

Best Practice: Session 2023-24

Practice: 1

Title: Health & Hygiene

Objectives of the Practice:

1. To enhance health awareness and skill development among students through healthy environment.
2. To take at most care of their health and hygiene
3. To create awareness about the health status of the staff and students in the campus and communities.
4. To provide counselling for the various health problems of the respondent by doctor.
4. To promote awareness about herbal/nutritious food

Context: Good health & hygiene is critical for preventing the spread of infectious diseases and helping student lead long, healthy lives. As sound body has sound mind so resulting in better learning outcomes. And good hygiene means avoiding illness and spending less on health care.

Practice: To achieve the objectives of this practice, the college has well structured plan to implement activities on Health & Hygiene. The Institute has many cells like, N.S.S., N.C.C., YRC, Women Cell, Legal Literacy Cell, Beti Bachao Beti Padhao Cell, Village Outreach Cell etc. to monitor and conduct these activities. The college organizes many programs and activities throughout the year, some of them are as follows:

| Name of Activity | Name of Cell | Scheme | Date |
|---|--|------------------------------------|------------------|
| Poster Making Competition on 'Say No To Drugs', Nasha Mukti Abhyan, Drug Abuse. | NSS | Anti Drug Campaign | 04-09-2023 |
| Poster Making Competition on Environment protection, Plastic Free Haryana | NSS | Environment Protection | 04-09-2023 |
| Quiz Competition on Nutrition | Department of Home Science | Health Awareness | 28-09-2023 |
| Herbal Tea Stall | Department of Home Science | Health Awareness | 19-10-2023 |
| Poster making, Slogan Writing Competition and essay writing Competition on Crop Residue Management | NCC | Environment Protection | 09-11-2023 |
| Five Days Yoga Camp: Acupressure, Colour Therapy, Yogic Suksham Yagam, Satkarma, Prana Healing and Meditation | Department of Yoga Science | Health Awareness (Yoga and Health) | 17 to 21-10-2023 |
| Extension Lecture on Crop Residue Management | Department of Geography | Environment Protection | 09-11-2023 |
| Poster Making on AIDS Day | YRC | Health Awareness | 04-12-2023 |
| Awareness Program on Drugs and Youth | YRC in Collaboration with TB Hospital | Health Awareness | 24-01-2024 |
| Extension Lecture on 'Sustainable Life Style' | NSS | Health Awareness | 24-01-2024 |
| Health Camp in GSSS, Kheri Sadh (Adopted Village) | YRC and social outreach program in Collaboration with GSSS Kheri | Health Awareness in Community | 25-01-2024 |

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|---|---|------------------------------------|------------|
| | Sadh and Civil Hospital | | |
| Extension Lecture on 'Drug Free India' | NSS | Anti Drug Campaign | 25-01-2024 |
| Extension Lecture on Health & Hygiene for Girls | NSS in Collaboration with Health and Wellness Centre | Health Awareness | 29-01-2024 |
| De Worming Day | YRC in Collaboration in Collaboration With Civil Hospital | Health Awareness | 20-02-2024 |
| Health Camp (ENT) | YRC in collaboration with PGIMS | Health Awareness | 21-03-2024 |
| Dental Health Check up Camp | YRC in collaboration with PGIMS | Health Awareness | 21-03-2024 |
| Organized One Day Cafeteria on Healthy recipes | Department of Home Science and Creative Vision Society | Entrepreneurship | 08-04-2024 |
| Extension Lecture on Objective of the Yoga Competitions | Department of Yoga Science | Health Awareness (Yoga and Health) | 09-04-2024 |
| Health camp for Anaemia in Girls students | YRC in collaboration with Department of Health Rohtak | Health Awareness | 08-05-2024 |

Evidence of success: Through this practice participation and involvement of students in various activities are increasing year by year, which benefits students in their physical and mental health and enhances their self esteem, motivation to grow mentally, physically and leads to holistic development . Students have become conscious of their health and environment.

Problems encountered and resources required: 1. To carry the practice effectively main problem is lack of transportation facilities. 2. it's a difficult task to convince the rural folk and community people to participate in the activities and awareness programs in their areas. 3. Lack of finances.

Best Practice 2

Title: Career guidance

Objectives:

1. To broadly explore various career options.
2. To enable students to select appropriate higher education program after completing the undergraduate program
4. To improve verbal and written communication skills and knowledge.
5. To provide a platform for gaining knowledge on various aspects relating to civil services, jobs & higher study opportunities in Foreign, and career opportunities in defence services for women.

The Context:

In today's ever-changing dynamism and competitive era Career Guidance to the college students is the most crucial issue of the college. Continuous career guidance and counselling would enhance the clarity in the minds of students to make well informed decisions about their career. The need of the hour is also to create a tendency in students to acquire lifelong knowledge and prepare them for employment.

Practice:

| Name of Activity | Name of organizing Cell | Scheme | Date |
|--|---|------------------|----------------|
| Essay writing competition on The Impact of Technology on Society & communication | Department of English | Writing Skills | 28-09-2023 |
| A Visit to Sarthak (SHG), in Noona Majra Village | Department of Economics, Commerce and Placement Cell | Entrepreneurship | 05-10-2023 |
| One day workshop on TPA Basics: Introduction to International Phonetic Alphabet Symbols and their Sounds | Department of English | Language Skills | 07-11-2023 |
| Extension Lecture on 'Career Opportunities in Defence Services for Girls | Career Guidance & Placement Cell | Career Guidance | 08-11-2023 |
| Handicraft Exhibition | Department of Home Science and Creative Vision Society | Entrepreneurship | 09-11-2023 |
| Six Days Training workshop on 'Enhancement of Employability Skills' | Career Guidance & Placement Cell in Collaboration With Mahindra Pride Classes | Career Guidance | 09to14-10-2023 |
| Extension Lecture on Higher Study and Career Opportunities in Foreign Countries. | Career Guidance & Placement Cell | Career Guidance | 21-11-2023 |
| Communication Skills for Achieving Career Goals | NSS and Career and Placement Cell | Career Guidance | 28-01-2024 |
| Extension Lecture on Civil Services as Career Option | Career Guidance & Placement Cell | Career Guidance | 23-02-2024 |
| Educational Visit to SUPVA Rohtak (State University of Performing and Visual arts) | Department of Home Science and Creative Vision Society | Educational tour | 13-03-2024 |
| Extension Lecture on Career Opportunities in Library and Information Science | The College Library and Career Guidance & Placement Cell | Career Guidance | 15-03-2024 |
| Extension Lecture on Career Opportunities in Communication and Journalism | Career Guidance & Placement Cell and Department of English | Career Guidance | 04-04-2024 |
| Organized One Day Cafeteria on Healthy Recipes | Department of Home Science and Creative Vision Society | Entrepreneurship | 08-04-2024 |

Success of evidence:

Career guidance is helping the students to understand their inclination towards higher studies. Feedback indicates that the students who have undergone employability enhancement skills training programs are more confident to choose their options for career.

Problems encountered and resources required:

Developing industry linkage was essential for developing and delivering the training programs on a customized basis. Having only pass courses this demanded Space and Time and non technical we face lack of linkage with industry. It needs dedicated additional time from faculty and additional funds. Moreover today, so much information is available on the internet hence students are sometimes reluctant to attend the activity.