



NAAC Accredited 'A' Grade

Guru Nanak College For Girls



Sri Muktsar Sahib (Pb.)

INSTITUTIONAL BEST PRACTICES

(2019-20)

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Best Practice-I

Title of Practice: To imbibe the sense of social responsibility among the students and preparing them to contribute in strengthening the society.

Objective:

- To establish necessary linkage with the community so as to foster social change for good.
- To cater the needs of all sections of society especially underprivileged section such as women and child.
- To sensitize the faculty and students about the needs and problems of the community
- To inculcate the sense of social service and commitment among the students.

Context:

The foundation of any educational institute is to educate, shape minds, inculcate the right values and develop good citizens. In the today's rapidly changing scenario no institution can survive or sustain itself in the long run if it is not socially responsible and collaborating with the community. The concept of social responsibility is no longer confined to charitable or voluntary activity but it is infact more broader and comprehensive concept. Moreover, sustainable development cannot be achieved in isolation. There needs to have a strong close relationship between educational institutes and the society. Guru Nanak College for Girls is always committed in contributing towards the welfare of the society.

The Practice:

Initiatives for Gender Equity

Every year a number of Gender promotion Programmes are organized by the college. These are:

- ***Nukkad Natak on Female Foeticide*** was organized by P.G. Department of Punjabi on 13/09/2019. The focus was to create awareness among the staff and students regarding issue of female foeticide in our society.
- As a part of **National campaign “*Beti Bachao, Beti Padhao* (Save the daughter, educate the daughter)** of Govt. of India, the NSS unit of the college observed National Girl Child Day on 24/01/2020. On this event debate and poster making competitions were organized.
- Further, the Women Anti-Harassment Cell/Internal Complaint Committee and Extension Activities Committee of the college organized **National Seminar on Legal Awareness** for Women on 26/02/2020. The seminar was sponsored by National Commission for Women (NCW), New Delhi with financial support of Rs. 90,000.

Initiatives for Health and Fitness

- Under the **Fit India Movement** of the Govt. of India, the NSS Unit of the college organized rally for spreading awareness about physical and mental health fitness on 29/08/2019. The students also watched the live telecast of honorable Prime Minister on fitness.
- **Free Health check up medical camp** for orientation of people on general health issues was organized by the Unnat Bharat Abhiyaan Team of the

college in one of the adopted village *Kotli Sangher* on 18/02/2020. Free medicines sponsored by NGO were provided to the villages after check up by the doctors. Doctors also discussed the various preventive and precautionary measures among the villagers.

- In collaboration with the Health and Family Welfare Department, Sri Muktsar, the Unnat Bharat Abhiyaan Team of the college organized **General Health Check up Camp** at village Lakhewali on 20/02/2020. Tests like Blood Test and Sugar Test was conducted by the team of the doctors and free medicines were distributed.
- To celebrate the 550th birth anniversary of Sri Guru Nanak Dev ji, a **District Level Blood donation camp** was organized by the NSS Unit of the College in collaboration with Youth welfare services and Civil Hospital, Sri Muktsar Sahib on 18/11/2019. A special talk on importance of blood donation to save the lives of mankind and motivated volunteers to donate more blood units.
- A **Blood Testing Camp** was organized by Red Ribbon Club in collaboration with Civil Hospital, Sri Muktsar Sahib on 30/01/2019 and 31/01/2019.

Baseline Household Survey of Adopted Villages

- **The Unnat Bharat Abhiyaan (UBA)** Cell conducted Baseline Household Survey of **five adopted villages**: *Hari Ke Kalan, Bura Gujjar, Kotli Devan, Lakhewali* and during the year. UBA teams conducted door to door survey in each village. The aim of these surveys is to understand the needs and problems of the villages.

Initiatives to address Social Issues

- **Rally on Drug De-addiction and AIDS** was organized by college NSS Unit and Red Ribbon Club in collaboration with Youth Welfare Department, Sri Muktsar Sahib on 06/11/2019.
- **Extension lecture on Traffic Rules and Drug Addiction** by UBA team was organized at Govt. High School, Kotli Devan on 06/02/2020. The lecture was organized in collaboration with Punjab Police and Saanjh Kendre, Thana Sadar, Sri Muktsar Sahib.
- ***Nukkad Natak on "Aakhar Kado Tak"*** on Corruption was organized by P.G. Department of Punjabi on 20/01/2020. The play was organized in collaboration with Red Arts Panjab, Punjabi University, Patiala.

