

## Govt College for Girls, Patiala

### Institutional Best Practices

#### Session 2017-18

**Title: Awareness Activities related to health and general well being**

#### **Objective**

The objective of the practice is to make girls aware of better hygiene and health. Today's girl will be the mother of tomorrow. So, it is very important to inform and aware young girls about health issues. There is a need to sensitize them and make them aware of the importance of good health, healthy practices, and a nutritious diet.

#### **The context**

Ours is a government institution. Most of our students come from weaker sections of society. It was observed that they often suffer from malnutrition and lack awareness about personal hygiene. Keeping this in mind various awareness activities were conducted by different departments. Awareness can prevent diseases and improve life.

#### **The practice**

During 2017-18, numerous awareness programs were organized. National Breast-Feeding week was celebrated and Poster making and caption writing competitions were organized on the issue. Dr. Vineet Kaur from Government medical college Patiala delivered a lecture on the topic 'Importance of Breast Feeding'. National Nutrition Week has celebrated during which the students organized 'Nutrition Bar Cafeteria' to represent nutritious foods and drinks. Students and staff of the Nutrition and Dietetics department participated in the CNE on prevention and management of kidney diseases organized by the department of nutrition and dietetics, PGI Chandigarh. On the eve of the platinum jubilee, college students prepared a Nutrition calendar. Awareness lectures on the prevention of Dengue, Chikungunya and AIDS were organized. The blood donation camp was organized by NSS, N.C.C, and the Red Ribbon club. In February 2017, 88 students and 06 faculty members qualified for the

exam on 'Home Nursing and First Aid' conducted by ST. John Ambulance Indian Red Cross society.

### **Evidence of Success**

There is clear evidence to show that awareness among girls regarding health and nutrition increased during their stay in college. They preferred healthy food items. Many started carrying home-cooked food. The girls also motivated their families and neighborhood. Besides the students, the faculty members also benefitted from these awareness activities.

### **Problems Encountered and Resources Required**

The students were hesitant initially. They were motivated to participate and take on responsibility for the arrangements. The institution had to arrange sponsors for the camps. Regular health checkups of students are needed. It will help them to stay healthy because most of the time they don't go for a routine checkup. Multivitamins and calcium should be provided to students. Cleanliness should be made a priority. There should be extra funds to maintain good health and hygiene.

## **Best Practice 2**

### **Title of the Practice: Green Campus Initiatives**

**1. Objectives of the Practice:** Following objectives are identified in respect of the practice of Green Campus Initiative:

1. To promote awareness of environmental issues among the students, staff and society.
2. To achieve better sustainability on the campus and improve the quality of life of all the stakeholders.
3. To plant rare and medicinal/herbal plants on the college campus
4. To implement 3 'R' (Reduce/Reuse/Recycle) policy on the campus.
5. To study and maintain Flora and Fauna on the college campus.
6. To support and implement "Swachh Bharat Abhiyan" for healthy India
7. To organize seminars/workshops etc. on environment-related issues.

### **2. The Context:**

A clean environment is a basic necessity of human beings for health and efficiency. The main aim of the practice is to impart knowledge, create awareness and develop an attitude of concern and to nurture necessary skills to handle the environmental issues and challenges. The green landscaping of college is a necessary feature for shaping and sustaining an eco-friendly campus.

### **3. The Practice:**

1. The college has developed a beautiful campus with Lawns, Botanical Garden.
2. The college has preserved Flora and Fauna on the campus.
3. The college has constituted an environmental society to look into issues concerning the environment. The society holds regular meetings to discuss the challenges faced and the measures taken.

4. The college undertakes plantation drives every year in the monsoon, where the students take an active part by planting saplings. Besides planting saplings, the society has taken steps to protect the existing green cover from termite.

5. The N.S.S. units also play its part in spreading environmental awareness among the students. Environmental activities are an integral part of its program.

6. Environment as a subject is part of the college curriculum. In addition to that lectures are delivered and group discussions are undertaken to discourage the use of polythene and non-biodegradable materials.

7. The biodegradable waste of the college is collected in compost pits dug on the campus. The organic manure prepared in these pits is used as fertilizer for all the plants on the campus. The college also has a vermi-composting pit.

8. The college building is designed in a manner that it is well ventilated and lighted naturally, so that there is minimal usage of artificial lighting and fans in the classrooms.

9. There is very little usage of air conditioners and heaters.

**4. Evidence of the Success:** This best practice has proven to be successful through the following activities:

1. Through periodical tree plantations, Flora and Fauna on the campus has enriched, which has turned into eco-friendly campus.

2. Regular campaigns for the plastic-free campus has made the campus plastic free.

3. Through workshops/ seminars/ NSS activities, students are made aware of environmental issues.

4. A mandatory course on Environmental awareness at undergraduate level is made compulsory by the university.

**5. Problems Encountered:** While carrying out this practice, following problem are encountered by the college.

1. Green Campus initiatives are challenging so it requires determination and a long-term assurance from all the stakeholders.
2. Green Campus initiative is rather expensive practice. It needs an expert advice and investment of resources.
3. Lot of manpower is required to maintain them.
4. Less awareness of students and community towards environmental issues is a big hurdle in the implementation of green initiatives.