

Jhargram Raj College
Best Practices 2022-2023

Best Practice I

Title: Community Service through Pabitra Kumar Sen Memorial Forum

Objective:

- To escalate awareness among the populace regarding proper nutritional status.
- To enlighten them about the low-cost sources of nutritious food.

The Context:

- Domain of work being low-income tribal population, aim was to make aware of the available low-cost sources of nutritious food.
- Persisting ignorance regarding the female health status needs alleviation.

The Practice:

- Three Nutritional Status Assessment programs organized by the Department of Physiology in Jhargram-based schools and adjoining villages; assessed approximately 100 students using a questionnaire.
- Two Female Health Awareness programs organized; encompassed 87 girl students and a few adults aimed at pointing out the common female health issues.

Evidence of Success:

- Increased participation of students in every program.
- Increased spontaneity observed during question-answer session; increasing trend to overcome the socio-economic barrier.
- The nutritional status assessment and advising them with different nutritional suggestion will eventually make them fulfilled and happy.

Problems encountered and resources required:

- Many of the local students and ladies were initially hesitant to share their problems.
- Paucity of working resources (financial and logistic) makes it difficult to encompass a larger domain.

Best Practice II

Title: Entrepreneurship Development Through Mushroom Culture

Objective of the Practice:

- To provide an alternative income source.
- To highlight the nutritious aspect of mushrooms with the advantage of converting agricultural waste.

The Context:

- Orienting people towards a nutritious food that can be cultured with the minimum capital.
- Exploiting the conducive climate of Jhargram, mushrooms can be cultured both at domestic and commercial scales.

The Practice:

Local people, across different age groups and gender, participated in the hands-on training to culture oyster mushroom from the easily available agricultural waste. Programs were organized within the college premises, as well as in nearby villages. Certificates were provided to the participants at the end of each program.

Evidence of Success:

- Number of interested participants increased with the program count.
- Educated, but unemployed, youth showed interest in the programs.
- Participants readily volunteered raw material for oyster mushroom culture.
- Interested candidates regularly contact the coordinator to organize more sessions.

Problems encountered and resources required:

- There is no spawn production unit Jhargram district which can supply spawn throughout the year.
- Paucity of working resources (financial and logistic) makes it difficult to encompass a larger domain.