

Best Practices

Practice 1

Title: - Environment Consciousness

1. Objectives of Practice:-

1. To motivate and inspire the Staff, students and community for Environment Protection.
2. To maximize use of Natural Resources.
3. To use organic product and to eradicate use of single use plastic.
4. More plantations in campus.
5. To save electric consumption. To develop positive attitude in students for maximum utilization of Resources.

2. Context:-

Good environmental practices are defined as those actions that seek to reduce the negative environmental impact caused by activities and processes through changes and improvements of actions in an organization and then in Society.

Our institution acknowledges its responsibility in educating the students to conserve and protect the environment regarding scorching issues of environment pollution, drastic climate changes, Black Hole, global warming, green House effect etc. among Human Beings on the Planet Earth.

3. Practice:-

This practice makes the students, faculty and Society conscious of how their daily actions affect the environment. We organize Environmental awareness raising programmes like webinars, Rally & competition.

A. To support this practice following activities were conducted in college during 2019-2020.

1. An Awareness Rally was organized on “Say No to Polythene” in Rohtak city on 20/09/2019.
2. On “Gandhi Jayanti” An inter college competition was organized in collaboration with NGO “EARTH” on 1st Oct.2019 In which students prepared cloth bags from old discarded fabrics and distributed them among staff members for daily use. Theme of the competition was “Design Thela Resign Theli”.
3. N.S.S and Botany department organized webinar on “Biodiversity and conservation” on 5th June 2020 on world Environment day.
4. The College Celebrates Van Mahotsav every year.
5. To Preserve our Heritage old trees like Neem and Banyan Tree are well conserved in the campus
6. Students participated in various Programs on Environment Consciousness organized by Other Institutions.
7. “Declamation contest on Ozone Layer Protection” was organized..
8. N.S.S and Botany department organized webinar on “Biodiversity and conservation” on 5th June 2020 on world Environment day.

B. Conservation of Natural Resources.

We believe in conservation of Natural resources we do maximum use of natural lighting and ventilation. College building is spacious and cross ventilated so artificial lighting and air conditions are used at optimum level. Moreover LED lights are used when required. To reduce electric consumption we inculcate the habit of switching off lights in unoccupied spaces.

C Plantation.

More trees and plants are added to campus on regular basis. There is a healthy practice of donating plants by staff on their special occasions. This year we started another healthy practice of presenting potted plants to guests as memento instead of Bouquets.

C. Go Green Campus.

Organic manure is used for horticulture purpose in campus. College is a plastic free zone and has reduced its consumption of single use plastic. College canteen uses paper plates and ceramic cups for staff instead of Plastic ones.

4. Evidences:-

The college Campus has become plastic free Zone. More trees were planted in College Campus and nearby area under 'Har Ghar Haryali Scheme'. The College has a system of converting solid waste and garbage into manure. To reduce electrical consumption Bulbs and tubes have been replaced with CFL. The College does not have carbon emitting equipments. 'Harit Haryana App' was downloaded by all staff and students to participate for more tree plantation. Many extension lectures were organized on Environmental consciousness. Rural communities were motivated about cleanliness, water conservation and protection of environment.

6. Problems and challenges:-

1. Though we are committed to implement measures of efficient energy consumption yet our natural resources are wasted at times.
2. Due to market practices of packing it is hard to get rid of plastic and polythene completely.
2. Urban air pollution is a serious problem and road transport is a major cause. The air quality index (AQI) in Rohtak and surrounding areas is very poor.
3. Due to technical advancement huge amount of e-waste collects every year and problem of e-waste management have assumed hazardous proportions. So these practices need to be done on large scale by society as whole.

7. Notes (optional):- Practice of donating plants and trees can be adopted by often institutions also. Nearby communities should also motivate to adopt the practice of tree plantation and using potted plants as mementos in social functions instead of bouquet.

Best Practice 2

Title: **Empowerment through capacity building**

Objectives of Practice:-

1. To empower the girls students by providing them multidimensional quality education so that they become self reliant and enable to evaluate various paradigms of life with a new broad and human perspective.
2. The College shall strive to create a better society through empowering women.
3. To create awareness and sensitize girls students about women's rights.
4. To promote more cultural space for women to foster a distinctive identity of their own.
5. To achieve social equality as an essential part for Women Empowerment.

Context:- Due to patriarchal values women are considered as secondary citizens so we owe to train/aware, sensitize and empower girls student/women about their rights, self esteem and participatory role in decision making. The long term focus of this practice is to enhance their analytical and logical thinking ability which will empower girls students not only to achieve best possible rank in academics but also attain phenomenal perspective in human lives.

Practices: - To implement this practice the College organizes many programs. The following are a few of instances:

- a. The College has women Cell, Gender Champions, Beti Bachao Beti Padhao Cell, Legal Literacy Cell, Prevention of Sexual Harassment Cell and Guidance & Counseling Cell to help girls at every Level.
- b. Many extension lectures were organized on women issues/rights/problems etc.
- c. One day workshop for girls students and women from unorganized sector was organized on 'Legal Awareness' sponsored by "National Commission for Women New Delhi"
- d. "Poster Making & Slogan Writing" competition on "Female Feticide" was organized by Legal Literacy Cell.
- e. Many training Programms were organized for rural women through Social Outreach Programms like Extension Lecture on Cyber Crime, Election Awareness, Knitting & Embroidery and Health & Hygiene etc.
- f. Provides financial help by various ways like Scholarship, Surakrma Society and Free ship to needy students to continue their studies.

Evidence:-

Through this practice a profound difference is made in the lives of girl students by empowering them to attain their full potential through employment opportunities, development character, self esteem and recognition of their rights and responsibilities

Following are few examples:

- a. A large no. of girls students are recruited in many professions like teachers, Assistant Professors, in railways, sports, social welfare and in Private Sectors.
- b. Many National and International achievements in Sports of the College are our testament of the girls' empowerment. One of our great examples is Ms.Sakshi Malik who won Bronze Medal in Rio Olympic in 2016.
- c. The College has been winning the All-Round Sports Trophy of MDU Rohtak for last 20 years.
- d. The College also excels in Cultural activities. Students of our College of our college participate and win many prizes in various cultural competitions like Inter College, Zonal, Inter Zonal, North Zonal and National Youth Festival.
- e. The College brings out its annual magazine 'Mahila Manisha' which is an appropriate platform and a vibrant medium to nurture the unique spark of creativity and expression in students.
- f. To make the education employable and self reliant the College runs UGC sponsored Add-on courses and planning to start Vocational degree, diploma and Certificate Courses which have been already approved by UGC.

Problems/Challenges:

- a. Sometimes we have to put more efforts to change the mind set of girl students.
- b. Sometime the College faces shortage of funds to organize Programms for sensitization.

Notes:

After the establishment of this practice since the past few years, we have seen many positive changes in the behavioral patterns of girl's students in various parameters. Overcome of shyness, a sense of mental and social freedom, a passionate real to do something worthwhile in life, a latent energy to break the shackles of stifling traditions of patriarchal society, more participation in group discussions and extracurricular activities, positive attitude, free interaction with teachers and other students and an overall spirit to transform the very paradigm of life in various areas of life, social, economic cultural and at philosophical level. Hence we strongly recommend the introduction of this practice in every education institute.