

BEST PRACTICES 2022-23

Title: - To strengthen and promote measures towards Environmental Friendly Campus

Objective of the Practice: -

- a) To develop awareness of using ecofriendly measures for environment conservation.
- b) To take more preventive measures like vermicomposting bed and more plantation for preservation of the environment.
- c) To promote the eco-friendly campus for enhancing sustainability.
- d) To develop awareness towards disposal of used water, rain water and biodegradable waste properly.
- e) To aware staff, students and community about environmental degradation and adopting sustainable measures to save environment.

Context: - The College is making sincere efforts to promote more and more measures for developing ecofriendly campus. Water Harvesting Tank and Biodegradable Compost pit are already in use for the last years. An initiative of Vermicomposting bed is prepared to produce the organic manure for the use of the college campus and community. A number of co-curricular activities were also organized to nurture the environmental consciousness among the students as well as the staff. The students were made aware of the institutional energy policy to develop sensitization towards the appropriate use of renewable energy sources, waste management and recycling. The college administration, staff and students worked together to promote an Eco-friendly campus by developing awareness to save electrical energy, plants, water and cleanliness.

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

- Resolution to not waste the electricity and water was taken as pledge on Orientation Day to instill the sense of responsibility among the students towards the environment.
- Vermi Composting Pit, Water Harvesting Tank and Biodegradable Compost pit are prepared and used by the staff as well as students properly.
- Plantation Drive was carried out to celebrate the Van Mahotsav under HAR GHAR TIRANGA w.e.f. 13-08-22 to 15-08-22.
- Poster Making and Slogan Writing Competitions were organized on 20-01-2023 on topic "Environment Conservation".
- Preparation of Improvised Apparatus Competition was organized on Science Day i.e. 28-02-2023 to imbibe the knowledge regarding reuse of the waste material and use it as improvised apparatus.
- National Seminar approved by the DGHE, Haryana on topic "Understanding the environment for sustainable development" was organized by the Eco club On 18-03-2023 for enhancement of the awareness of the students, staff and community towards this critical issue.
- A team of Science Students visited the Vermi Compost Farm at Village Bharokha, District Sirsa on 15-04-2023 and the Principal accompanied and acknowledged the students regarding the process of Vermicompost farming.
- Best out of Waste Creativity Competition was organized to celebrate World Environment Day.
- The plastic waste is collected periodically and removed from the campus by the authorities of municipality. A Poster Making Competition was also


organized by the Eco Club on topic "Plastic Free Campaign" on 05-06-2023 to celebrate the World Environment Day. A pledge was also taken by the students and staff of the college to not to use the single use plastic.

- 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 equipment which cannot be reused, disposed off 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 Biodegradable Compost pit where it discomposed into manure useful 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.

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. The staff and students both are aware of the uses of rain water harvesting system, decomposition of biodegradable waste and vermicomposting pit.
- iv. There is less consumption of electricity so minimum electricity bills are generated every month.
- v. Green plants are making campus pollution free as well as adding beauty to campus.
- vi. Ban on single use Plastic has made campus clean and beautiful.
- vii. Eco-friendly campus of college attracts more and more students for getting education here.


Principal
B.S.K. College of Education
Mandi Dabwali (For Women)

BEST PRACTICE -II

Title-

To sensitize the women towards reproductive health along with health in its totality for holistic development

Objectives of the practice:-

1. To acknowledge the women about ways to achieve the healthy life in all aspects.
2. To aware the women towards their physical, mental, social as well as menstrual health.
3. To strengthen the female students in social, moral, physical, cultural as well as digital aspects.
4. To increase awareness among girls on menstrual hygiene and aware about the ways to promote their menstrual health.
5. To increase the knowledge about the causes, symptoms and treatment of Breast Cancer.
6. To impart complete information regarding cervical cancer i.e. causes, symptoms and treatment of cervical cancer as well as vaccination for cervical cancer.
7. To create awareness about available government health schemes and program to the girl students.
8. To change the perception of girls regarding menstrual cycle.

Context:-

The College believes in addressing gender disparities that exist in health and nutrition can contribute significantly to sustainable and equitable development.

The college is working in the semi urban area of District Sirsa of Haryana. Most of the students are from the surrounding rural background. So the college authorities decided to aware the girls about this personal health issue. So it was unanimously decided by the IQAC of the college to start a campaign towards the awareness among girls regarding key aspects of their health, not only reproductive health but health in its totality. Since the campaign is started, the college is making sincere efforts to achieve its objectives.

The Practice:-

The college makes initiatives of organizing health awareness programmes time to time to aware the students about potential health issues, their causes and preventive measures. Women cell of the college contributes significantly in organizing such kind of programmes and also organizes many events, lectures, programmes and functions to aware the female students. Some of the activities organized during the session are as follows:-

- Personal health guidance was given by the Principal herself time to time.
- All the faculty members made efforts to aware the girls regarding their personal health during routine lectures also.
- Counseling of girls was carried out by the Guidance Counseling and Placement Cell and Women Cell regarding their problems of cramps and pains during menstrual cycle.
- World AIDS Day was celebrated on 1-12-2022 and An Awareness Documentary was displayed to regarding myths, causes and prevention of HIV AIDS.
- Youth Against Drugs Club was formed on 17-01-2023 as per directions of DGHE, Panchkula. A number of activities of Poster making, Pledge Against

Drugs, Group Discussion as well as Documentary Display were organized by the Club during the session 2022-23.


- Group Discussion on Digital Generation was carried out by the Women Cell to celebrate National Girl Child Day on 24-01-2023.
- A documentary was displayed by the Women Cell on Menstrual Hygiene on 2-03-2023.
- An Extension Lecture was organized by the Women Cell with Resource Person Dr. Parvinder Singh Sandhu of Oncology Dept., Cancer Institute Bathinda on topic " Myths, Causes and Prevention of Breast Cancer."
- Extension Lecture on "Cyber Crime" was organized by the Legal Literacy Cell with Mrs. Seema Sodhi, SHO, Mahila Police Thana as the resource person on 07-04-2023.
- Women Cell organized creative competitions of Mehndi Decoration, Diya, Candle, Thali Decocration and Rangoli Designing to develop aesthetic as well as cultural aspects of the female students.
- A symposium on "School Health Awareness" was organized by the Women Cell on 15-05-2023.
- 39th Sports Meet was organized in the college to imbibe the sense of Sportsmanship with healthy competitions and its role in maintaining good physical health.
- Girls were 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.
- The girls freely discussed about their personal problems during the discussions arranged by the college.
- Regular and above 80% regular attendance of maximum girls in the college ensured about maintaining their good health.

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 to convince them for vaccinations regarding cervical cancer.
- Monitoring health status of girls is a continuous process and needs medical checkup and consultation over longer period of time. The program needs to be more comprehensive and must include regular check-up camps.


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