

BEST PRACTICES 2020-21

Title:- Nurturing Environmental consciousness to enhance sustainability

Objective of the Practice: -

- a) To nurture environmental consciousness to enhance sustainability.
- b) To take more preventive measures for preservation of the environment.
- c) To make the staff and students more conscious towards motto of save energy and save water.
- d) To develop awareness of using ecofriendly measures for environment conservation.
- e) To promote sensitivity and respect for environment.
- f) To promote the eco-friendly campus to enhance sustainability
- g) To develop awareness towards disposal of biodegradable and non-biodegradable wastes separately.
- h) To aware students and community about environmental degradation and adopting sustainable measures to save environment.

Context: - The College is working to develop ecofriendly campus for the last number of years. This year also several programmes were organized to nurture the environmental consciousness among the students as well as the staff. New ways and means were adopted to control environmental problems. It was felt that the students were not much sensitive towards the environmental issues. So, more awareness was required on issues such as renewable energy sources, waste management and recycling. The institution worked in the areas of power, plants, water and cleanliness. The college administration, staff and students worked together to promote an Eco-friendly campus.

The Practice: - For promotion of Eco friendly campus, Eco-club is working actively in collaboration of IQAC of the college A number of activities conducted to promote environment friendly measures were as follows:-

- Plantation is carried out according to the season and on World Environment Day, Earth Day etc.
- Resolution to not waste the electricity and water is taken as pledge on every occasion to instill the sense of responsibility towards the environment.
- The plastic waste collected is periodically removed from the campus by the authorities of municipality.
- Students are encouraged to create minimum waste in the campus by bringing food in steel tiffin boxes, water in steel bottles etc.
- E-wastes are stored in secured place with a view to reuse some of its working parts. The equipments which cannot be reused are managed safely after official procedures.
- The College implemented various methods to save energy. The LED bulbs and CFLs are used in the campus in place of bulbs and Tube lights.
- Waste water of Water Cooler and AC is used in watering plants.
- Practice to switch off the lights and fans when not in use is followed by all in the college.
- Classrooms are covered by the green shade of trees on both sides to make cool in hot summer days.
- The practice of not using any vehicle on every Wednesday by the faculty as well as students of the college is followed regularly to save the fuel and making the steps towards save environment.
- The degradable waste is put in to a kuccha pit where it discomposed into compost which can be used for proper growth of plants.

- Dustbins are kept in every corner of the college campus. The waste which cannot be degraded is sent to Municipal Committee.
- The college has displayed various slogans on environmental awareness in the campus to propagate green campaign successfully. These slogans help the students to protect plants, water and keep Campus Eco-friendly.
- Paper less communication is encouraged in the college by disseminating the information via Whts App groups to the staff as well as students.
- The plants in the campus are labelled with their botanical names to increase the interest and information of the students.
- With the initiative of Eco Club, the various programmes like Competitions of poster making, best out of waste and improvisation of apparatus are conducted on environmental issues.
- Vermi Compost Pit and Water Harvesting Tank are in the quick planning of the authorities of the college.

Evidence of Success: -

- i. There are well managed lawns in college with lots of plants which make college environment Eco-friendly.
- ii. The students are taking more interest in plants by knowing their botanical names labelled in the garden.
- iii. There is less consumption of electricity so minimum electricity bills are generated every month.
- iv. Green plants are making campus pollution free as well as adding beauty to campus.
- v. Ban on single use Plastic waste has made campus clean and beautiful.
- vi. Eco-friendly campus of college attracts more and more students for getting education from here.

Title-

Promotion of health awareness among girls regarding menstrual hygiene, Breast Cancer and cervical cancer particularly

Objectives of the practice:-

1. To promote awareness in females regarding their personal health.
2. To increase awareness among girls on menstrual hygiene and health.
3. To aware the girls about ways to promote their menstrual health.
4. To promote knowledge about gynecologic cancers.
5. To increase the knowledge about the causes, symptoms and treatment of Breast Cancer.
6. To impart complete information regarding cervical cancer.
7. To acknowledge the girls about the causes, symptoms and treatment of cervical cancer.
8. To inform the girls about the vaccination for cervical cancer and how it can be prevented by vaccination of girls.
9. To change the perception of girls regarding menstrual cycle.

Context:-

The college is working in the semi urban area of District Sirsa of Haryana. Most of the students are from the surrounding rural back ground. They are not much aware about the menstrual hygiene. They try to be at home during menstrual cycle which results in their shortage of attendance. So the college authorities decided to aware

the girls about this personal health issue. Cervical Cancer is also a commonly found one of the gynecologic cancers among females. So it was unanimously decided by the IQAC of the college to start a campaign towards the awareness among girls regarding reproductive health with special reference to Menstrual Hygiene and Cervical Cancer. Since the campaign is started, the college is making sincere efforts to achieve its objectives.

The Practice:-

A number of steps have been taken by the different Cells and committees under the guidance of IQAC to promote awareness among girls regarding reproductive health with special reference to Menstrual Hygiene, Breast Cancer and Cervical Cancer. Some of those are as follows:-

- Personal guidance is given by the Principal herself if needed by any girl student.
- All the faculty members make efforts to aware the girls regarding their personal health during routine lectures also.
- Following activities were organized during the session to strengthen the practice;-

Date	Resource Person	Topic of Extension Lecture
27-03-21	Dr. Parvinder Singh, Advance Cancer Institute Consultant Oncology, Bathinda	Cancer-Issues, Types of Cancer common in females like Cervical Cancer and Cure
30-03-21	Dr. M.K. Bhado SMO, Mandi Dabwali	How to prevent Covid-19?"
30-03-21	Alpha Diagnostic Lab, Mandi Dabwali	Health Camp to check the haemoglobin level of girls organized

- A napkin vending machine is installed in the college for safe, clean and hygienic arrangement for their emergency menstrual periods in the college time. It is to make them aware that sanitary napkins are safe to use rather than clothes which are unhygienic.
- Dustbins have been placed in toilets for napkin disposal. The girls are also advised time to time to not to flush the napkins and use dustbins.
- Counseling of girls is carried out by the Guidance Counseling and Placement Cell and Women Cell regarding their problems of cramps and pains during periods.
- Girls are motivated by expert doctors time to time to inquire about their personal health during or after the extension lectures.
- An environment of feel free is created in the college for all girls students to discuss their personal health issues.

Evidence of Success:-

- Maximum participation of the girls in all activities organized time to time in the college regardless of their problems during menstrual periods.
- The girls freely discuss about their personal problems during the extension lectures by expert doctors arranged by the college.
- Regular attendance of maximum girls in the college ensures about maintaining their good health.
- The girls are using the napkin vending machine whenever required during college hours.
- Napkins are thrown in dustbins only and properly disposed of by the sweeper.

- Some of the girl students inquired and made efforts to get vaccinated for cervical cancer.

Problems Encountered:-

- More efforts and time is required in this direction.
- More funds are required to invite eminent doctors of specialized area.
- There is need of more efforts to fetch the attention of parents in this issue.
- More efforts are needed to convince the parents of the girls for vaccinations regarding cervical cancer.
- Price of the vaccination is more than the affordability. So all the girls cannot afford it.



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