

## ***Best Practice -1***

### **1. Title of the Practice: No Vehicle Day**

### **2. Objective of the Practice:**

To make the students aware of the environment pollution.

To sensitize students about destruction of bio diversity.

To educate the students to cut short on resources.

To spread the message of eco friendly atmosphere.

### **3. Context:**

We are the second largest populace of the world. Day by day conventional resources are being used on a large scale. Therefore, there is increase in the use of fuel which is adding more pollution to the environment. To reduce this, we all should make minimal use of vehicle. The more we avoid using a vehicle, the more we reduce the environment pollution. Keeping it in view, the institution has decided to observe No Vehicle Day on every Wednesday. While observing it, the students are being imparted the value of environment friendly campus.

### **Practice:**

To be sensitive towards environment and sustainable development, the institution has always been positive and active. Day by day the conventional energy resources are being used on a large scale. To make minimal use of this energy and to reduce the level of pollution consequently. The staff members of the institution voluntarily took the initiative not to use any vehicle on every Wednesday. It has inspired the students and they also refraining themselves from using it to minimum level. The staff members are coming on foot and students are using bicycle rather than two wheeler. This has created a very great impact that each Wednesday is vehicle free day in campus.

### **Evidence of Success:**

The initiative of No Vehicle Day is highly admired. This practice is being followed by all the staff members and students voluntarily. It has set an example to nearby institutions. The students and the staff members are strictly following the practice of not using any vehicle on the said day. It proved helpful to maintain the physical fitness of the students and staff members.

### **Problems Encountered and Resources Required:**

This initiative seems unique and noble. It is not easy to implement it thoroughly. Those students, who are come to college by two wheeler, were initially not prepared to follow the practice. They were continuously guided by the teaching staff. Some teaching and non teaching staff members are commuters. They commute by their own vehicle. It was not easy for them to come without vehicle. They agreed to use public transport and not to use their own vehicle for this noble cause.

## ***Best Practice – 2***

### **1. Title of the Practice: Health Check Up Camp for Girl Students;**

### **2. Objectives of the Practice:**

1. To make students aware of the diseases like anaemia and sickle cell.
2. To spread the awareness of causes of these diseases.
3. To study the status of health of girl students from the college.
4. To provide free health checkups for the diseased students.

### **3. The Context:**

While imparting quality education to the stakeholders, it is equally important to make sure their physical and mental health is good. Unless the students are physically and mentally fit, they won't be able to focus on their study. Keeping this in view, it is necessary to monitor the regular health check up of the students becomes necessary. There is abundance of sickle cell patient in this region. This is a deadly disease which requires extensive treatment. The stakeholders from this institute are from poor background and remote places. They are ignorant of their health and can't afford it.

### **The Practice:**

The government of India has resolved to eradicate sickle cell by 2047. Since it is a hereditary disease, it passes on to the next generation. It spreads due to marrying within family relations. It's necessary to go for diagnosis before marrying within relations. This information must be given to students to make them aware. Keeping this in view, the department of Home Economics organised a health check up by inviting a team from government hospital. Students from each discipline were informed through the circulation of notice prior two days and asked to convey their mates from the class to remain present on the occasion. Majority of girls were present on the day of check up. Total 120 students were diagnosed and given proper treatment. After check up few students were found positive but they were found passive carrier. They were given proper counselling and treatment. Students were benefitted by the check up camp and they spread the same awareness among their parents too.

### **Evidence of Success:**

To eradicate the deadly disease like sickle cell, the regular monitoring and check up is the only solution. Keeping in view, this practice has been started and the results are coming with the solutions. After having tested for these diseases, many students were given counselling and proper information about it. All the students, who were tested, were made aware and they are passing on this information to their parents and villagers. Those who are diagnosed as passive

carrier are being given proper treatment under the guidance of government doctors and teachers are informed to be vigilant for their health conditions.

**Problems Encountered and Resources Required:**

Since it is about health issue, the major problem that encountered is the negligence of students about their health. When it was informed that the free check up is organized, only 120 students were present for it. Initially students were hesitating to go for the test. We had to convince them and after the counselling, students