

7.2 Best Practices

BEST PRACTICE – 1

1. Title of the Practice: Awareness and sensitization Programme Towards Social issues.

2. Objectives of the Practice

The aim of the practice is to sensitize society regarding social and environmental issues.

- To make people aware of water conservation and its importance.
- To sensitize people about female feticides and the importance of education for girls' children.
- To make people aware of road safety rules to be followed to save precious lives.
- To sensitize people about cleanliness and its importance and its effect in all spheres of life.
- To train local people about first-aid and home nursing.
- To train people for self-employment.
- To spread awareness about the right to vote-a fundamental right.
- To train people to live a stress-free life through meditation and yoga practice.

3. The Context

A country will be progressive and show growth if citizens of the country are aware of their social responsibilities. Awareness is the best weapon for any society to remove all the odds. To make a responsible society, it is needed to sensitize and aware people of social and environmental issues. The present activity was designed in such a way that students would communicate the message regarding water conservation, road safety, swachh Bharat Abhiyan, the birth of a girl child, citizen Rights, and the meaning of stress-free life in the easiest way in their local language to make them understand about the importance of these social and environmental issues in their life.

4. The Practice

Three units of NSS adopted a village- Bayianpur to spread awareness about the social and environmental issues and to sensitize them towards these issues for a better life. Activity was conducted through a pledge, rallies, lectures, Shram Daan, workshops, training, and competitions. The local community was sensitized towards the birth and education of girl children through play, poems, and songs. Each year lakhs of people lost their lives on the road due to accidents, students depicted various posters on road safety rules, and lectures were conducted by traffic police officers on road safety. Rally and play were performed by students to inform the local people about road safety rules to be followed on roads. A clean and aesthetic environment is needed for a healthy body and a healthy mind. A healthy environment is a source of positive and inspirational thoughts. Shram Daan was done by students in cleaning the local area and a rally was also taken to teach people about the importance of a clean environment for good health and mind. A three days workshop on yoga and meditation was conducted by Brahma Kumari Ishwariya Vishwavidyalaya, Sonipat for students and villagers to teach them how to live a stress free life. A seven day First-aid and home nursing training program was performed by Red Cross -Society, Sonipat with the help of our volunteers.

Society is the building block of a country. A well-educated and civilized society develops the country in all spheres of life. Uniqueness of the activity is that it links the students and society with the issue needed to be addressed in community. Various environmental and social issues were raised and expressed in front of local people in different ways. These types of activities increase the interaction between society and young students and give them a platform for social work. These activities give a base for the administration to make policies that are beneficial for the progression of society.

5. Evidence of Success

Water conservation awareness was done by organizing a rally. A lecture was organized to spread awareness about road safety. Local people were sensitized towards cleanliness and its importance through a rally and by giving Shram Daan. Workshop was conducted to teach people about yoga and meditation. A training program was executed for local people to inform them regarding first-aid and home nursing methods. Local community was sensitized towards female foeticide and the importance of education for girls' children through play, poems, and songs. Involvement and participation of local people made the activity successful in terms of imparting awareness and knowledge about social issues in them.



6. Problems Encountered and Resources Required

These types of programs help students to involve in social work. It will help students and local people to express their thoughts regarding social issues and help them to build up as civilized citizens. However these programs should be well supported and framed by government agencies

to build a base for the future work for the upliftment of society. There should be government and community offices that will conduct and monitor the progression of these programs and help in resolving the social issues at the local level.

BEST PRACTICE – 2:

Title of the Practice: Healthy body and healthy mind in a healthy environment

2. Objectives of the Practice

Objective of the practice is to sensitize students toward the importance of a clean environment and good health.

- To make students aware of the harmful effects of plastics on health and the environment.
- To teach students about sustainable use of water and its conservation strategies.
- To encourage students to maintain a green and clean environment.
- To sensitize students about cleanliness and its effect on health and the environment.
- To spread awareness about the positive effect of yoga and meditation on health, especially in the pandemic era.

3. The Context

The environment is degrading day by day due to exploitation of natural resources in an uncontrolled manner. Overexploitation and misuse of resources has generated different types of pollution. Pollutants in the environment are affecting health in many ways and are the cause of various diseases. A clean environment is the base for people's good health and healthy people are a big asset for the nation. Young population contributes the most in nations program and they are the building blocks of a country. Teaching and sensitizing them at a young level towards environmental protection and good health is the need of the hour for a progressive future. This activity was planned to sensitize the young population regarding environment protection and to teach them how to live a stress-free and balanced life by following yoga and meditation practices in their life.

