

26. Best Practices: any 02**1.) Green Initiatives**

In consonance with the Sustainable Development Goal 13, our institution promotes eco-friendly practices by taking green initiatives. The main objective of these initiatives is to inculcate awareness about environmental issues among the students, staff & society and to achieve better sustainability in and outside the campus. The college firmly believes that young minds can be molded by practical examples related to mitigate climate change. In this endeavour, several initiatives have been taken by different departments in collaboration with the Eco Club and have organized many activities to reduce our institutional carbon footprint and inculcate greener practices viz:

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Sr. No	Name of the activity	Date	Organizing Committee	Activities	No. of Students participated
1.	Tree plantation activity	29/07/2023	NSS unit 1 and unit 2	Tree plantation was done in the college campus and a message was given that if we want to keep the environment clean, then it is necessary for every one to plant a tree.	18
2.	Plantation drive	21/08/2023	Department of Geography and Eco club	A variety of tree species (more than 45) native to the region were carefully selected for planting ensuring their suitability to the local climate and eco system. Participants were educated about the significance of each tree species.	80
3.	Poster Making Competition	05/09/2023	NSS	The volunteers exhibited great enthusiasm, creativity and dedication in creating thought - provoking posters addressing the specified themes such as NashaMukt Haryana, Environmental Conservation and Drug Addiction	78
4.	Slogan writing & Poster Making Competition	15/09/2023 & 16/09/2023	Department of Geography Psychology Economics & Eco Club	Slogan writing & Poster Making Competition were organized to create awareness regarding protection of Ozone Layer on the eve of World Ozone Day	42+32 = 74
5.	An interactive session on Disaster Management	04/10/2023	Department of Geography and Eco club	Dr. Jagbir Singh from Delhi University, renowned expert in the field of Disaster Management was the key note speaker for the event. Lecture was informative and served the purpose as a reminder of the critical need for disaster preparedness and sustainable practices in our rapidly changing world.	140
6.	One day special camp	15/10/2023	NSS	One day special camp was organized to beautify the area near hostel no 2 by uprooting the grass and leveling the space	100

7.	Maintenance of Kitchen Garden	23/12/2023	Department of Botany	To maintain the kitchen garden in campus following activities were conducted: <ul style="list-style-type: none"> • Area selection in December 2023 • Ground Preparation of Plants beds in January 2024 • Germination of Seeds in February 2024 	18
8.	Demonstrating Lecture on different type of composting	06/01/2024	Women Studies & Development Cell	A lecture on Harmful Effects of Fertilizers in Agriculture on Human Health was given by Dr. Rajesh Lather, DES, Horticulture department in which a demonstration on compost pit was given. A compost pit was dug and it was layered with dry leaves, cattle dung, kitchen waste and water was sprinkled on it.	30
9.	Making of Compost Pit	8/02/2024	Eco Club	As a measure towards Solid Waste Management, a compost pit was formed in which kitchen waste including fruit & vegetable peels from the hostels were put and are being converted into manure. This is a new experience for many students and staff.	17
10.	7 days & night camp	20/02/2024 to 26/02/2024		7 days and night camp was organized from 20th Feb to 26 Feb 2024 on the theme of Atmanirbhar Bharat. This camp was organised in Raily village Sector 12A, Panchkula. Significant efforts were made to create awareness about environment protection, personal health and hygiene, drug free and polythene free environment	100
11.	Paper bag making Workshop	14/03/2024 to 16/03/2024	IQAC	A fun filled creative activity was organized which inspired young students to contribute to mother nature by making paper bags and saying no to plastic bags.	41

2.) Stay Fit and Healthy

To create awareness regarding potential health hazards & problems among the staff & students and to enhance the fitness & health consciousness, free medical check-up camps were organized and advice to the staff and students regarding fitness was given. Further, various guidance & counseling sessions by experts in the field of health fitness & medicine were conducted, which are mentioned below:

Sr. No	Name of the activity	Date	Organizing Committee	Outcome
1	Poster making competition	11/09/ 2023	NSS	A competition on the theme of Prevention of HIV AIDS was organised in association with Red Ribbon club. 5 best posters were chosen by District level Red Ribbon club team, Civil Hospital Sector-6 Panchkula
2	Menstrual Hygiene Awareness Campaign	13/09/2023	Women Studies and Development Cell	An awareness session was organized to inform the students about biological concept of menstrual cycle.
3	One Day Special Camp	08/10/ 2023	NSS Unit-1 at Raily Village Sector 12-A Panchkula	One day special camp was organised by NSS unit 1 on 'Drug the de-addiction' theme following activities were organised: Poster making, Slogan Writing, Rally and Door to Door awareness campaign on drug de-addiction and NSS unit 1 volunteers presented Nukkad Natak on Nasha Mukti
4	One Day Training on HIV/AIDS	20/10/2023	NSS Units at Civil Hospital Sec-6 PKL	Volunteers participated in HIV AIDS training organized by District Red Ribbon club sector 6 Civil Hospital, Panchkula. NSS volunteers were trained on HIV AIDS and co-morbid disease
5	Women Health Education Seminar	08/11/2023	Women Studies and Development Cell	Seminar comprises thalassemia awareness, organ donation, stem cell donor registry, information about menstrual health and hygiene and anemia testing was organized
6	Physiotherapy Workshop	08/01/2024 to 11/01/2024 and 24/01/2024-25/01/2024	Women Studies and Development Cell	The workshop comprised of the following activities <ul style="list-style-type: none"> • Interactive session and practical application of physiotherapy techniques regarding the problem of cervical and spine. • Stretching exercises were shared and practiced. • Two girls have been trained as Master Trainers
7	Two day yoga camp	24/01/2024-25/01/2024	Women studies and development cell	Yoga camp was organized that includes : <ul style="list-style-type: none"> • Meditation to combat stress. • Women Empowerment through practice of yoga for overall health & well being

8	Anemia Mukat Bharat	07/02/2024	Bharat Vikas Parishad and Women studies and development cell	Screening of students to detect anemia was done further anemic students were provided with medicines and supplements
9	Women Health check up camp & cancer Awareness lecture	09/02/2024	Women studies and development cell	Health check up, BP, sugar hemoglobin and HIV Test were done
10	Lecture on HIV / AIDS	16/02/2024	NSS Units I & II	Red Ribbon club organized and activity in association with district level Red Ribbon Club, Sector 6 Civil Hospital, Panchkula and NSS unit 1 and 2. The aim of this lecture was to create awareness among students about HIV AIDS - myths, causes and prevention.
11	Yoga Workshop	26/02/2024 to 15/03/2024	Physical Education Department	A 15 days yoga workshop was organized in which the students were trained in various yoga asans to prepare them for State Level Yoga Championship.
12	Inter Collegiate State Yoga Championship	15/03/24 to 17/03/24	Physical Education Department	A team comprising of 6 students from our college participated in the event.
13	World Health Day Celebration Activities	08/04/2024 to 12/04/2024	NSSI, II & Red Ribbon Club	<p>Following activities were organized on this occasion:</p> <ul style="list-style-type: none"> A lecture on HIV AIDS was delivered by Mrs. Rachna Saini, Counselor District Red Ribbon club Panchkula, Civil Hospital Sector 6 Panchkula. A poster making competition was organized and three best posters were selected and students were awarded. A movie was shown on HIV/ AIDS to create awareness among volunteers. Red Run activity was also organized.