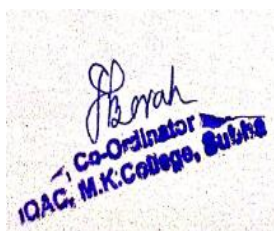
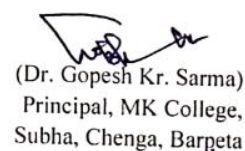


**Madhya Kamrup College, Subha**  
**Best Practices 2021-22**

**1. Best Practices:**

1. Title of the Practice	Awareness Programme regarding Nutritional Foods for Women.
2. Objectives of the Practice	To build awareness regarding interrelationship between food and hygiene and to be able to incorporate it in daily lifestyle. And to give proper knowledge about the importance of well-balanced diet, including the importance of fluids.
3. The Context	Food and nutrition security is becoming an important concern across developing countries. In our society mostly women bear the load of sustenance of a household. With great effort and sacrifice, even when the household is secure when it comes to food and nutrition, the women of the households often does not receive the concern that they should get. In most cases, women in the household suffer from malnourishment. To overcome this situation, it requires urgent attention as it has a direct bearing on family and community health. Through our college we had organized an awareness programme. In this programme we had included the women of Subha village. We tried to make the participants aware about the utmost need of nutritious foods and food habits through lectures delivered by the experts hired from other institutions of the field.
4. The Practice	Through the programme we have tried to educate the participants regarding nutrition and its importance. We have tried to illuminate them about the nutritious and medicinal plants and foods that are easily accessible to them and can be found locally.
5. Evidence of Success	After seven days of the programme, we followed up with some households to get the present information about their food habits. We found that maximum families tried to grow some nutritious plants in their houses organically.
6. Problems Encountered and Resources Required	In most of the households, women participate in securing the financial needs of the household. Thus, they become reluctant to divert their time and effort towards activities that do not directly impact their economic well-being.

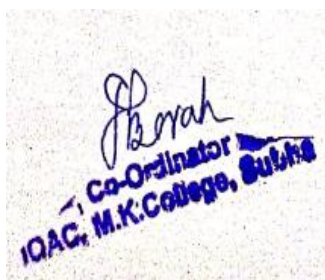
  
Co-Ordinator  
IQAC, M.K.College, Subha

  
(Dr. Gopesh Kr. Sarma)  
Principal, MK College,  
Subha, Chenga, Barpeta

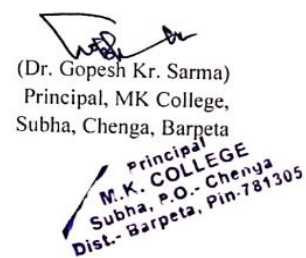
Principal  
M.K. COLLEGE  
Subha, P.O.- Chenga  
Dist.- Barpeta, Pin-781305

## 2. Best Practices:

1. Title of the Practice	Skill Enhancement Programmes for Students
2. Objectives of the Practice	Our college organizes various programmes that enhance the skill of the students to increase their chance of employability.
3. The Context	Every institution's vision is to provide quality education and to minimize the gap between theoretical and practical knowledge. For this purpose, our college provides motivation and platform for the students to inculcate leadership, entrepreneurship, project management and multidisciplinary skills by involving experts in various fields.
4. The Practice	For the fulfilment of various programmes all students are informed in advance by circulating notice. After that the interested students are involved in various technical skills such as hands on design, manufacturing various products, stitching, etc.
5. Evidence of Success	Various workshops on this context have improved the students manufacturing, marketing and decision making skills.
6. Problems Encountered and Resources Required	Selection of materials for various training is a challenge. The authority had to ensure that the materials selected for the project must be durable reliable and within the budget.



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