

## **BEST PRACTICE III**

**Title:** Health, Hygiene and Sanitation: A Correlation

**Objectives:**

1. Raising awareness about personal hygiene for promotion and preservation of good health and lifestyle
2. Educating the masses about the need of safe sanitation in both urban and rural households
3. Checking a major upsurge of communicable illnesses like malaria, typhoid, diarrheal diseases, tuberculosis, etc. as well as several non-communicable diseases by communicating their causes and the methods and techniques for effecting their cure

**The Context:** Universal access to proper hygiene and safe sanitation is a fundamental human right. Yet, millions of people in India still lack knowledge about basic hygiene and are denied accessibility to clean and sound sanitation facilities, thereby leading to dire consequences in relation to health, healing and overall well-being. Improving sanitation and hygiene conditions for vulnerable communities can make a significant impact on public health and empower individuals to lead healthier lives. For instance, access to proper sanitation facilities reduces the spread of waterborne diseases and improves overall community health. Most importantly, availability of adequate sanitary measures enables in securing human dignity, especially for the female section of the society, enabling them to live with privacy and respect. To put it in a nutshell, improved hygiene practices lead to reduced general illnesses and increased productivity, contributing to economic development. Hence the primary agenda of our institution has been to spread knowledge and create awareness among our students about the fundamentals of hygiene and sanitation so that they can in turn contribute to the well being of our society by disseminating these ideas and ideals among the commoners.

**The Practice:** The outbreak of dengue fever is a menace in regions like Amtala which is located in the Naoda CD Block of Murshidabad. Each year, up to 400 million people are infected by the dengue virus worldwide, approximately 100 million people get sick from this infection and around 40,000 populace die from severe dengue. In view of this alarming social concern, the N.S.S volunteers of our college have organized dengue awareness campaigns in different areas of Amtala on several occasions during the academic session 2019-20. They have

conducted hygiene awareness sessions, empowering communities with life-saving knowledge and information, ensured basic sanitation supplies and distributed hygiene kits (mosquito nets have been delivered at regular intervals to the economically burdened families) among the socially vulnerable inhabitants of this region. They have also arranged cleanliness drives both within the college and beyond the campus (for example, on the shores of Jalangi river) to make people aware of the importance of handling waste responsibly and exemplified ways of achieving this goal as a prerequisite towards a cleaner and greener environment. The N.S.S volunteers also played a pivotal role in fostering awareness among the rural population of Amtala during the outbreak of Covid-19 by distributing masks and sanitizers among them and acquainting them with ways of combating this highly infectious disease.

There is no denying the fact that a lot of diseases can be traced back to unhygienic conditions and irresponsible waste disposal. Swachh Bharat Mission, the world's largest sanitation initiative was launched by the Prime Minister of India in 2014 to achieve an Open Defecation Free India by October 2, 2019, as a tribute to Mahatma Gandhi. To pay homage to our national hero and this governmental scheme, the college fraternity ensures regular cleanliness campaigns on the campus; facilitates cleaning of all toilets, classrooms, departments and restrooms on a daily basis; organizes awareness programmes and campaigns related to health, hygiene and sanitation; encourages the use of eco-friendly items and cautiously regulates waste generation and disposal within the college premises.

**Evidence of Success:** The college campus exudes the essence of collective well-being and environmental sustainability by its impeccable bearing, embellished by soothing greenery and beautiful flowers, and has encouraged students to maintain proper hygiene and sanitation practices for a healthier lifestyle and wholesome living. The stakeholders have actively participated in cleanliness programmes, planted trees, disposed waste materials in dustbins and enthusiastically attended lecture sessions on hygiene and sanitation.

**Problems Encountered:** There has been a positive response from all quarters to the various initiatives taken with regard to maintaining wholesome hygienic practices and sanitation measures in this academic session.