

# Few Best Practices

## The context that required initiation of best practices in the institution...

The institution does not satisfy in preparing students only for professional life but try to give them meaning to life, a life can be lead without any specific aim and can be passed just by earning jeevika and cater a family. But NECST is doing a wonderful job, it is preparing students not only for their career but also for leading a meaningful life. For which our effort is to give contribution in the development of society by way of conducting various activities.

### Activity No. 1

## Cancer awareness program

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### *Objective*

General human tendency is to ignore physical problems. Our body gives us signals whenever there is a problem in our natural system, but we tend to ignore it. There are very few people who are alert and listen to this voice. One of our main aims is to develop awareness toward wellness to form a healthy mind, family and society. Out of many deathly diseases cancer is one that totally disturbs the family. Keeping all this in mind NECST started this mission to aware the people through a variety of mediums.

Cancer is a name that creates fear in each person. It is very unfortunate that despite many NGOs working in this area, various programs run by government, a large number of populations still have no knowledge about it.

NECST has organized a Cancer Awareness Program in the campus in association with Lions Club Ghaziabad and one NGO "I Can Win" the Indian Cancer Winner Association. Approx. 200 audience were present in the program.

Other than President, Secretary, Treasurer of Lions Club, Rev. Governor was also present on the occasion. A team of Esteemed Oncologists gave presentation on causes, preventions and treatment of this deathly disease.

### **Discussion on Causes and types of carcinoma**

Firstly Doctors told that carcinoma is unusual growth of cells that can be malignant and then they told about main causes of common cancerous growth in India and main types of cancers in India in male and female separately.

**In men the most common cancer are:**

Mouth & Neck Cancer, Prostate cancer, Lungs cancer , liver cancer etc mainly caused by use of tobacco and alcohol.

**In female the most common cancers are:**

Breast Cancer, Cervical Cancer and Cancer of Small Intestine.

Doctors discussed about Cause, Prevention, symptoms and importance of early diagnose of the problem. They also discussed about how healthy life style can help in leading a healthy life.

**Talk with cancer winners, NGO persons & Naturopaths**

One more wonderful part of the program was two cancer winners (survivor)were also present there in the program and they shared their experiences with the audience.

Members of “I Can Win” Association were also shared that how their association is working for the wellbeing of the society. Started with a no. of six persons they have now reached at more than six thousand members.

Importance of naturopathy can not be ignored when we talk about health. Two Naturopaths also discussed how naturopathy helps in staying fit for life time.

Thus the program was come to an end with vote of thanks by Lions Club President Mr. Rajesh Garg.

**Obstacles faced if any:** No obstructions were faced by organizing team during planning and executing the program. The main organizers were the members of club but all the assistance were provided by the institute whenever it is needed.

**Strategy:** Approaching an established body that can support the institution in organizing such noble programs.

**Impact:** After the program was over most of the audience looked to be conscious and involved in talks with some doctor for some more information.

**Resources :** Our special thanks to Lions Club Royal, Ghaziabad, the NGO “I CAN WIN “ and the team of esteemed Oncologists from various hospitals of NCR. Other than human resource other resources used are well furnished seminar hall lace with all the latest technology.

Report prepared by Academic Committee

Approved by the Principal

## Awareness programs in Rural Area through the medium of “Street Plays”

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### **Objective of Program:**

Making people realize the importance of:

1. Adult Education
2. General Hygiene
3. Girl child education
4. Female foeticide – a curse to society
5. Repercussions of Addiction (smoking, drinking, drugs, tobacco)

### **The strategy**

These programs were organized twice in a session in pre-identified areas. First the students presented the play in a school where they have gone for practice teaching and other in a rural area. Besides giving information to the residents, students also learnt a lot in this sharing.

Students presented all the above-said issues in the form of a play. Residents also shown their interest and extended support whatever needed. They helped in collecting people as an audience, arranging for a place for play and arranged few small things needed for play.

### **The Impact**

Few senior residents, school teachers were committed to take forward this mission in the favour of their own development and for a growing society. Most of the residents of the area had shown their interest in conducting some craft classes that can help in starting employment in the area. They also realized the importance of sending a girl child to the school and make her independent before she gets married.

### **Resources**

Student teachers, few craft items, residents of the area, a place to play the theme. During their presentation in school – a platform to perform, slogans the students made, few symbolic items to show bottle, cigarette, and gutkha pouch.

We extend our sincere thanks to Mr. .... (Principal of one school) & Mr. ....(Village Sarpanch) who coordinated with college staff and students and made everything that was required available.

**Our future endeavour in this field will be how to handle problems to make day to day life easy naming “Every problem has a solution”**

# Plantation

NECST Institute is situated in an industrial area, where pollution level might be higher in comparison to other places. Keeping this negative point in mind, college every year conduct this program of plantation.

In this session the institute called some expert to tell about the importance of plantation

This year the institute invited one expert from a government department of environment to discuss some issues. Mr. .... talked about

## **Environment Conservation Program**

- 100 plants were **planted** by the students of session 2011-12, &
- 120 plants were planted by the students and faculty members for the session 2012-13

Activity No. 4

# One Month Project on Environment

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