

## 7.2 Best Practices

### 7.2.1 – Describe at least two institutional best practices

#### **Title of the practice I:** Environmental Consciousness and sustainability

**Context:** In almost all cultures women are equated with nature. In its endeavor to mould the responsible citizen, our College lays stress on instilling in its youth environmental consciousness thereby promoting a sustainable lifestyle that is committed to the values of green thinking and social responsibility. The institution exhorts the different departments to undertake diverse activities that would promote environmental protection and sustainability. The institution aims to evoke eco-consciousness in each stakeholder by engaging in a plethora of environmental initiatives. The institution has taken significant initiatives to promote sustainable and eco-friendly practices in the campus by developing viable solutions to the environmental, social, and economic needs of mankind. The Context Committed to the 12th Goal of SDG of ensuring responsible Consumption and production practices, values and undertakes all productive practices for responsible consumption and production by increasing resource efficiency.

#### **Aims and Objectives:**

- To understand the fragility of our environment and the importance of its protection
- Promoting sustainable lifestyles through the transition towards low-carbon and green economies.
- Pursuing the values of green thinking and social responsibility.
- To become an environmental steward and participate in creating a brighter future for upcoming generations.
- Contributing to achieving other Sustainable Development Goals aimed by United Nations (UN).

**Practices:** With efficient energy, and waste disposal practices, the college aims at I. optimizing green energy usage (Solar) II. Implementing an efficient solid waste management process. Many programs are held on the campus as zero waste initiatives. In several such events, plastic carry bags, disposable cups, plates, tissue papers are banned. Cloth bags were designed and sold by the Centre for Gandhian Studies and the Department of Home Science to promote the use of eco-friendly bags. The institution had installed power-efficient equipment (Energy-saving LED Bulbs) and Optimal use of solar energy by the installation of solar-powered panels in the college which is used for solar-powered electricity generation. We have promoted water conservation practices through a poster competition. The NSS units of the institution successfully initiated cleanliness drives in the college as well as nearby areas. NSS volunteers have organized rallies on the plastic ban and environmental protection. Students are constantly engaged in plantations to promote the value of greenery and the reduction of carbon emissions. Our sports students regularly practice in the Ladies Park located nearby and motivate local people for environmental protection.

#### **Title of the practice II:** Health consciousness

**Context:** Health consciousness is an integral part of human lives, especially for women. Women are the architects of society yet often neglect their own health. Our college is a girl's college and a large portion of students come from socially and economically backward societies. Keeping this in mind the college has decided to run one of the best practices that will concentrate on developing a positive attitude about health consciousness among the faculty as well as students. The best Practice, Health Consciousness, blending physical and mental together will also help in inculcating spiritual values among the students.

#### **Aims and objectives:**

- To inform and empower students to take responsibility for their health and understand their health options.
- To identify health problems, and the solutions that best help them prevent and reduce poor health.
- To strengthen health promotion and disease prevention intervention.
- To promote healthy behaviors among the students that they will inculcate for life.
- To promote safe menstrual hygiene practices by girls.
- To give information about food and nutrition for reducing the risk of anemia and iron deficiency among girls.

- To promote yoga and meditation through Health & Wellness Ambassadors.
- To make students participate in outreach programs for raising health awareness in society.

**Practices:**

Several programs have been designed to achieve this goal. Our institution has a medical cell that regularly organizes health check-ups and medical consultations for students. The medical cell also distributes calcium and iron tablets to students free of cost. The institution provides a gym facility to students for work-out. The psychology department has a meditation room, where students are trained to practice meditation on regular basis to promote knowledge of the interconnections between the body, the mind, and emotions in the context of maintaining resilience and well-being. Our NSS units also organize several women's health awareness programs which include stress management seminars, Food and nutrition awareness, and yoga training sessions. Menstruation in our country is associated with various myths and restrictions leading to a lack of awareness among adolescent girls. In an awareness session organized by NSS, issues related to menstruation and maintaining personal hygiene during the period, and dealing with associated physical problems were discussed. The doctor also gave information about food and nutrition to reduce the risk of anemia and iron deficiency among girls. The physical education department organizes several yoga sessions to promote yoga practice among students. Yoga sessions might have several beneficial effects not only for students but for educators as well. It might help in attaining calmness, mind fullness, well-being, positive mood improvements in classroom management, emotional reactivity. Our college celebrates "World Mental health Day" every year to promote the importance of the mental well-being of students, faculty members as well as staff members.