

Best Practice: 1

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

2. Objectives of the Practice

The aim of practice was to spread awareness and sensitize the society about social and environmental issues.

- To sensitize people towards water conservation.
- To sensitize people about female foeticides and make them aware about legal services offered by the government.
- To make people aware about road safety and traffic rules to save their and others' lives.
- To train local people about first-aid practices.
- To sensitize people towards the importance of plants in their lives and for the environment.
- To make people aware about Digital India and Cashless India programs.
- To sensitize people about the ill-effects of drug use on society.

3. The Context

Our constitution provides us various rights but these rights come with many social responsibilities. Various awareness programs were being organized by the government to sensitize and aware the people about their social responsibilities towards society and nation.

Present activity was designed to prepare the next generation to bring a change through awareness and sensitization programmes about water conservation, road safety, female foeticide, legal services, tree plantation and drug abuses among local people through local communication.

4. The Practice

Three units of NSS (150 volunteers) adopted a village- Bayianpur (Sonipat) from 19-3-2022 to 25-3-2022 for sensitization and awareness programs on social issues. They conducted and participated in various activities on issues such as water conservation, road safety, female foeticide, legal services, tree plantation and drug abuse through pledge, rallies, lectures, workshops, training, and competitions. Local people were sensitized towards female foeticide and its harmful effects on sex ratio, gender imbalance, women health and crimes against women through Rally on "Beti Bachao-Beti Padhao". An extension lecture and special talk was also conducted by Legal Services, Sonapat to inform local people about their legal rights and services offered by the government to fight against this evil. Villagers took the oath that they will become warriors in the "Beti Bachao-Beti Padhao" campaign. Many people loose their lives every year due to negligence on the road while driving. A workshop was conducted to teach people about Road Safety and traffic rules to minimize the loss of precious life. Drug abuse is the emerging problem of our society. Newspapers are full of cases of drug abuse. Use of restricted drugs makes the people insensitive towards family, society and gives birth to many types of crimes in the society. Younger generation is becoming prey to this evil. An extension lecture was conducted by Brahma Kumaris to spread awareness about drugs and its associated problems.

People were encouraged that they will not let their society fall prey to drugs and will protect their young generation. A tree plantation drive was conducted by 135 volunteers under the guidance of 'Tree Man' to save the environment. A seminar on "Water Conservation" was conducted to sensitize people about water resources. Vice Chancellor of DCRUST, Murthal was the chief guest in this event. He enlightened the students about our traditional practices in conserving water resources and the role of students in this novel work. Students and local people enthusiastically participated in the seminar and took a pledge that they will conserve every single drop of water for themselves and for their next generation. An Extension lecture was delivered by senior lecturer Mr. Vivek (Computer Science) Govt. College, Jhajjar on Digital India and Cashless India. He talked about how people can perform digital and cashless transactions, what precautions they have to follow, and what to do in case of fraud. People were sensitized towards digital and cashless transactions and its role in the progress of our country. A Training session was also conducted by Red Cross Society, Sonipat to teach local people about First Aid. Proper knowledge of first aid will help the villagers to save many precious lives.

5. Evidence of Success

Activity-1

The participation of Local people in various events in large numbers proved the success of the activity. People showed sensitivity towards drugs and their bad effects on our society, especially the next generations. They have guided their young one that they should not become prey to drugs and its related issues. They have become more sensitive towards the conservation of water and even made a habit of saving and conserving the water resource in their day to day life. Through our activities, they got an idea that plants are necessary to maintain a healthy environment. They have maintained the plants potted under plantation drive and planted more and more trees in their available space. A training program on first-aid was very useful to them. They have utilized that practice under adverse conditions such as accident, injury and sudden heart attack etc. They have realised the role of females in the society and taking care of female health and preventing female feticides through spreading awareness. People have started to use Digital and Cashless transactions for various purposes. Local people enthusiastically participated in various activities and took the pledge that they will protect their society against drug abuse, road accidents, female feticides and environmental degradation. The evidences clearly show the success for the activities are mentioned above.

Activity-2

A healthy environment is needed to develop a healthy body. Environmental pollution adversely affects physical and mental health. In a polluted environment, more energy and time was invested in development of health infrastructure. Awareness about protection of environment and good health inculcated a sense of responsibility among people towards their environment. They become more sensitive towards the conservation and protection of environment and about the sustainable use of resources. Young generation started to investing in our planet, they took initiative to conserve water, maintain a clean environment, plant more trees, save electricity and prevent the use of plastic. Students took a pledge on the theme 'Say Yes to Life, No to Drugs'. They have started followed a good and healthy lifestyle and even guided others about drugs and their side-effects on society. People have made yoga a part of their routine and gained mental and physical benefits from this practice. Students started following road safety and trafficking

rules and also directed others to obey these rules to prevent mishaps on roads. The evidences clearly show the success for the activities organized.

