

## **RAIDIGHI COLLEGE**

### **Best practices initiated in 2018-19**

1. Being inspired by two well known proverbs “Health is Wealth “and “Save Girl and Save Generations”, Principal and faculties of Raidighi College organised an awareness program on “Health and Hygiene for Girls”. Around 200 girl students of Raidighi College were present to attend the lectures by eminent psychologists and medical Counsellor from Raidighi Rural Hospital on 23rd April, 2019. ICTC Counsellor and psychologist Mrs. Nabanita De described different health issues due to unhygienic lifestyle and also suggested some ways to keep oneself clean. She and her co-speaker Mrs. Piyali Pal, (who is an Anwesa Counsellor) highlighted different sensitive topics like HIV, safe conjugal life, and usefulness of sanitary napkin with its proper disposal. One of the organisers of this awareness program Dr. Payel Ghosh, Assistant Professor of Department of Mathematics explained the importance on spending time to think about our inner-self. Another organiser of the program Dr. Arvinda Shaw, Assistant Professor of Department of Food and Nutrition, mentioned that along with proper hygiene, balanced diet is also equally important to stay healthy. Dr. Madhumita Majumder, Assistant Professor, Department of Botany as an organiser, appreciated our girl students for their interest in the program. Dr. Sasabindu Jana, Principal, Raidighi College announced installation of sanitary napkin vending machine and incinerator in college. The vending machine is running successfully and has proved to be a great relief to the girl students who have to travel far to reach college every day.

2. Active student participation and independent presentation have been initiated in programs like Sundarban Mukti Exhibition, World Heart Day, World Diabetes day, National Nutrition week, International Rabies Day, various Community Awareness Programmes. This practice is helping students overcome their shyness and fear of expressing themselves and promoting their communication and public-speaking skill. This will ultimately help them to face the competitive job market.

### **Institutional Distinctiveness, 2018-2019**

On 16th May, 1995, Raidighi College was established with a single mission ~ to cater quality higher education to the remote, economically backward areas of Sundarban. Major aim was to equip the underprivileged youth of this rural community with the latest requirements, through innovative techniques and practices, as the college firmly believes that quality education is everybody’s right and such exposure can uplift the entire community. Today this College is the knowledge hub of Raidighi and adjoining areas, tirelessly empowering many first generation learners with wisdom and moral values. The vision of the College is to carve a niche for itself as a quality institution for the poverty-stricken, underdeveloped community of rural marshlands of Sundarban. It is an additional skill set of all faculty members to keep such students motivated in their academic pursuits and evolve their capabilities for the job market. Teachers work with determination and patience to achieve this feat. The college does not get toppers across all disciplines but is often successful in finding meritorious, hard-working students from the non-creamy underprivileged layer of society. The primary goal is to help them carve out a stable career good enough to support their family. The challenges are infinite. Nevertheless, Raidighi College is marching ahead with its sole objective of providing quality education to its rural, needy, academically backward students irrespective of their caste, creed, religion, gender and economic status. The dream, which makes the college distinct is “Education for Attaining the Absolute”, and this is reflected in the College motto “JNANAM, SATYAM, MOKSHAM”, which translates to “KNOWLEDGE, THE TRUTH, THE ABSOLUTE”.