Initiatives to help the Weaker Section

- **Distribution of stationary to poor primary school children** by P.G.Department of Commerce in collaboration with Cycle Rider Club-19, Sri Muktsar Sahib on 10/01/2020.
- College in collaboration with *Sarbat Da Bhala* Trust **distributed Free ration to the Poor and Needy People during lockdown period** on 08/04/2020. College also donated 100 packets of ration to the District Administration, Sri Muktsar Sahib for helping daily wagers, unorganized labours and people belonging to underprivileged section of the society.

Initiatives for Awareness against Coronavirus Spread

- **Awareness campaign on COVID-19 at old Age Home**, Sri Muktsar Sahib was organized by the department of Business Administration and

Mathematics on 18/03/2020. The purpose was to aware the old age people about the symptoms, causes, preventive and safety measures of corona virus. Also, masks, sanitizers, eatables were also distributed to the inmates.

- **Awareness Programme on Coronavirus Disease: Causes, Symptoms and Precautions** was organized by Unnat Bharat Abhiyaan Teams of the college at villages Hari Ke Kalan and Kotli Devan in Sri Muktsar Sahib District on 18/03/2020 and 19/03/2020.
- During Lockdown period **Online Coronavirus Awareness Campaign** was initiated by the Extension Activity Committee, NSS Unit and various departments of the college so as to aware the people about the disease and precautions to be taken to prevent its spread. Students made posters and videos to aware the people.
- **Two days Online Training on Mask Making** was organized by P.G. Department of Fashion Designing on 17/04/2020 and 18/04/2020. Students enthusiastically participated in the training, prepared variety of masks and distributed them to the needy people.
- **COVID-19: Awareness Campaign** was organized by team member of Unnat Bharat Cell at Basti Nanakpur, Sri Muktsar Sahib in collaboration with Gram Panchayat, Basti Nanakpur & Residents of the village on 03/05/2020. Cotton masks prepared by the panchayat were distributed among the villagers. An announcement regarding the preventive measure was also made from the village *Gurudwara* for a wider reach.
- **National Webinar on “Psychological Effects of COVID-19 on Adults and Children”** was organized by P.G. Department of Punjabi on 23/05/2020.

Evidence of Success:

College has always contributed towards the welfare of the society. Various Cells/Committees such as NSS, NCC, Red Ribbon Club, Legal Literacy Club, Red Cross Society and Women Anti-Harassment Cell are organizing various social relevance activities every year. But in order to make the social welfare efforts more streamlined and effective, an Extension Activity Committee was formed in the session 2019-20. All existing Cells/Committees are now working under the umbrella of the Extension Activity Committee. This has really helped in making the social efforts uni-dimensional. The college has successfully conducted various social relevance activities during the session. It has worked in collaboration with many social organizations/NGOs such as Sarbat Da Bhala Trust, Youth Welfare Department, Sri Muktsar Sahib, Youth welfare services and Civil Hospital, Sri Muktsar Sahib, Cycle Rider Club-19, Muktsar, Civil Hospital, Sri Muktsar Sahib, Punjab Police, Sri Muktsar Sahib and *Saanjh Kendre, Thana Sadar*, Sri Muktsar Sahib, Faridkot based NGO team (We don't accept money or things), Gram Panchayat, Basti Nanakpur & village Residents and Youth Welfare Department, Sri Muktsar Sahib. The efforts of the institution have been appreciated by the village Panchayats, Government Departments and Non-Government Organizations for its valuable contribution in spreading awareness about various social issues and corona pandemic among the rural uneducated residents.

Problems encountered and Resources Required:

Under Unnat Bharat Abhiyaan Scheme of Ministry of Human Resource Development, a Baseline Household Surveys were conducted in five adopted villages of Sri Muktsar Sahib District. Uneducated people are reluctant in providing their personal information for the survey. Further, inadequate financial

resources are problem as for creating mass awareness, the staff and students visits the villages. It increases financial burden on the institution.

Best Practice-II

Title of Practice: Creation of sensibility among the students towards environment degradation

Objective:

- To sensitize the students about the need to protect the environment for a sustainable and healthy future.
- To make the campus environment friendly by creating awareness among students.
- To work in collaboration with the environment protection campaigns of the government.

Context:

As citizens of the world community it is imperative that each one acts responsibly towards the environment while working for its conservation. A holistic education Higher education cannot limit itself to merely providing academic training. Being sensitive and responsive to the environment is a trait that has to be inculcated in children at a young age in school and be reinforced at the level of higher education. As an educational institution, Guru Nanak College for Girls is aware of its duty to educate the youth on the importance of conserving the environment by encouraging the adoption of a sustainable lifestyle. The College believes in

teaching through practice and therefore attempts to set an example for the students by adopting and encouraging a number of green initiatives.

