



# Internal Quality Assurance Cell DAYANAND GIRLS P.G. COLLEGE



## BEST PRACTICE - 1

### **TITLE:**

**Health is Wealth** -- Health Initiatives and Well-Being in Context of Holistic Development of Students

### **OBJECTIVES:**

1. To focus on Health Benefits on all counts - Physical health, Mental Health, Fitness Campaigns, Nutrition, Hygienic Practices, Health and Self-defence Camps, Stress Management and effective Counselling towards healthy lifestyle.
2. To focus on proactive participation of girls not merely in College but also in nearby localities and adopted villages in health camps organised very often as a best practice of our Institution.
3. To lay emphasis on a co-ordinated balance between health, mental well-being, work productivity with resilience and hygienic practices.
4. To create consciousness towards involvement in Health Camps, Blood donation Camps, Eye Camps and various benefits of health counselling and well-being.

### **THE CONTEXT:**

Adhering to the underlying principle of "Living a Healthier Life is the key to success", the College seeks pride in the fact that it has commendably endeavoured to focus on Health concerns so as to provide not only just Physical Fitness to its students but also mental health, counselling, Lectures sessions, Self-defense activities, Health Camps (Blood Donation, Eye Testing, Yoga, Lecture health Experts on preventive health cum nutrition and hygienic practices) for empowering students and women of adopted villages to understand the essentialities of the challenging contextual issue of 'Health is Wealth' and non-sedentary lifestyle.

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### **THE PRACTICE:**

- Empowering girls to proactively participate in various health Camps- related to hygiene practices (special mention to installing incinerators), blood donation, and eye testing and stress management discourses both in Campus, slum areas and adopted villages under Unnat Bharat Abhiyaan.
- Counselling is provided very often in solving health and ailment related issues – the mechanism entailing constructive feedback (for further improvements towards holistic health approach) including ethics cum values incorporated, redressal of students' grievances and enhancement of decision making skills.
- Regular Health Monitoring, and health assessments in its diverse spheres by Camps, Fitness activities, distribution of books on Well-being and Lectures by Experts.
- The College efforts to create an impacting, inclusive, positive health culture where our students nurture a space to share vulnerabilities with timely guidance, assistance in need of empathy and initiative support.

### **EVIDENCE OF SUCCESS:**

- ❖ An outcome of this best practice relates to successfully expressing and reaching out awaringly regarding the detrimental health impacts of unhealthy lifestyles.
- ❖ Learners will and to a large extent have developed increasing awareness towards improving their qualitative living standards, Well-being count and happily empowering themselves with 'Health is Wealth ' attitude.
- ❖ Correlating the concept of health, happiness and wellness, the participation of students in spreading awareness in village areas – mainly women to maintain healthy hygienic



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practices – has proved to be commendable and result oriented in less privileged segments of society.

### **PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:**

Shortage of funds towards contributory activities poses some constraint in carrying outreach programmes. Also, one of the major problems confronted is students not granted permission especially minorities and from less educated backgrounds. But such challenging issues and resource requirement are constantly been dealt with proficiently by the College Committees and Counselling Cell.

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## BEST PRACTICE - 2

### TITLE OF THE PRACTICE:

**Nurture Nature** – Environmental Awareness and Clean Green Campus

### OBJECTIVES:

- To take initiatives regarding eco-friendly approach in day to day lifestyle as a measure towards a healthy Clean Green Drive.
- To promote ethos of cleanliness requisiteness.
- Motivate students to conserve nature by plantation drives and upkeep of plants.
- To inculcate culture of eco-friendly practices and make Campus pollution free.

### THE CONTEXT:

The contextual features of the co-ordinated practice of creating environmental awareness among the students certainly assures prosperity. In context of “Nurture Nature” thought to be imbibed by students towards a hygienic environment. The commendable efforts of our Institution intend to bring outward and inward grace by undertaking various activities which signify active co-operation as also involvement of faculty and the students in formulating and executing their plans and programmes. The College conducts its own activities of Cleanliness and Plantation drives time to time on a regular basis considered as a healthy best practice to be initiated at the forefront – correlating with sustainability on priority lines.

### THE PRACTICE:

- Institution attaches great importance to nurture and preserve the Nature and avoid degradation of environment. The green campus developed by the College helps not only to save the environment, but also adds beauty to the campus. The Institute has preserved Flora and Fauna on the campus by maintaining suitable environment. Cutting of trees is strictly prohibited in the campus. Every year, a number of trees are planted in the campus. The campus has large number of oxygen releasing and carbon dioxide assimilating plants such

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as Neem tree, Tulsi, Herbal, Snake plant, etc. As a result, the campus maintains low levels of pollutants and carbon emissions. The Institute has a framework in place for conducting a green audit of its facilities. Maintaining Swachhata Pakhwada and Clean Green Drive including Waste Management are genuinely linked to Environmental Awareness. With the Faculty Co-operation, students of the College regularly display Placards with slogans pertaining to cleanliness drive e.g. "Say No To Plastic."

### EVIDENCE OF SUCCESS:

- Through these initiatives, the College effected successfully in raising awareness among students in their understanding of the value of environmental resources.
- Plastic-free campus and no Tobacco zone helped in resulting in low pollution.
- Performance against targets, benchmarks and review results try to correlate with issues regarding environmental awareness, nature conservation and cleanliness.
- Programme like rallies, street plays, swachhata abhiyaan and plantation immensely helped in generating social awareness as also environmental consciousness among the students and community too.

### PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

Students come from different religions and not well educated backgrounds, it is a difficult task to motivate them to spend their time in local outreach areas as also shortage of funds poses a major concern. Most plastic waste does not make it to the recycling centre. Green campus efforts are difficult; therefore, it requires commitment from all parties and long-term certainty. Green campus initiatives can be quite pricey. Expert counsel and financial

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