade Awarded by NAAC: C+ (2004) & B+ (2016)
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