

1. Title of the Practice

Environmental Consciousness and sustainability

2. Objectives of the Practice

- 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).

3. The Context

Almost all societies associate women with nature. In its efforts to shape the responsible citizen, our college places a premium on creating environmental consciousness in its students, so promoting a sustainable lifestyle that is devoted to the concepts of green thinking and social responsibility. The institution encourages the many divisions to engage in a variety of initiatives that promote environmental conservation and sustainability. The university has taken major steps to encourage sustainable and eco-friendly activities on campus by discovering viable answers to humanity's environmental, social, and economic requirements. Dedicated to the 12th SDG goal of guaranteeing responsible consumption and production practises, the context values and implements all productive practises for

responsible consumption and production through boosting resource efficiency.

4. The Practice

As part of the zero-waste project, many programmes are hosted on campus. Plastic carry bags, disposable cups, plates, and tissue papers are prohibited at numerous such occasions. The Department of Home Science created and sold cloth bags to promote the usage of environmentally friendly bags. The college has installed power-efficient equipment (Energy-saving LED Bulbs) and made the best use of solar energy by installing solar-powered panels in the college, which are utilised to generate solar-powered electricity. The college has installed a rain water harvesting unit to preserve water. We also encouraged water conservation techniques by holding a poster contest. The institution's NSS units successfully launched cleaning programmes throughout the college and surrounding regions. Volunteers from the NSS have organised protests in support of the plastic ban and environmental conservation. Students are constantly engaged in plantations to promote the value of greenery and the reduction of carbon emissions.

5. Evidence of Success

The college aspires to maximise green energy utilisation by harvesting solar energy through efficient energy and waste disposal techniques. In addition, the institution established an effective solid waste management system. Together with it, our students have worked on plantations in the city. NSS Units have educated individuals about environmental conservation and sustainable development.

6. Problems Encountered and Resources Required

Environmental outreach projects can be difficult to implement in slum regions and communities. The College administration has always supported and worked to resolve any temporary

obstacles. The commitment of students in terms of time and effort is the most significant resource. Whenever issues emerge, the college team has always joined together to overcome them.

Title of the practice II: Health consciousness

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 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.

Context: Health is an important aspect of people's life, especially for women. Women are the builders of society, yet they frequently disregard their own health. Our college is a girls' college, and many of our students come from economically and socially disadvantaged

backgrounds. With this in mind, the institution has decided to implement one of the best practises that will focus on establishing a positive attitude towards health consciousness among both instructors and pupils. The best Practice, Health Awareness, and merging physical and mental will also aid in instilling spiritual values in students.

Practices:

Many programmes have been developed to accomplish this purpose. Our university has a medical cell that arranges health check-ups and medical consultations for students on a regular basis. The medical cell also provides free calcium and iron pills to pupils. Students can work out at the gym provided by the institution. The psychology department features a meditation room in which students are taught to meditate on a daily basis. Our NSS units also arrange a variety of women's health awareness activities, including as stress management seminars, food and nutrition awareness, and yoga training sessions, as well as menstruation and personal hygiene concerns. The physical education department conducts many yoga sessions to encourage students to practise yoga. The college's covid-cell has arranged several covid tests and is actively promoting the vaccination.

5. Evidence of Success

The institution prioritised student health by rigorously adhering to Covid-19 norms and conducting repeated Covid-19 test camps to track. We've also organised a number of vaccine awareness events. The NSS units formed vaccine awareness teams. The college also focused on the students' mental health, offering counselling and mental health sessions.

6. Problems Encountered and Resources Required

Although, the pandemic period was quite challenging yet the College administration has

always prioritized the physical as well as mental health of its students and managed to conduct offline classes with covid-19 protocol.