

Best Practice -1

Title of the Practice: Community Outreach Programme

Objectives of the Practice:

- To educate students about the global societal issues in present time.
- To foster a sense of civic responsibility among students by involving them in initiatives that benefit the local community.
- To foster rural people's abilities, especially of women, so they can become independent.
- To enhance leadership skills of the students.
- To spread awareness about road safety which is a major concern for the authorities and government as well.

Context:

There are lots of problematic issues which require attention as they pose difficulties for society. There is a need of efforts to be made to raise environmental awareness and also to make the society aware about the importance of literacy. The issues of illiteracy also need to be addressed. There is a need to stop school dropouts since many underprivileged children lack access to education. Another problem that affects the society is domestic violence against women. The issue of gender disparity is serious. The number of issues that women encounter, from rapes to female infanticide and female feticide, are really alarming. As a result, the sex ratio in society is lopsided.

The Practice:

- During the Session 2018-2019, Under the outreach program, many awareness campaigns were conducted in the village **Laharada** on various social issues. From **22nd march to 28th march 2019**, the NSS units organized a 7-day camp in the village **Laharada** in which students participated in various activities to make the people aware about **cleanliness** and also about **“Beti Bachao, Beti Padhao”** campaign. NSS units organized a **Voter awareness rally**, during this rally NSS volunteers started a **door-to-door campaign** to aware the voters. NSS volunteers organized a **Nukkad Natak** on the topic of **Voter Awareness Abhiyan**. Youth Red Cross organized an **awareness rally** on the topic of **“peace and harmony” in the**

collaboration with GVM college, Sonipat. From February 4, 2019 to February 10, 2019 our college celebrated **“Road Safety Week.”** **On October 23, 2018** a written Exam was Conducted on the topic of **“Road Safety rule”**.

- During the Session 2019-2020, On 13th July, 2019 **“Jal Diwas”** was Celebrated as a part of **“Jal Shakti Abhiyan”**. Students from both the units participated in the rally from college campus to Anaj mandi. Chief guest was **Shri Ramesh Kaushik**, the member of parliament. NSS unit organized a 7-days camp from **8th march to 15th march 2020**, at **Mehlana** village, Sonipat
- During the session 2020–2021, On **31st December 2020** NSS unit organized an **Awareness rally on Corona virus** to aware the people about covid 19. From **10th February to 16th February 2021**, 7-days camp was organized by NSS units at **Mehlana** village, Sonipat. During this camp a lecture was provided by a former officer of Red Cross **Sh. Dhramvir Dahiya** on the **“Role of blood in Human Body”** and also the knowledge of volunteers was enhanced about **Blood Donation**.
- During the session 2021–2022, Our institution aimed at creating opportunities for under privileged and has been running **“Each One Teach One”** programme since 2021 and is still in continuity.
- During the session 2022-23, on 8th October 2022, **Praudh Shiksha Abhiyan (Adult Education Campaign)** was conducted by Geography Department. The students visited village Murthal and they taught the basics of alphabets and language to the elderly women of village under the community outreach programme. The students made the people aware about importance of education. The villagers participated in this programme enthusiastically. The Sarpanch of the village also appreciated the efforts of girls.

Evidence of Success:

The College feels proud to intimate that the Health Awareness Campaign increased the awareness among the students/ community and they are becoming more conscious about health, hygiene and precautions to follow a healthy lifestyle. The teaching staff, non-teaching staff, and students took part in this campaign collectively. All of the littered pavement was cleaned up. Additionally, the pupils engaged with the community and sensitized the

people. Several practices have encouraged the weaker section children to recognize their moral and social obligation to educate at least one illiterate person. Healthcare Campaigns have resulted in increasing awareness among students and society also. Now they are becoming more conscious about their health and hygiene.

Problems Encountered and Resources Required:

Our faculty and students took great pains in motivating the society to take interest in their campaigns and to raise awareness about issues like forest conservation, Water Conservation, Cleanliness etc. For this our faculty members arranged various expert lectures to provide insight into the various problems of day-to-day life and to achieve better outcomes. It was found that the students feel hesitant to ask some health-related issues but the team of medical professionals cleared their inhibitions. It was also found that the students were not fully aware of the traffic rules and safety guards as well but the expert team was competent enough to teach about it through the lectures.

Best Practice – 2

Title: Awareness programmes on health and environment issues

Objectives:

- To get an idea of the primary concerns of various communities and to offer long-term solutions to those issues.
- To raise awareness about healthy lifestyle.
- To include pertinent skills into the institutions of higher learning.
- To provide free medical advice, medicine to students and staff members.
- To create awareness about relevance of cleanliness, hygiene and sanitation and to contribute to “Clean India Campaign.”

