

## BEST PRACTICES – 1

### Title: Campaign for environment consciousness

#### Objectives of the Practice:

The main objective of promoting and campaigning environment sustainability are...

- To nurture generations of students who are sensitive to environmental concerns. The need of the hour is to educate the youth and the public about sustainability, to ensure healthier lives for all of us.
- To find the innovative ways to reduce pollution.
- To promote the sustainable use of natural resources.
- To maintain waste-free, pollution-free, healthy, and eco-friendly green campus.

#### The Context:

College is situated in industrial zone, lot of industries like Paper mill, Cement industries, Ferro-alloy Plant, Coal mines, Underground and open cost coal mines, Coal dumping yard, Thermal power plant is nearby situated. So pollution is always on hike, air pollution, Water pollution, soil degradation in region is always in discussion. College has abundant plants and sunlight it had become important to transform productively green waste and sunlight into source of sustenance. Large quantity of green waste is generated in the college premises, which is effectively composted as manure. Environment sustainability is of at most importance in light of increasing environment degradation. Same can be accomplishing by campaigning eco-friendly practices.

#### The Practice:

Keeping in mind the said objective, Institution plane to organized and run the various activities to create environmental consciousness among the staff, students and people. College is steadfastly committed towards creating environmental awareness, Eco-friendly and Sustainable campaign. Instilling the urgency of environmental conservation and environment sustainability is realized through the following practices.

#### Events and campaigns:

1. Department of Geography organized a national level e-conference on the topic “Geo Environmental impact and challenges before and after covid -19” on 16th August 2020.
2. Department of Chemistry organized a national e-seminar on “Resent and Future Trends in environmental chemistry and health” on 17th August 2020. Freelance environmental consultant deliveries the talk on various pollution issues, another important topic which was on air pollution, source impact issues, mitigation measures.
3. Department of Botany organized National Webinar on “Environmental Protection: Issues and Challenges” on 9th August 2020.
4. NSS Unit of the college organized “River Cleanliness drive” with more than 100 NSS Volunteers and staff to clean the “Wardha River” in collaboration with Nagarparishad Rajura on 7th November 2020.
5. Eco-Friendly group of college organized a Bus-Stand Rajura Cleanliness drive on 25th January 2021.
6. Department of Chemistry in collaboration with central Chanda forest division Chandrapur, Government of Maharashtra jointly organized National level e-poster computation for UG and PG and Research scholars. The theme of the contest was “Wild life conservation save it before extinction” in month of July 2021. It highlights the wildlife conservation.

#### Maintaining a green campus and a Botanical garden:

- i. College has a lush green campus, dedicated area for boys and girls parking have been allotted.
  - ii. The college has about 200 varieties of trees and plant in campus that balances the ecosystem of the surrounding area.
  - iii. A Botanical garden in the premises with different species of medicinal plants provide a healthful ambience in the college.
- **Vermicompost Unit:** The vermicompost unit converts waste to vermicompost, which is used in the college garden.
  - **Rainwater harvesting:** The college has a rainwater harvesting system (which is near to main gate). In fact it is well in which collecting rainwater from rooftops and storm water generating from the premises. It ultimately increases the ground water level.

#### **Evidence of Success:**

We have been able to create awareness among the staff and students of our college regarding environmental challenges and the need of sustainability. Our students have received appreciation from the public during several campaigns and activities, many people have promised to use the resources wisely and make all efforts to protect and conserve the environment.

Polythene free campus drive motivates the students to organized similar types of activities in their villages to spread message of environment consciousness.

#### **Problems Encountered and Resources Required:**

***Greater initial cost and investment:*** - Shifting to renewable resources is a costly affair support and involvement from the government agencies prerequisite in terms of financial assistance and subsidy.

***Challenges in motivating people:*** - The public needs to be educated to understand the environmental issues, in fact the people from rural areas have their own socio - economical problems, continuous efforts are needed to create a general shift in the mindsets of people towards generating environment consciousness.

***Lifestyle changes:*** - Lifestyle needs to be modified for sustainable living. Bad habit of rural people can be change by continuous efforts as well as financial support from the government to build the toilets at their home. Government is giving financial aid to very few, which is not enough to change the whole village.



