

BEST PRACTICE -1



1. **The Title:**

Health and Hygiene

2. **Objectives of the Practice:**

- To enhance health awareness and skill building among students through healthy environment.
- To create awareness about the health status of the staff and students in the campus.
- To provide counseling for the various health problems of the respondent by doctor.
- To promote awareness about food safety.

3. **The Context:**

In the present age, there has been a threat to the physical and mental health of people due to different life styles of people. We have felt it necessary to empower students by holding programmes of health and hygiene awareness. The college has NSS unit which looks after such activities all through the year.

4. **The Practice:**

There is a need to train them to take at most care of their health and hygiene. The health center and to NSS unit organize lectures, workshops, health camp for the students of the college. They are also learning lessons of cleanliness during various programmes held by the college.

The sports and infrastructures facilities of the college are available to the students and their staff for the physical well-being.

- NCC parades are organized in our college ground which provides the cadets training for self discipline.
- The health care center organized the physical check-up programmes for all students every year.

5. **Evidence of Success:**

- Programmes conducted by NSS unit.
- Programmes conducted by health center.
- Cleanliness campaign conducted by NSS unit.
- The Rally for cleanliness awareness was organized by B.Ed. students.

6. **Problems encountered and resource required:**

- Additional resources can strengthen the activity.
- Additional staffs and students committee is needed for the smooth and intensive activities.
- Constraint of Covid-19 hinders our activities.

BEST PRACTICE –2



1. The Title:

Tree plantation programme

2. Objectives of the practice:

- a) To ensure more tree plantation derive of different fruits and other medical plants and rare trees.
- b) To enhance the values of plants and environment among the students during their study.
- c) To provide much needed shades on campus during summer.
- d) To generate awareness among students about benefits of planting trees.
- e) To reduce temperature and increase humidity.

3. The context:

The very noble objective of “Tree plantation program is to save our planet and mother earth by plantation work” by following points:

- i) To rising up the level of the students thinking regarding tree plantation work.
- ii) To create the interest among the students regarding the values of trees and plants.
- iii) To include the program of plantation can the climate and during freshers day each and every 1st year students are given free saplings to grow more plants.

4. The Practice:

It is the important duty of students to plant more and more trees, herbs and climates because there are the carries of rain and cloud. Only the nature has capacity to turn up the balance of nature to produce more and more oxygen but it is only possible when our surroundings are full of trees and plants. This type of programme is only possible when a new generation become more and more sincere and active towards Tree plantation program. So, we should plant more and more trees and protect them for the future of new generation.

5. Evidence of Success:

Currently we are having sufficient trees planted and it is well grown and key impact in the climate change control and more oxygen is there inside the campus and the carbon dioxide limit is very minimized in the campus. This is the evidence of success and we have made every sincere tree plantation and this plantation work provoke the students and inspired them to go quickly on the path of plantation for the balance of the nature and up-gradation of environment. It is the results of the programme that more than 80% students participate in the programme of the plantation started by the college and administrative and by NSS.

6. Problem encountered and resource required:

Due to some heavy rainfall trees branches are broken and few students avoid the programme and deny such activities, but our experienced faculties convinced them and ultimately they agreed for plantation work for the next year they too realized the value and importance of nature and environment. The senior students are convincing the junior students like the chain and more number of students coming forward to plant more trees as a part of NSS activities.