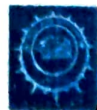


Jatindra-Rajendra Mahavidyalaya

ESTD--1986

NAAC ACCREDITED INSTITUTION

P.O.--Amtala ♦ Dist.--Murshidabad ♦ Pin Code-742121



Ref. No.---

Date.....

BEST PRACTICE VIII

Title: "Say No to Tobacco": Evoking Awareness and Resistance

Objectives:

1. Raise public awareness about the injurious impact of smoking, chewing or sniffing tobacco
2. Educate about the risks posed by tobacco smoking and second-hand smoke exposure
3. Inform about the magnitude of death and illness globally from lung diseases caused by tobacco

The Context: The Member States of the World Health Organization designated “World No Tobacco Day” in 1987 to draw global attention to the tobacco epidemic and the scale of death and disease it causes. A year later, in 1988, Resolution WHA42.19 was passed; calling for the observation of “World No Tobacco Day” every year on 31 May. The pressing need to raise public awareness about the consumption of products containing tobacco compelled such an action. Tobacco is a plant grown for its leaves, which are dried and fermented before being put in tobacco products. Tobacco contains nicotine, the ingredient that can lead to addiction. Nicotine acts in the brain by stimulating the adrenal glands to release the hormone, epinephrine (adrenaline), and increases levels of the chemical messenger, dopamine. Consequently, tobacco smoking can lead to lung cancer, chronic bronchitis, and emphysema. It also increases the risk of heart disease, which can cause stroke or heart attack. Smoking has also been linked to other cancers, leukemia, cataracts, and pneumonia. Likewise, smokeless tobacco increases the risk of cancer, especially mouth cancers. Hence, to resist an outbreak of diseases stimulated by tobacco consumption, our institution has taken the following measures.

The Practice: As an imperative social obligation and moral responsibility, our college observes the “World No Tobacco Day” every year on 31st May. Educational seminars and awareness campaigns are held throughout the year to elucidate the lethal effects of tobacco consumption. Particular emphasis has been made on the adverse impact of tobacco on oral health which leads to poor oral health, bad taste and breath, periodontal disease, dental caries, oral ulcers, and oral cancers. Significantly, it has been perceived that adolescents are more vulnerable to start smoking and become addicted to nicotine because they go through rapid hormonal and cognitive changes during their adolescence period and are also influenced by cultural, social, familial, and behavioral factors. Hence the teaching faculty of our institution counsels and exhorts students in the wake of their teens about the negative consequences of

smoking so that morbidities, mortalities, oral and systematic health inequalities resulting from smoking can be prevented at an early age. Besides, the entire college campus has been declared as a "No Tobacco Zone" through display boards, banners and wall magazines to discourage stakeholders from getting addicted to tobacco. CCTV surveillance further ensures that tobacco in any form is not consumed inside the premises of our college; if any such case is still reported, the defaulter is penalized.

Evidence of Success: The college campus exemplifies the success of this practice by its peerless appearance, devoid of any tobacco stains caused by the action of spitting. There have been no reported cases of tobacco consumption on the college campus as well due to the mentoring sessions by teachers and strict surveillance carried out by the college administration through the installation of CCTVs in every corner of the college. Students have in turn reached out to their immediate and extended families to quit the ill habit of tobacco consumption.

Problems Encountered: There has been more positivity and acceptance regarding this best practice than expected. Still, a lot remains to be done in this regard and massive awareness campaigns need to be organized at regular intervals in near future to eliminate tobacco from the lives of more individuals, commencing from the efforts of our college at the root level.

Geetali Bora

22-06-2023

Teacher-in-Charge
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Ref. No.---

BEST PRACTICE VIII

Date.....

Title: Effective Waste Disposal and Management

Objectives:

1. Effectuate a balance between waste generation and waste disposal
2. Raise public awareness about the need for minimization of waste
3. Develop a more holistic approach to waste reduction and waste energy recovery

The Context: It is important but challenging to consider an integrated system in assessing and improving the sustainability of waste management. Effective “Waste Management” involves the practice of “5Rs”—‘R’efuse (saying no to things that are not necessary, such as single-use plastics or excessive packaging), ‘R’educe (emphasizing the importance of minimizing the amount of waste generated by using fewer resources and being more conscious of consumption.), ‘R’euse (instead of disposing of items after a single use, considering finding ways to reuse them, involving repurposing items or using durable goods that have a longer lifespan), ‘R’epurpose (giving items a new purpose or use, extending their lifespan, and reducing waste) and ‘R’ecycle (processing used materials into new products, reducing the need for raw materials, and lowering their overall environmental impact). The waste hierarchy consolidates them to the “3 Rs” – Reduce, Reuse and Recycle – which classify waste management strategies according to their desirability in terms of waste minimization. The waste hierarchy is the bedrock of most waste minimization strategies and our institution has embraced the set of principles that guide efforts to reduce the environmental impact of waste.

The Practice: The following measures have been taken by the college administration to ensure effective waste disposal and management:

1. Liquid Waste Management – litter from washrooms and canteen are collected in the safety tank of the college.
2. E-Waste Management – the E-waste generated from the office section, library and other departments of the college is collected and stored in a separate room and not thrown away outside the campus.
3. Solid Waste Management – Empty toners, cartridge etc. are refilled as far as practicable. Outdated, non-functional desktops and other electronic items are kept intact since scrap cannot be heedlessly discarded from the campus to ensure their safe recycling. Besides, old monitors, CPUs of computers, etc. are repaired and reused. Dustbins are kept in every corner of the college for the purpose of garbage disposal.
4. Bio-degradable Waste Management – Biodegradable waste such as waste generated from kitchen, leaves shed from trees and waste papers are disposed in pits for facilitating their conversion into bio-compost. This compost is consequently utilized as manure in the garden adorning our college.

Evidence of Success: Stakeholders have been motivated to always use dustbins for disposing of garbage. Paper recycling has been adopted as an effective technology by mostly students for turning waste paper into reusable paper products like folders, penholders, envelopes, etc. Regular use of bio-manure has improved the physical, chemical, and biological properties of soil and the overall soil structure, air circulation and water retention capacity of the soil used for gardening in our college.

Problems Encountered: The major challenges encountered are lack of general awareness and sufficient funds. Also, the proper disposal of hazardous waste is a significant problem for waste management.

Gulali Beld
22-06-2023

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