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**Title: Health is Wealth**

**Objectives of the Practice:**

The main objectives of this practice are

- Make them to adopt and practice discipline life style.
- Prevent the Bad habits.
- Create awareness regarding physical and mental fitness.
- Make the student to know fit body and mind is a key to success.
- Make them to adopt new life style to prevent themselves and their family from covid-19 pandemic.

**The Context:**

Second wave of covid-19 pandemic create a panic in the area, during this period of complete lock-down Institution plane to run the campaign of exercise, fitness, immunity building so as to built up confidence in students and thereby in society. Since the college is situated in rural, tribal and naxal affected area, more than ninety percent students are seeking the admission in our college for various discipline UG & PG are from rural background. They are not much aware of the fitness, good health, exercise, intake of proper diet. Variety of citrus fruits are easily available in villages are key to built the immunity. Keeping in mind college decided virtual online activities related to awareness of health, hygiene and diet.

**The Practice:**

To fulfill the above said objectives college organized following events online.

1. Sport department of college organized a national webinar on the topic “Effect of corona pandemic on various aspects of sport” on 18th July 2020.
2. On the auspicious occasion of International Yoga day on 21th June 2020. Sport department of the college in collaboration with Patanjali Yoga Samiti organized a yoga teaching events.
3. Department of Home - Economics organized one day national webinar on the topic “Role of Balance diet in covid – 19 situations” on 27th July 2020. Eminent dietitian and experts share their view to handle the pandemic situation by proper diet.
4. Since the majority of our student are from poor background, keeping this fact in mind the department of Home- economics organized guest lecture so that students and their parents must be able to have balance diet but at affordable price. Guest lecture was on the topic “Balance diet at affordable price” on 26th February 2021.
5. In addition to health, hygiene and Balance diet, mental health is equally important to strengthen the immune system and activeness. Pandemic create a social as well personal stress in the society. Department of Chemistry. Organized a guest lecture on “Stress Management”. The chairman psychiatric association and eminent psychiatric delivered the talk on how to manage the mental stress on 12 February 2021.
6. Personality development camp was organized online for all faculty students on 13 February 2021 by the department of Physics.
7. To promote the Covid vaccine programme of Government of India NSS unit celebrated the “Tika Ussav” NSS volunteers campaign the benefits of Covid vaccination, tried to remove the mis-conception of vaccine from the people. Programmes were organized in the nearby villages from 11April to 14 April 2020.
8. On the auspicious occasion of Independence day NSS unit organized “Fit India Freedom Run 2.0” on 15th August 2021.

**Evidence of Success:**

Sensitization of students, staff and awareness of healthy life style :

- ✓ Various practices adopted by the various unit and departments of the college have been extremely successful in the intensity and reach of its vision and action. The college has not only been able to sensitize the students and staff but also the nearby community. "Tika Utsav" campaign root out the misconception of villagers about the covid vaccine, after the campaign there was crowd on the vaccination centers.
- ✓ All the practices made by the various unit of college made the students to adopt and inculcate healthy life style, good food habits, it made the students to rectify their food habits.
- ✓ The guest lecture on "Stress Management" was so impactful the students first time ever know that Mental health is equally important in career making.
- ✓ College activities on health promote the students and thereby their parents to used citrus fruits, like lemon, tulasi and various other easily available medicinal herbs in the villages to maintain health and built immunity.

**Problems encountered and resources required:**

- Since the area around the college is rural tribal and naxal affected, people are superstitious and having lack of scientific attitude. Majority of the community are farmers and farm worker, in fact it is difficult to shift their mind set towards consciousness of health and hygiene.
- Illiteracy and poverty are interrelated and deep-rooted problems of our society. In addition majority of tribal families do not believe modern medicinal practice. They have their own traditional unscientific method to treat the illness of their family members. Alcoholism and tobacco chewing are the rampant problem in the surrounding villages, Alcoholic abuse aggravates domestic violence. We found very difficult to sensitize to alcoholic abuse.
- Consistent continuous effort is required to change their superstitious mind set. More financial resource and local partner like "Patanjali Yoga Samiti", " Andhshradha Nirmulan Samiti" and hospital's cooperation are required.



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