

Best Practices (2019-20)
Sadiya College
Chapakhowa-786157, Tinsukia, Assam

Best Practice-1

Awareness programme on Corona Virus

1. *Objective:* To aware the village people about the effect of Corona Virus and about the precaution to be taken.
2. *Context addressed:* The institute introduced the effect of Corona (Covid19) Virus to the village people. The importance of the use of mask and sanitizer was an important context of the programme. The importance of healthy food habit to keep their immunity strong and the institution also addressed on how to keep them mentally strong to fight against the virus.
3. *About the practice:* The College organized the awareness programme on Corona Virus to motivate the village people scientifically to face the global pandemic. Through the programme the village people were motivated to the scientific precaution that had to taken by them. Also about importance of strong immunity, strong mentality and a healthy food habit were discussed in the programme. The college fraternity distributes food grains and other edibles to the needy villagers as a helping hand.
4. *Resources:* The Sadiya College fraternity coordinates with head/elderly person of the village. Targeted programme were completed with the support of all teaching and non-teaching staff of the college and the voluntary service offered by the village people maintaining the covid protocols.
5. *About the institution:*

Name: Sadiya College

Address: Chapakhowa-786157, Tinsukia, Assam, India

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Best Practice-2

Stress management cum health screening and counseling

1. *Objective:* To make the mentality of the students strong to face their examinations and to offer them the facility of health screening.
2. *Context addressed:* The institute addressed how to come over from the examination stress to perform well in the examination. The institute provided the facility of health screening and the counseling session to the students.
3. *About the practice:* The stress during the examination period of the students is a big issue for many of the students. About the management of examination stress was introduced to the students in detail in the programme. Many students not able to screening of their health for many reasons. The programme became very helpful for those students. Also the counseling session addressed many areas to motivate the students for the education and to live a better life.
4. *Resources:* Department of Mental Health, Tinsukia civil Hospital in association with NSS unit, Sadiya College. Targeted programme were completed with the support of all teaching and non-teaching staff and the voluntary service offered by some students of the college.
5. *About the institution:*

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