

Best Practice 1

Title: Waste management

Waste management refers to practice of collecting, transporting, processing or disposing of, managing and monitoring various waste materials. It is important to observe sustainability in this aspect so that every bit of waste can be managed in an efficient manner rather than just dumping it all in landfills. Recycling makes the best use of waste conserving valuable resources such as water land and raw materials.

Objectives of the Practice:

The primary goal of waste management is reducing and eliminating adverse impacts of waste materials on human health and environment.

2. To increase recycling and reuse and to convert the remaining waste into organic manure.
3. To minimise the use of landfills for solid waste disposal.
4. To ensure the protection of environment through an effective waste management system.

Context: The challenging issue

To manage waste in an effective way appears to be one of the greatest challenges. Others include low investment in infrastructure. Inadequate human capacity for administrative and technical issues wrong attitude of public towards solid waste management poor planning etc.

Practice: Evidence of success

To manage waste inside the campus and to make best use of it, separate dustbins for dry and wet waste have been kept in the campus. Biodegradable waste like fallen leaves left over food waste are put in compost pit to convert it into manure. The compost formed is used for gardening in the campus in the NSS vatika, and rose garden and herbal garden. The greenery and beauty of the campus is something which attracts the onlookers most and moreover provides testimony of the use of compost.

Problem encountered and resources required:

An effective way to improve attitude towards waste reuse and recycling, waste management education into school curriculum and particularly teaching children about the causes and consequences of inappropriate waste disposal and highlighting the importance of waste prevention rescue reuse and recycling is of utmost importance. Though some of the students take self-initiatives but others lack such motivation. Collective responsibility of staff and students and monitoring of all the activities is a challenging task.

Best Practice 2

Title: Twenty-one-day Suryanamaskar Campaign and Yoga Training Program

The college is committed for physical as well as mental fitness of the students. Keeping the idea in mind, the college IQAC organized twenty -one- day yoga training program in collaboration with women cell from 31.01.2022 to 20. 02. 2022. The program was conducted under the aegis of Ayush Mantralaya's ambitious campaign of completing seventy-five crore Suryanamaskar.

Objective of the Practice

The aim of yoga is self-realization to overcome all kinds of suffering leading to the state of liberation (Moksha).

1. To attain physical fitness and encounter health related issues avoid obesity.
- 2.The objective of the practice was to attain mental well- being of the students to overcome stress, depression, hypertension and anxiety
- 3.To boost their immunity in order to enable them fight the challenges like covid-19.
4. To motivate the students to lead a healthy life style.

Context: The challenging issue

Since the students today are inclined more towards modern equipment's available in gym rather than adopting traditional methods like yoga. But after realizing its importance in acquiring physical as well as mental fitness they started taking interests in the training. The pandemic has taught us more than ever the need of boosting the immunity and to adopt healthy life style. Hence the students registered for the program

Practice: Evidence of success

The training program was highly successful as total four hundred seven students had registered for the program and the training continued for 21 days. After the successful completion certificate was provided to all the participants. The trainer was Mrs. Sharmila Nayak, State in-charge of Chhattisgarh Yoga Association, Mahila Prkalp.

Problem encountered and resources required:

Since the program had to be continued without any gap, on Sundays and during holidays it was conducted online. There was the problem of fund to recruit trained teachers for the whole duration. The college doesn't have trained professors/volunteers to manage large number of students.