The Practice:

Initiatives for Waste Management

- **Liquid Waste Management:** Waste water from drinking water points are now connected with pipes to supply to the nearby flowerbeds. When students drink water from water points, a lot of fresh drinking water goes waste inadvertently, which is now used to water nearby flowerbeds and lawns by connecting waste water pipes from drinking points to nearby lawns and water is recycled in this way.
- **E-Waste Management:** Separate dustbins have been kept in the campus to ensure proper segregation of e-waste.
- **Solid Waste Management:** Segregation of waste is done as organic, inorganic, biological waste and plastic/paper etc. Different dustbins have been kept in the campus separately for this purpose of segregated waste. After segregation, a portion of organic waste is send to composting units, buildup in the campus, for preparing organic manure.
- Paper and plastics are sent to recycling units through vendors. Biological waste such as used sanitary napkins, are disposed off in sanitary napkin disposal incinerator machine setup in the college campus.
- **Vermi-composting:** The College has already set up vermi-compost unit in the campus for conversion of organic waste into valuable manure.

- **Botanical Garden:** Botanical garden has different plants having medicinal, ethical and ecological values belonging to different families of Angiosperms and Gymnosperms.
- **To reduce waste** and to prevent the health and environmental hazards of disposable thermocol and plastic ware, aluminum foil and polythene, the college has not only prohibited the use of these things within the campus but also motivates the students to spread the awareness in the society at large.

Initiatives for energy conservation

- **Solar energy:** The College makes optimum use of renewable energy in the form of solar geysers installed in the college hostel and faculty house.
- **Energy conservation and carbon neutrality:** Many teaching staff members, both local and outstation, resort to carpooling while some of them come on bicycle too. A large number of students from nearby villages come in groups using private vans or use public transport systems such as buses, e-rickshaws; local students use cycles, cycle-rickshaws; a sizeable number of the students come on foot also. Such things help in reducing not only the fuel consumption and traffic congestion but also are an effort towards carbon neutrality.
- **Well Lit Buildings:** College buildings are well-lit and hence, needs **no electric lights** on sunny days is required.

Initiatives for saving paper

- **Paper less work:** The College has digitized its documents and introduction of an e-academic management system which involves digital management of students' academic details including marks, attendance, etc. Maximum

communication in the campus is through electronic media. Also, most of the departments prefer submission of assignments using online mode.

Initiatives to reduce pollution

- **To avoid the noise pollution**, the college has managed to purchase silent power generators.

Initiatives for Green Landscaping

- Every year new species of trees and plants are added. In the total area of nearly 15 acres, there are 148 species of plants including a botanical garden and one acre of green cover in the area where electric generators have been kept.

Initiatives for creating awareness

- **Awareness Campaign on Swachh Bharat Muhim** was organized by Extension Activity Committee in collaboration with Muktsar Welfare club of Nehru Yuva Kendra, Sri Muktsar Sahib on 29/07/2019 at Muktsar City. The purpose was to sensitize the city dwellers to keep the environment clean and to plant more trees to combat the problem of global climate change.
- **To celebrate 550th Birth Celebration of Guru Nanak Dev Ji** and 50th anniversary of the foundation of the college, a **Tree Plantation Drive** was initiated in the village Ramgarh Chungha on 01/08/2019. 250 different plants were planted with the help of village Sarpanch along with the villagers. The saplings were planted in the territory of village and adjoining bare areas. The event was jointly organized by Extension Activities Committee, the NSS Unit and the inmates of the college hostel.

- **One Day NSS Camp under *Swachhta Pakhwada*** scheme of the Government of India was organized by NSS unit in the college premises on 08/08/2019. The aim was to aware the students the importance of clean surroundings. The volunteers cleaned different areas in and around the college.
- In continuation of the cleanliness drive, a **one-day NSS camp** was organized by the NSS unit in the *Mai Bhago Virasti* Park, Sri Muktsar Sahib on 24/09/2019. Volunteers cleaned the different intersections of park and its adjoining areas. This camp was organized to celebrate golden jubilee of the NSS.
- Under “***Swachhta hi Sewa***” campaign of the Government “*sharmdaan lok lahir*” event was organized by the NSS on 01/10/2019. Under this activity, students were told not to use plastic polythenes and things made of plastic. Students collected plastic made things from their homes and college campus and handed over to the Municipal committee for disposal.
- The NSS Unit of the college organized **Rally on Stubble Burning** on 04/10/2019 in five villages, namely, *Ramgarh Chungha, Kaurhianwali, Madrassa, Chakk Madrassa and Gobind Nagri*. Volunteers motivated the farmers to transform the cultivation practices.
- **Under Swachh Bharat Abhiyaan Polythene Discard** Campaign was organised by Eco & Go Green Club and NSS Unit in collaboration with District Education Officer on 05/10/2019.

