

BEST PRACTICES 2023-24

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

Objective of the Practice: -

- a) To develop awareness of using ecofriendly measures for environment conservation.
- b) To promote the eco-friendly campus for enhancing sustainability.
- c) To develop awareness towards disposal of used water, rain water and biodegradable waste properly.
- d) To use measures like vermicomposting bed for recycling of organic waste.
- e) To aware the students and community for the use of Vermi compost to improve soil health, reduce the need for chemical fertilizers and future vocational purpose.
- f) To carry out more and more plantation for preservation of the environment.
- g) 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. Vermicomposting bed is made to break down organic waste like food scraps and yard waste into 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.



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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. It was aimed 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 properly.
- Plantation Drive was carried out to celebrate the Van Mahotsav.
- Slogan Writing Competition was organized on 14-12-2023 on topic "Environment Conservation" on National Energy Conservation Day.
- Preparation of Improvised Apparatus Competition was organized on Science Day i.e. 28-02-2024 to imbibe the knowledge regarding reuse of the waste material and use it as improvised apparatus.
- 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 pledge was also taken by the students and staff of the college for minimizing the use of 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 Vermi 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 the 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.



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BEST PRACTICE -II

Title-

To sensitize the girl students towards menstrual hygiene along with health in its totality including Breast and Cervical Cancer

Objectives of the practice:-

1. To acknowledge the girl students about ways to achieve the healthy life in all aspects.
2. To aware the students towards their physical, mental, social as well as menstrual health.
3. To increase awareness among girls on menstrual hygiene and aware about the ways to promote their menstrual health.
4. To increase the knowledge about the causes, symptoms and treatment of Breast Cancer.
5. To impart complete information regarding cervical cancer i.e. causes, symptoms and treatment of cervical cancer and awareness regarding vaccination of cervical cancer for future safety.
6. To create awareness about available government health schemes and program for the girl students.
7. 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 back ground. So the college authorities decided to practice this best issue of the personal health and IQAC of the college started a campaign for the awareness among girl students regarding menstrual health along with the health in its totality. Since the campaign is started, the college is making sincere efforts to achieve its objectives.

The Practices:-

The college makes initiatives of organizing health awareness programmes time to time. Women cell of the college contributes significantly by organizing many events like awareness lectures, health talks and activities for health awareness in totality. Some of the activities organized during the session are as follows:-

- Personal health guidance is given by the Principal every year. In this session 2023-24, she herself demonstrated yoga asana of Surya Namaskar and other asana useful for improving female health.
- Self-observation method of the breast cancer was taught by the Principal to the girl students for the early diagnosis of such disease.
- An awareness Documentary was displayed to celebrate World Mental Health Day on 10-10-2023.
- World AIDS Day was celebrated on 1-12-2023 by organizing an awareness rally for community reach on such deadly issue.
- Napkin Vending and Napkin Incinerating machines were installed by the Youth Red Cross Society. The girl students use them comfortably whenever required.
- National Youth Day was celebrated by organizing an essay writing competition and a documentary was displayed on 12-01-2024.

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- A poster making competition was organized on 02-02-2024 on the topic Menstrual Hygiene.
- A number of activities of Poster making, Pledge Against Drugs, Group Discussion as well as Documentary Display were organized by the Anti-Drugs Awareness Club during the session 2023-24.
- An Extension Lecture was organized on topic “Myths, Causes and Prevention of Breast Cancer” by the Women Cell with Resource Person Dr. Parvinder Singh Sandhu of Oncology Dept., Cancer Institute Bathinda.
- 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.
- 40th Sports Meet was organized on 28-02-24 and 29-02-24 to imbibe the sense of Sportsmanship and its role in maintaining good physical health.
- Debate on “Women Education in Indian Society” was organized on 06-04-2024 to make the girls socially aware.
- Kidney Health Awareness Program was organized in collaboration with Dr. Vikram Memorial Charitable Trust on 14-04-2024.
- 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 discuss about their personal problems during the discussions arranged by the college.




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- 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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