

## 7.2.1 Best Practices

### Best Practice I

**Title :** Go Green Breathe Clean

**Objective:** The objective is to increase the green cover of earth and thus help to clean the polluting elements in the atmosphere. The practice is based on the concept that trees and plants purify the air.

**The Context:** The academic year 2020-21 was severely impacted by the spread of Covid-19 pandemic. However, the positive impact on environment, that resulted from restricted traffic, reinforced the belief in eco-friendly lifestyles.

**The Practice:**

Students were sensitized about their responsibilities towards environment and were guided to contribute towards the upkeep of greenery around them. The constraint encountered during this practice was the inability of students to reach the College campus owing to precautions issued by health ministry. Still most activities to build a clean and green environment could be conducted successfully via online mode.

**Evidence of Success:**

S. No.	ACTIVITY	DATE/ DURATION
1.	Online National workshop on Sustainable Fashion. Sustaining fashion in eco friendly manner. Resource person Dr. Harpreet Kaur HOD fashion Designing KMV Jalandhar. 150 participants from 70 colleges	January 26, 2021
2.	Essay Writing Competition on Climate Change: Its evidences and explanations	Feb 4, 2021
3.	Virtual Workshop on Growing Relevance of Plant Diversity in Modern Times. Resource persons- Dr. Daisy R Batish, Chairperson Dept. of Botany PU, Chandigarh, Dr Anil Thakur, Associate Prof, RKM, Shimla, Dr. Ashima Gakhar, HOD Dept of Botany , KVA DAV College for Women, Karnal	Feb 11, 2021
4.	Extension lecture on Soil Health Management for Sustainable Higher Agriculture production by Dr Vijay Arora, Retd Prof Soil Science, CCS HAU RRC Karnal	Feb 19, 2021
5.	National Level Poster Making competition on Save Fuel Save Earth and Renewable Sources of Energy	Feb 19, 2021
6.	Tree plantation by NSS Volunteers in Village Uchani school premises	Feb 19-22,2021
7.	Tree plantation drive by NCC army cadets	June 3, 2021

8.	World Environment Day: maintaining Indoor plants from best out of waste	June 5, 2021
9.	Online power point presentation competition on Environment	June 5, 2021
10.	Collage Making on Heal Earth and Heal Our Future	June 22, 2021
11.	Online painting competition by NCC on No Use of Plastic	July 20-24, 2021
12.	Swatchh and Swasth Bharat : Swatchta Shapath Door to door awareness about cleanliness Cleaning of surrounding areas and planting of saplings	August 1-15 , 2021
13.	Foot policing and plog run on "Menace of Plastic and substitutes of plastic"	August 9, 2021

**Problems Encountered and Resources required:** The minor problem of connectivity issues recurred many times, especially for those participants who live in rural belts. Obeying the official orders on restricted outdoor movement, the resources available at hand were used for this practice.

**Note: Environment consciousness should be ingrained in the students as a religious obligation. They should be informed about the benefits of greenery and also ways to preserve the saplings that they plant.**

#### **Best Practice II:**

**Title:** Replenishing Weal

**Objective:** To assist the students and staff in resolving their problems and helping them to lead purposeful lives. The practice is based on the concept that happy minds perform optimally.

**The Context:** The unprecedented situation caused by the virulent spread of Covid-19 compelled to work via online mode. The education sector, in particular, was suddenly put in this unfamiliar territory. The sudden restrictions on mobility had a debilitating impact on the happiness quotient. To neutralize this negativity, the college took upon the practice of replenishing the emotional well-being of students and staff via psychological counselling and online workshops on positive lifestyles.

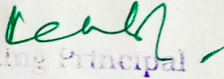
**The Practice:** Dr. Shikha Tyagi, consultant psychologist and faculty Department of Psychology, conducted counselling sessions amid safe and non-judgmental environment. A variety of issues from everyday life challenges, relationships, workplace situations etc were dealt with. All services were offered free of cost and the identity of patient was kept confidential. These services were provided through video conferencing, emails, text messages, and in certain situations via offline interactive sessions. A total of 15 individuals (12 students and three staff) benefited from this service. This attempt to help build an emotionally healthy generation is a continuation of activities in the preceding years.

### Evidence of Success:

1.	National Webinar on "Corona Sankat ke daur mein tanaav se nipatne hetu Sangeet ki eham Bhumika". Resource Persons: Prof. Suchismita Sharma, Chairperson, Department of Music and Dance, Dean of Indic Studies, KUK Pt. (Dr.) Harvinder Kumar Sharma, Sitar Maestro Dr. Roshan Bharti , Ghazal Maestro, Associate Professor, Govt. Girls College, Kota, Rajasthan	June 26, 2020
2.	Webinar on "Yoga and Meditation to release Stress" by Mrs. Shuchika Batra (Life Coach and Yoga Trainer at Art of Living)	June 27, 2020
3.	Extension lecture on "Women Mental Health in Covid" by Shikha	February 16, 2021
4.	"Transforming Well Being in COVID 19: from Pain to Power" – Poster Making Competition	June, 2021

**Problems Encountered and Resources Required: Nil**

**Note: Emotional well being is the need of present times. Hesitation and taboos attached to this must be removed.**

  
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