

## **7.2 Best Practices**

### **7.2.1 Describe at least two institutional Best Practices.**

#### **Title of the practice 1: Awareness among the students to become socially responsible citizens.**

**Objectives:** The institution implemented the practice with following objectives:

- To inculcate moral and cultural values among the students.
- To inculcate social attributes among the students so as to make them responsible citizens.
- To engage the students in NCC, NSS, Rotaract Club, Red Cross etc to conduct various awareness programmes and social activities.
- To up skill the students for the development of society.
- To create a sense of responsibility in students about different social, political, economic and environmental issues prevailing in the society.
- To prepare the students in building and preserving the goodwill of the society.
- To render them a platform to showcase their innate talent on the social front.

#### **The Context:**

In addition to preparing students academically and developing their skills, our institution has also taken an initiative to make the future generation a responsible social citizen. A good citizen has to imbibe many qualities such as to obey the laws, to keep in mind the welfare of the society, to respect the cultural heritage of country, to live in peace and harmony with fellow citizens, to be loyal to the nation, to protect the wildlife and biodiversity, etc. A sensible native should have a spirit of co-operation, friendliness, humanity, dedication and devotion towards society. The institution's approach is to go beyond the reach of the social sciences to instil these lessons in the students.

#### **The Practice:**

The college is always keen on the grounds of doing social work selflessly for the welfare of the common masses. As education without social commitment is incomplete, the college aims to foster the spirit of social service in our students. The institution promotes extension programmes of the college ultimately aiming at the overall development of the society. Such activities are mainly carried out by the 'Serving Cells' such as NSS, NCC, Rotaract Club, Red Cross Society etc, in which the students and the teachers partake enthusiastically. Our NSS unit of the college conducts events to sensitize youth towards the needs of the under-privileged section of the society. These cells prepare the students to interact with the community in a positive manner. Every year our college organizes NSS camp and works in nearby villages to address various current issues. The college with the involvement of local community organizes programs such as Blood donation Camp, cleanliness program, tree plantation, International Women's day, Road safety Drive, National girl child day etc. These serving cells also organize health related drives wherein the volunteers discuss issues related

to health, hygiene, and education with the people living in the countryside. Anti-drug campaigns are organized through rallies and street plays and webinars are conducted to aware the students about the harmful impacts of drug addiction. The Environment and Swachh society along with the Student council of the college conduct many social awareness programmes such as Swachh Bharat abhiyan, Environment protection, World environment day, Own a tree Campaign etc.

**Evidence of Success:** Through this practice different departments and Serving cells have taken sincere efforts to organize the above-mentioned events successfully and the following outcomes have been observed as evidence of success:-

- Students exposed to different social values.
- Enhanced awareness about the importance of physical and mental health in the society.
- Raised awareness about the detrimental impacts of drugs on the society.
- Experiential and practical learning for the students in collaboration with the community.
- Life skills nurtured and inculcated in the students.
- Healthy participation in the electoral process.

**Problems Encountered:**

- Academic loss for the students who participate in such extension activities.
- Additional expenditure for arranging various extension programmes.
- Reluctance from the parents for allowing their female wards to partake in extension activities.

**Title of the practice 2: Infrastructural Development**

**Objectives of the practice:** The College encourages regular upgradation of college infrastructure with the following objectives taken into consideration:

- To create learning ambience with respect to physical infrastructure and teaching-learning resources.
- To renovate the college building and make it more attractive for the students.
- To refurbish laboratories for efficient practical learning.
- To equip the classrooms with smart boards and LED's.
- To assure the qualitative and quantitative development of the college.
- To ensure healthy living through establishment of open gym, Acupressure Park and meditation centre.

**The Context:** The infrastructure of a college plays a pivotal role in the overall growth and development of tutees through availability of state-of-the-art facilities. It is generally considered that high-quality infrastructure facilitates better instruction, improves student outcomes, and reduces dropout rates, among plethora of other benefits.

**The Practice:** Various physical amenities have been provided to the students to strengthen their body and mind in order to facilitate effective learning. Some of them are enlisted below:

1. **Meditation centre:** College is a wonderful opportunity to explore new and healthy ways of living a mindful lifestyle, something that most students may not have experienced at home. One of the best ways students can embrace this change is to connect with themselves through the practice of meditation within the college premises. The students who meditate can train their mind to have sharper concentration, better memory, relieve stress and improve their overall mental health. For students, meditation can help them study efficiently, improve memory recall and decrease the stress of exams, tests and the pressure of getting good grades.
2. **Acupressure park and open gym:** The college acknowledge that cultivating a healthy relationship with fitness for personal well being is vital for every individual and more so with college students. Moreover, exercising outdoors provides all the physical benefits of indoor exercise and can also provide exposure to sunlight. So, a fitness center including acupressure and open gym has been built within the college premises. Regular exercise can help relieve stress and depression which students tend to experience, especially during the initial years in college. The endorphins and serotonin released into the body after physical exercises help improve the mood, relieve the tension and will make life much easier for students.
3. **Well-equipped laboratories:** The students engaged in well-designed laboratory experiences develop problem-solving and critical thinking skills, as well as gain exposure to materials and equipment in lab settings. This would inspire students to further their education and prepare them for high-technology careers by fostering skills sought by potential employers.

**Evidence of Success:** A good infrastructure with adequate space makes it a desirable place for students to study and make it a favourable environment for them. It makes it interesting and motivates them to come to college. These positive outcomes are evident from the following attributes:

- Improved attention with fewer distractions
- Improved attendance and students interest in learning
- Lower stress levels.
- Improved self-esteem
- Greater well-being and happiness
- Better resilience
- Improved social skills
- Greater empathy and compassion

**Problems Encountered and Resources Required:** The major problems encountered in the implementation of the programme were lack of financial and workforce support.