

## BEST PRACTICES 2021-22

**Title:** - Promoting measures towards Environmental Friendly Campus

**Objective of the Practice:** -

- a) To take more preventive measures for preservation of the environment.
- b) To make the staff and students more conscious towards motto of save energy and save water.
- c) To develop awareness of using ecofriendly measures for environment conservation.
- d) To promote the eco-friendly campus to enhance sustainability
- e) To develop awareness towards disposal of used water, rain water and biodegradable waste properly.
- f) To aware 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. This year also new initiatives of Vermi Compost Pit, Water Harvesting Tank and Biodegradable Compost pit were completed. A number of co-curricular activities were organized to nurture the environmental consciousness among the students as well as the staff. It was felt that the students of B.Ed. Ist year are not aware of the institutional energy policy and also 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 awareness to save electrical energy, plants, water and cleanliness. The college administration, staff and students worked together to promote an Eco-friendly campus.

- 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 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.

**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 vermi compost 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 waste has made campus clean and beautiful.
- vii. Eco-friendly campus of college attracts more and more students for getting education from here.

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## BEST PRACTICE -II

### Title-

To sensitize the women towards key aspects of women's health, not only reproductive health but health in its entirety

### Objectives of the practice:-

1. To promote health awareness in females regarding their complete health.
2. To acknowledge the women about ways to achieve the healthy life in all aspects.
3. To aware the women towards their physical health.
4. To promote mental wellbeing of the girl students and female staff members.
5. To increase awareness among girls on menstrual hygiene and health and aware about the ways to promote their menstrual health.
6. To increase the knowledge about the causes, symptoms and treatment of Breast Cancer.
7. To impart complete information regarding cervical cancer i.e. causes, symptoms and treatment of cervical cancer as well as vaccination for cervical cancer.
8. To provide demonstrations of healthy life style practices to girl students by yoga camps, sports meet.
9. To create awareness about available government health schemes and program to the girl students.
10. To change the perception of girls regarding menstrual cycle.

### Context:-

Due to patriarchal mindset women health is often neglected in our society. There is also a lack of awareness about the issues of health, hygiene, and wellbeing of women. Apart from this discrimination and violence at every level can adversely affect their mental health. It also prevents them from realising their full potential. The College believes that 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 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 entirety. Since the campaign is started, the college is making sincere efforts to achieve its objectives.

### The Practice:-

The college took the initiative of organizing health awareness programmes time to time. Health awareness programs make students aware of the 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. Various other cells, committees and subject clubs of college also conducted many events during the session for all round development of girls especially in the area of women health and mental wellbeing. 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 periods.
- COVID Vaccination drive was carried out on 2-07-2021 by the active role of IQAC in collaboration with SMO, Mandi Dabwali to ensure the 100% vaccination of the girl students of the college.
- Extension Lecture by IQAC in collaboration with Art of Living Club, Mandi Dabwali on topic “Yuva Sashaktikaran Kaushal” was organized on 01-01-2022 for mental health improvement of the female students.
- Medicinal Plantation Competition was organized by Eco Club on 01/02/2022 to impart the knowledge about use of plants for medication at home for their own health as well as for the family.
- An Extension Lecture was organized by the Women Cell on Cervical Cancer and Menstrual Hygiene on the occasion of International Women’s Day on 8-03-2022.
- An Awareness Rally was organized on 8-03-2022 to aware the female students, staff and community about the empowerment of women in all the aspects.
- Poster Making Competition was organized by the YRCC on World Health Day on 8-04-2022 followed by Group Discussion on the need and ways to improve the women health.
- Poster Making Competition was organized by Swami Vivekanand Cell on 12-05-2022 on topic “Yoga Postures” to create the interest of the female students in role of yoga in their fitness.

- A workshop on “Practice and role of yoga in healthy life” was organized by the Swami Vivekanand Cell on 21-06-2022 on the occasion of International Yoga Day. The Principal and staff members performed the Yoga Postures along with the students and also discussed the importance of Yoga in maintaining the women 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:-**

- The girl students and female staff members are made aware of a variety of health issues and the measures to prevent or cure them.
- Maximum participation of the girls in all activities organized time to time in the college regardless of their health issues.
- The girls freely discussed about their personal problems during the discussions arranged by the college.
- 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 in this issue.
- More efforts are needed to convince the parents of the girls for vaccinations regarding cervical cancer.

- Awareness level of many students and parents in this regard is low. 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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