- With *Swachh India* Committee and Buddy group, NSS Unit organized **Tree Medication Camp** from 11/10/2019 to 13/11/2019. The purpose was to medicate the trees so as to protect them from diseases.
- **Rally for “Green Diwali” (*Vatavaran Sambhal March*)** was organized by Eco & Go Green Club with *Sikh Virsa* Council (NGO) on 25/10/2019 at Muktsar City. Club members aware people about the harmful effects of crackers on environment.
- **International Seminar on “Inter-Relationship of Nature and Economy: In context of Contemporary Environmental Crisis”** was organized jointly by P.G. Department of Commerce and Economics on 25/11/2019. The resource person talked about most recent and much needed idea of eco-socialism and the concept of Green Business.
- **Tree plantation in city Church** was organized by extension activity committee in collaboration with City Church Committee, Sri Muktsar Sahib on 20/12/2019. The purpose was to to celebrate Christmas day and to aware the diverse communities to maintain religious harmony.
- **Awareness Programme “Organic Farming: Mushroom Cultivation”** was organized by Unnat Bharat Abhiyan at *Hari Ke Kalan* on 12/02/2020.
- **Distribution of Cloth Bags in the vegetable market** was organized by Extension Activity Committee and P.G. Department of Fashion Designing at vegetable market, Muktsar city on 17/02/2020. The aim was to aware the people to devoid use of plastic bags and to keep environment clean and green.

- **Tree Plantation Programme** was organized by Unnat Bharat Abhiyaan team at village Lakhewali on 20/02/2020.
- Eco and Go Green Club organized **All India Competition on ‘Our Environment’** for students in collaboration with ‘Jim Corbett’, Nainital, Uttarakhand on 22/02/2020.
- **Tree Plantation Programme** was organized by Unnat Bharat Abhiyaan team at village Bura Gujjar on 26/02/2020.
- **Covid 19 – An Awareness Campaign & Tree Plantation** was organized by Unnat Bharat Abhiyaan team at village Kotli Devan on 19/03/2020.

Evidence of Success

- During the year **Green Audit** was conducted in the college and got certification from the Certified Energy Auditor of Government of India.
- There was plantation of 550 tree saplings of various ornamental and medicinal plants by staff and students of the college along with members of the club, for establishment of **‘Mini Forest’ (Guru Nanak Bageechi)** in the college backyard in collaboration with Dept. of Environment & Forest, Sri Muktsar sahib on 01/10/2019. The step commemorated the 550th birth anniversary celebrations of Sri Guru Nanak Dev Ji.
- Installation of Water overflow automatic switching systems in all overhead water tanks to prevent wastage of fresh water.

Various environmentally important days are celebrated to generate awareness among students from time to time. During the year 10 cadets of NCC participated in **Swachhta Campaign** started by Nehru Yuva Kendra and

bagged 2nd position at district level. A reward of Rs 10000/- was given to the cadets. Further, The vermi-compost produced is used for sale to college teachers while the rest is utilized in the Botanical Gardens of the College. The NSS Unit of the college has organised a number of camps for tree plantations. The college has already adopted five villages under the Unnat Bharat Abhyan Scheme of the government and has organised various environment protection activities from time to time. The institution has work in collaboration with various organisations for creating environment protection measures such as *Sikh Virsa Council* (NGO), City Church Committee, Sri Muktsar Sahib, Nehru Yuva Kendra, Muktsar Welfare club of Nehru Yuva Kendra, Sri Muktsar Sahib, Dept. of Environment & Forest, Sri Muktsar sahib, District Education Officer, Sri Muktsar sahib, *Swachh India* Committee and Buddy group

Problems Encountered and Resources Required:

As college is located in the rural area, uneducated people are less conscious about the current environmental crisis. So, it is challenging task to make them understand such environment protection measures. Finance is yet another constraint as college intends to initiate rain water harvesting project but due to financial constraints college could not do so.