4. The Practice

The practices were conducted through rallies, competitions, and seminars. NCC cadets of the college participated in Tree Plantation Drive. They planted saplings in their homes, college campuses, areas around, and public places from 3rd August to 15th August 2020 under the leadership of 12 Haryana Battalion NCC, Sonipat, and Directorate of Higher Education Haryana to make the environment green in Haryana. On 10th December 2020 cadets of the college shared informative videos and photos among the community with the help of social media to maintain cleanliness and health while staying at home during the Covid -19 pandemic. A swachhata drive was performed by cadets on 12th April 2021 against the use of 'Single Use Plastic' and a pledge was also taken, not to use it and to sensitize their neighbourhood. On 5th June 2021 cadets celebrated Environment Day by spreading messages among their college friends on 'Say No to

Plastic', 'Cleaning of water bodies', 'Go Green', and 'Save Earth by minimizing Pollution' with slogans and posters.

Yoga & Meditation Cell and the Department of Physical Education organized an online National Yoga Session on the occasion of International Yoga day on 21st June 2021 with International Yoga and Indian Culture Ambassador Ms. Jaiwanti Singh, Slovak Republic, Europe. On International Yoga Day, NCC cadets also participated in many events like IYD Yoga Protocol, Surya Namaskar competition organized by HMI Darjeeling competitions, Ayush sponsored Pledge taking, Quiz, Jingle, 1minute Yoga Video and Poster making competitions were organized. In August and September 2020, NCC cadets took part in Fit India Campaign to keep them physically and mentally fit. They shared their videos on social media and spread awareness among their classmates and friends through their videos. The uniqueness of the activity is that students were involved in solving environmental and health issues. A healthy environment is needed to live a healthy life. An environment free from single used plastic will minimize the damage caused by plastic pollution and prevent the degradation of the ecosystem/ environment. Tree plantation and cleanliness drives were conducted to make the environment clean and green. Students were encouraged to live a healthy life by making yoga and meditation part of their day-to-day routine.

5. Evidence of Success

A healthy mind can be developed in a healthy body in a healthy environment. Awareness about the protection of environment and good health helps the students to achieve success in life. Students participated and performed various activities to sensitize the people towards protection of environment and good health. Various health problems are linked to a polluted environment. Pledge was taken by students not to use 'single-use plastic'. Plantation and cleanliness drive were performed by students in the campus and nearby areas to make the environment green and free from pollutants. Seminars and competitions were conducted to spread the importance of yoga and meditation among students. Students celebrated Environment Day on 5th June 2021 with slogans and posters to spread messages on 'Say No to Plastic', 'Cleaning of water bodies', 'Go Green', and 'Save Earth by minimizing Pollution'.



Yoga day celebration on International yoga day



Swachhata Drive



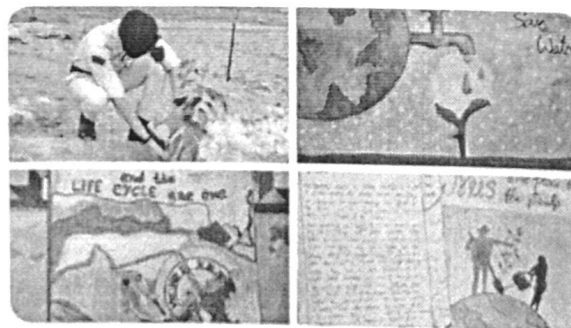
Shashi @Shashi96021228 · 5h

@NCCforEnvironment

@CPhhp

@drajaykumar_ias

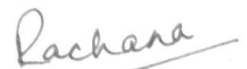
Cadets of 12 Haryana BN NCC Sonipat giving the important message in form of Tree Plantation and poster on occasion of World Environmental Day



Environment day celebration and tree plantation derive

6. Problems Encountered and Resources Required

A clean environment and good health are basic requirements for any individual. The above-mentioned activities were performed to educate students about their role in protecting environment. As most of the activities were executed during the COVID-19 period, difficulties were faced in convincing students and their parents to participate in the events. As plantation drive was conducted on campus and arranging the sampling for the plantation was a major hurdle in the activity. After long and sincere efforts, samplings were provided by the forest department of Haryana. Some of the activities were conducted online, due to the participation in large numbers; problems were faced in internet connection, display and voice. Encouraging students to attend pre-session and training sessions regularly was also a major task. Besides these hurdles, the great participation from the students made activities successful.



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