

## Best Practices

### I) HEALTH AWARENESS PROGRAMME

The institution strives to nurture and sustain an atmosphere conducive for all around development i.e physical, mental and spiritual. Human body is the gift of nature to the beings and it is our duty to keep it fit and energetic. We aim to sensitize the students and the stakeholders that they should take their health at the top priority and train and guide them to have a healthy diet and activity routine. The purpose of the practice is to develop citizens with sound mind which is ensured by healthy body

**Context:** In the present context where men and women are playing multiple roles in the society, their own physical, mental and spiritual health is extremely important. The high expectations and social demands can be met only with the optimum use of human energies which is obtainable through good health. **Practice:** The College has set up a number of clubs and societies to take up the cause of the health awareness and fitness programmes. The institution runs the programme of Clinical nutrition and Dietetics. The department actively engages itself to create awareness regarding Healthy diet plans. The institution has Red Ribbon club and Newton's Club which organize health awareness programmes throughout the year. The college also has a social responsibility of making people aware of the essential aspects of life especially the health throughout the year. In the period of Covid-19 pandemic, the health had become the prime concern of the society and college carried out this with the help of staff and students.

In the session 2019-20, many activities related to health issues were taken up. On 01.06.2019, the college in collaboration with DanikJagran observed 'World No Tobacco Day' to create awareness regarding ill effects of tobacco. 'Yoga Day' celebration on June 21, is a regular feature of college. In the month of September, Nutrition Month is celebrated every year. This year, Dr. Raman Chawla, a noted Cardiologist gave an informative talk on Nutrition. A competition on the theme 'Eat Healthy Be Healthy' was also organized in collaboration with JayCees Club. In the month of October, iron tablets were distributed to staff and students to combat Anaemia. The activities like Diet Clinic and Healthy Cafeteria are regularly conducted by Clinical Nutrition and Dietetics department. On November 1, Blood Donation camp is organized every year for which counselling is given to the students and residents from nearby areas by Red Ribbon Club and NSS volunteers. An awareness rally AIDS was organized to spread the message 'Prevention is the only Cure'. In the month of December, World AIDS Awareness Day was commemorated by Red Ribbon Club. On December 7, one day 'Cleanliness Camp' was organized in college. From December 1 to December 15, 'SwachhtaPakhwada' was observed by the NCC unit of college. During the NSS camp in the village Dhadda, a talk by a Medical professional was organized. Village people were also given demonstrations on Sanitization and preparing Sanitary Napkins. In February 2020, Red Ribbon Club and

Newton's Club organized PowerPoint Contest to create awareness on 'Cancer – A Deadly Disease'.

After the outbreak of Covid-19 pandemic, the institution actively participated in spreading the information's about preventive measures and government guidelines to combat the situation. The students and staff prepared slides and videos on Covid-19 and circulated on Social Media. The department of Fashion Designing prepared and distributes Masks in nearby areas. The staff and students were also tested for Covid-19 twice through special camps organized in collaboration with District Health Administration. The department of Home Science demonstrated the preparation of Masks using cloth and tissue paper in surrounding areas. Diet charts and plans to boost the immune system were circulated on WhatsApp by the students and the faculty of Clinical Nutrition and Dietetics department. Competition on Healthy recipes was organized in which the participants prepared the videos demonstrating the preparation of Nutritional dishes.

**Evidence of success:** The students and the staff were actively involved in these activities. The NSS unit did commendable job for spreading the awareness of health, hygiene and cleanliness. A warm response to cafeteria and diet clinics are testimony to successful efforts of CND department.

**Problems Encountered:** Biggest problem faced is limited resources and time. The lockdown which forced the closure of the institutions, hence the activities became very limited and only online activities could be carried out.

## **II) ENVIRONMENT PROTECTION**

**Goal and Context:** By the next ten years earth will become 4 degrees hotter than it is now. Himalyan Glaciers are melting are a rapid rate. Depleting water level is serious problem in Punjab. The institution realizes the graveness of environmental problems and it is practice of the college to create awareness regarding vital environmental issues and to take concrete steps to save, protect and ensure healthy environment.

### **Practice:**

The college has a unit of Environment Protection Club which enrolls 25 students every year. The students adopt plants in the campus for their maintenance. Tree plantation drive within the campus and nearby areas is a regular practice. A herbal garden is maintained in the campus. The production and usage of herbal cosmetic and skin and hair care products in department of Cosmetology are also praiseworthy steps to reduce chemical products. The use of solar panel and reducing the usage of paper are also environment friendly steps taken by the college. The college has rain harvesting units and the college transport maintains the standard of pollution control. E-waste is properly managed. The usage of polythene is prohibited in the campus. Two types of

dustbins: blue and green are used to segregate the waste. A wormy composting unit is there to produce organic manure. Organic kitchen garden is also a measure in direction of healthy environment.

The sensitization of environmental issues within and outside the campus has been a major concern of the institute as forest cover in the native state has been acutely reduced. The rallies, competitions, exhibitions and display of posters on environmental issues is a regular practice. Under 'Go Green Campaign', the guests are honoured with a sapling. Flex Boards with slogans 'Grow More Trees', 'Save Water', 'Save Mother Earth', 'Say No To Polythene' and 'Green and Blue Dustbins for wet and dry waste' were installed the prominent locations.

In the session 2019-20, Van Mahotstav was organized in the college campus on 29.08.2019. In the campus, the plants of Dracaena were planted to enhance purification of air. Students took a pledge to save and care for trees and plants in the campus. Posters on 'Go Green save Environment' were also displayed. The green audit is conducted every year to assess the features of Environment Protection.

It was an enthusiastic endeavour of NCC unit with focus on 'Plastic Se Rakhsha – Swachhta Hi Suraksha'. The burning issue of 'Say No to Crop Burning' was taken up by the institution. In the month of October 2019, an awareness campaign on this issue was organised in the neighbouring village Hazara by N.S.S. unit.

On 23.11.2019, as a tribute to 550<sup>th</sup> Birth Anniversary of Sri Guru Nanak Dev Ji, a campaign to save and conserve water under 'Jal BachaoSankalp', students and teachers took solemn oath to conserve water.

During lockdown also students were asked to plan saplings in their homes and surroundings and send photographs.

**Evidence of Success:** Environment Protection Club has proved to be very successful. Eye catching flora and eco-friendly campus are testimony of enthusiastic approach of institution of environment protection. Students enthusiastically participated in all the events at college and at home. During lockdown period also, plantation was carried out by the students near their house.