

Best Practice -1

- **Title of the practice: “Eco-Friendly Campus”**
- **Objectives of the practice:**
 1. To make the students, faculty and staff of college aware about eco-friendly campus
 2. To maintain pollution free campus
 3. To motivate students about plastic free campus
 4. To create awareness regarding importance of eco-friendly campus

- **Context**

Eco-friendly environment is a national campaign in India that aims to develop pollution free and plastic free country. A clean and healthy environment aids effective learning and provides a conducive learning environment. We decided to educate and make aware students on the issues such as renewable energy sources, waste management and recycling, save water, Plastic free campus. We decided to work in the areas of power, plant, water and cleanliness.

D. The Practice

- Tree plantation is planned by NSS unit and NCC unit in college campus
- Essay writing competition, Seminar & Rally was conducted on the topic ‘Plastic free India’ to create awareness among students against the hazardous effect of Plastic by NSS wing.
- Awareness created among villagers and farmers of Tehsil Nakodar on stubble burning by the NSS wing of the college under the guidelines of GNDU
- Pot making competition was conducted on topic ‘Go green Go Creative’ to aware students towards green campus by Dept. of Physical Education
- Various activities undertaken under Swacch Bharat Abhiyaan by NCC Unit
- Initiative is taken by different departments to create time to time consciousness regarding Environment Protection to the students to make eco friendly campus.
- Slogan writing and chart making competition on Forest Conservation and water conservation by Dept. of mathematics and Economics
- Celebration of world Environment Day with Tree Plantation by Dept of Library
- Celebration of Earth day with online messages for protection of our earth by NCC unit

E. Evidence of Success

1. We have been able to maintain eco-friendly environment in college campus
2. The students along with faculty are now particular on maintaining eco-friendly campus.
3. Eco-campus strategies adopted resulted in one of the beautiful and clean college in the surrounding area. It has resulted in attracting more students.

F. Problems encountered and resources required

1. Human resource management is difficult.
2. Problem in management of time after class hours
3. Active and voluntary cooperation is required from the students and faculty member in order to encourage eco-friendly campus.
4. More awareness programs are necessary for students

Best Practice -2

A. Title of the practice 2 --"Women Empowerment"

B. Objectives of the practice

1. To make aware the students about law, rights, and opportunities in education.
2. To encourage gender equality to inculcate sensitization & creativity among girls.
3. Build self confidence and generate awareness of education, nutrition and health in girl children
4. To create an environment that will help women realize their full potential and give their best and solve their problems independently.

C. The context

It is the security to protect violence against women and girls as well as discuss the women's human rights for giving them protection. The students are the best representatives to inculcate this change into the society.

D. The Practice

The College has organized several productive programmes so far utilizing the services of the widespread network of NGOs which have a strong grass-root level presence with deep insight into women's concerns contributing to the inspiring initiatives for the empowerment of women. Creating an environment through awareness programmes organized by N.CC, N.S.S. Sports and cultural activities to enable the students to realize their full potential for learning and solving their problems independently. For gender sensitisation and promoting gender equity debates and discussions are organized. During International Women's Day celebrations, discussions are mainly on gender equity, domestic violence, self dependent, dowry system to expose the ill-effects of the evils. Conduct awareness programmes on the importance of sanitation, personal hygiene and prevention of seasonal diseases to tackle the social, developmental, health consequences and prevention of HIV/AIDS from a gender perspective. Women students become aware of unjust gender discrimination, the human rights, the legal provisions available for their protection, importance of higher education for higher enlightenment, mental and physical fitness. In order to create awareness among women, the department of Home Science organised Breast feeding awareness week on World Breast feeding Day in which different competitions like chart making, quiz contest, poster making, etc. to sensitise women about health and hygiene. Teej festival is celebrated in campus as it is the celebration of the advent of monsoon season and it coincides with monsoon season and thus creates a greater impact for its celebration. Taking full advantage of the beautiful climate at this time women enjoy themselves by swinging, singing and dancing in rain. Teeyan ([Punjabi: ਤੀਅੰ](#)) is the Punjabi name of the festival of [Teej](#) which is celebrated in [Punjab](#) (where it is also called Punjabi teej) which is dedicated to the onset of the [monsoon](#) and focuses on daughters and sisters. Lohri festival is celebrated as "ਲੋਹੜੀਧੀਅੰਦੀ" as 'Dheeyan Di Lohri' to promote women empowerment and Poshan Abhiyaan aimed at providing Nutritional diet to women was organized in our campus which actively empowers women creating conditions for gaining confidence in their abilities. Our students participated in Pehrawa competition, Dhee Punjab di, Punjaban Mutiyar competitions which enhanced their hidden talent and build up their confidence and skills. In various Literary activities like debates, speech, extempore competitions, students participate and gain self confidence and inculcate learning capability,

E Evidence of Success

- The institution has identified major changes in the attitude of girl students on various parameters. Overcome of shyness, more participation in class wise seminars and extra –curricular activities, Positive attitude, free interaction with teachers and other students.
- NSS and extension activities conducted by the college has had a positive effect on students' personality development, including a sense of personal identity, spiritual growth, moral development, ability to work well with others, team spirit, and learnt to work in harmony. It has enhanced their leadership skills, positive attitude, values & sense of belongingness. Women helpline number has been placed them at the each and every corner of the college. Students asked question section about the human rights of women's. The organisation of seminar increase awareness among the girls of college as well as they help others as they adapt self confidence in them as it makes women Self-Independent and determined. This practice is widely appreciative and imbibes a sense of zeal and confidence among students.

F. Problem encountered and resource required

- To struggle for women rights is difficult
- Problem in management of time after class hours.
- More awareness program required for students.