The Context:

College is well aware of the Environmental Pollution as one of the most alarming problems of the world and also of the immediate need to aware the students and society about the environmental degradation and has taken

several initiatives in this area. The primary concern is the increased level of pollution brought on by the burning of crop waste and other items, such as crackers. Other issues like energy-saving, planting more and more trees, and minimizing the cost of electricity by using solar energy and by opting environment friendly practices also need to be addressed with equal importance. Environmental awareness ideologies emphasize the need and duty of human to adore and preserve environment from anthropogenic harms. Education regarding environmental degradation among students and the public is urgently required for that. Multiple actions have been taken in this direction by our college regarding these issues. Numerous mental health problems are affecting our young people. AIDS, cancer and other dreadful illnesses are becoming more prevalent in society.

Practice:

- During the session 2018-19, **A blood donation camp** was organized by **Youth Red Cross** in the college. The Women Cell, Legal Literary Cell, Prevention of Sexual Harassment Cell and Guidance Counselling Cell helped the students at every level. **one day seminar** was held by Legal Cell on **“The Role of Students in Developing Social and Religious Harmony.”** Women Cell organized a **Legal Literacy Camp for acid attack victims**. Apart from these activities, an extension lecture was also organized to spread awareness against the issues faced by women and to make them more aware where **Sh. Tayyab Husain** told the students about free medical facilities and pension provided by the government to the victims. The campus prohibits the usage of plastic. It has also been planned to hold a **Hawan ceremony**. Students are encouraged to care after fresh seedlings. A drive was taken by N.S.S Units and Youth Red Cross **to plant more and more trees**. The NSS Units motivated the students to take care of the new saplings and **Swachh Bharat Campaign** was also observed throughout the year.
- During the session 2019-20, On 29th August 2019, NSS volunteers were shown the live telecast of **PM Narendra Modi** launching **“FIT INDIA MOVEMENT”**. From 1ST to 30th September 2019, **“Nutrition Month”** was Celebrated. On 8th September 2019, **DR. Suman Maan** delivered an effective lecture regarding **“Obesity, Its Problems and Solutions”**. On 9th September 2019, students actively participated in the rally for **“Fast food and its effects”**. **Nukkad Natak** was held in

which the students inspired the people to save water. A **tree plantation drive** was also run.

- During the Session 2020-2021, several activities were frequently organized by our institution to raise environmental awareness and promote environmental protection. Our college has a partially paperless office and a smoke-free, plastic free campus. NSS Volunteers ran "**Follow Traffic Rules and Say No to Crackers**" awareness programmes to educate locals about the importance of traffic rules and environment conservation. For environmental sustainability, the institute took measures such as **Herbal Vatika, Green Corridor activities, Harit Haryana Abhiyan, Compost pits, and Rain Water Harvesting**. Guests are often welcomed by presenting plants at various events. The college provides the greatest priority to each student's health. A "**First Aid Training Camp**" was organized by Red Cross Cell. Red Cross and Women Cell of our college organized Awareness Programme to stop the spread of **Corona Virus**. A **free health checkup camp** was organized by women cell in which **DR. Ritu, Ms. Surekha Hooda, DR. Meenu Batra, DR. Sapna, DR. Rakesh Kalra** and their team give their services.
- During the session 2021-22 **Health Checkup and Awareness Camp** was also organized by Red Cross Cell. In compliance with **Swachh Bharat Abhiyan**, initiated by the **Prime Minister**, our college has made earnest efforts to contribute to this **Clean India Campaign**.
- During the session 2022-2023, Women Cell organized a collage competition for celebrating the **International Day of the Girl Child**. Youth Red Cross organized a programme under **Cancer Free Haryana Campaign** in which the students were made aware about the disease. Women Cell organized "**A Talk on Women Issues in Contemporary Era.**" The NSS unit of the college organized **seminars, competitions and cleanliness drives** to create awareness about relevance of cleanliness, hygiene and sanitation. Posters on cleanliness were displayed in the campus. During the celebration of **Road Safety Week**, the students took an **oath** to follow the traffic rules.

Evidence of success:

As a result of Cleanliness Campaign, people have become more aware about the importance of cleanliness. Now, they take great care in cleaning

the surrounding area. Through the environmental awareness practices, the students as well as staff members have developed a sense of obligation. The teaching staff, non-teaching staff, and students took part in this campaign collectively. All of the littered pavement was cleaned up. Additionally, the pupils engaged with the community and sensitized the people. Many trees have been planted to protect the environment. This type of activity will help in preserving our flora to some extent. Our volunteers organized rallies on “Say no to Plastics” as a result of which, the college campus has now become plastic free. After the lectures delivered for making the students aware about Road Safety Rules resulted in making the students as well the faculty members more conscious about the regulations and safety precautions.

Problems Encountered and Resources Required:

Due to their rural background, the majority of the students are reluctant to undergo health screenings, but thanks to these activities, we are seeing encouraging outcomes. Few students still bring plastic bags despite the no-plastic-zone policy. Due to financial limitations, underprivileged children are unable to achieve their ambition. We have made some efforts to educate these underprivileged children and adults. The students were first nervous to engage since they lacked knowledge in this area. To get more positive results, the institution needs experts of related fields, more professional equipments along with financial aids.