भूजल में छिपा खजाना जीवन को करता है समृद्ध : प्रो. राजेंद्र कुमार

विश्व जल दिवस पर सेमिनार और जल योद्धा सम्मान समारोह में 25 को किया सम्मानित

संवाद जयजल राजेंद्र

संजीवनी: पानी बचाओ जल पोषण अभियान समिति, सारको जल पोषण अभियान ट्रस्ट व हिंदू जलवायु शास्त्रीयशास्त्र की राष्ट्रीय सेवा योजना की संघीय इकाइयों के संयुक्त सहकार्य में दिल्ली व जल योद्धा सम्मान समारोह का आयोजन किया गया।

संजीवनी का निदेश भूजल अधिनियम को सुव्यवस्थित बनाना था। कार्यक्रम में भारतीय सुसंरक्षित प्लेन संयुक्त संसदीय विभाग एवं प्रौद्योगिकी (सीसीआईएलएसी), भारत के कुलपति प्रो. राजेंद्र कुमार अलायन ने कहा कि भूजल एक विश्व दुर्लभ संपदा है, जो जीवन को समृद्ध करता है। विश्वव्यापी अतिम सीसीआईएलएसी संसदीय के प्राथमिक शोध विभाग व अतिम कुपार जल ने भी जल संरक्षण पर जोर दिया। कार्यक्रम की अध्यक्षता जल संरक्षण परिषद की संस्थापक अध्यक्ष प्रो. डॉ. अश्विनी देवी ने की। डॉ. राजेंद्र कुमार अलायन ने कहा कि भूजल एक अत्यंत दुर्लभ संसाधन है, जो दुनियाभर में पानी के पानी का संरक्षण आज, भविष्य दुर्गम के लिए संरक्षण 4.0 विश्वीय पानी और जलवायु के लिए संरक्षण



समारोह में प्राध्यापिका डॉ. अश्विनी देवी द्वारा जल योद्धा सम्मान देते मुख्यअतिथि प्रो. राजेंद्र कुमार अलायन। साथ में हैं संस्थापक अध्यक्ष व अध्यक्ष।

1/3 पानी प्रदान करता है। यह पर्यावरणीय संरक्षण, नदियों के आसपास प्रकृत को बचाने रखना है और भूमि अखण्डता और सतह जल सुसंरक्षित को रोकना है। कार्यक्रम की अध्यक्षता डॉ. अश्विनी देवी ने की। पानी के लिए जीवन संरक्षण नहीं। विश्व जल दिवस पर अलायन ने कहा कि जल संरक्षण ही है, जिससे हमारे जीवन में संकट और मदद संभव है। हमें इस संजीवनी संस्थापक को सुरक्षित करना है, ताकि हमें पानी पीने की सहायता

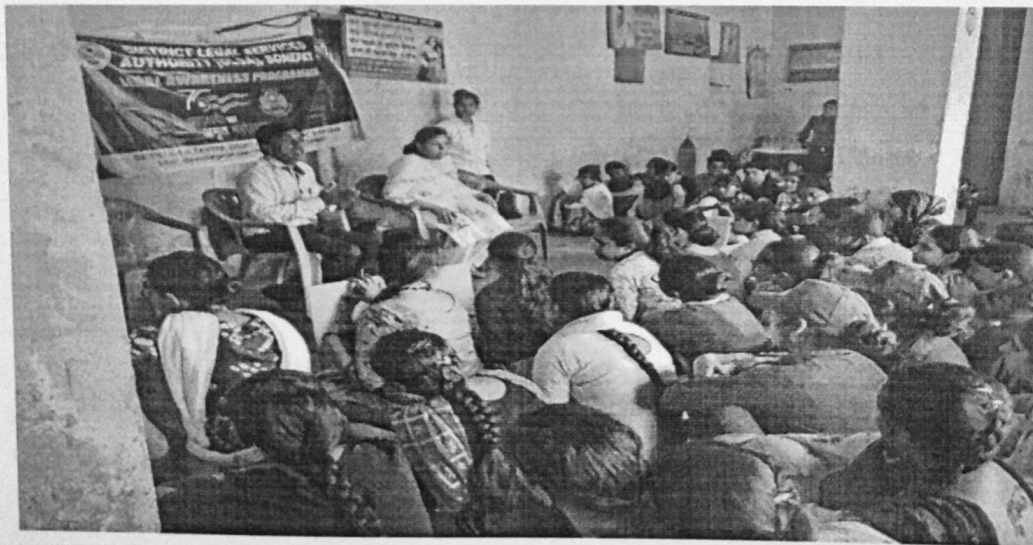
मिल सके। पानी बचाओ जल पोषण अभियान समिति के संस्थापक चेयरमैन अलायन सिंह अलायन ने कहा कि विश्व जल दिवस का उद्देश्य विश्व के सभी देशों में समग्र रूप से सुरक्षित जल की उपलब्धता सुनिश्चित करवाना व जल संरक्षण के माध्यम से अलायन के लिए करना है। भूजल अधिनियम है, लेकिन इसका प्रभाव हमें जल दिवस देना है। हमें इस अवसर पर संस्थापक का सतत प्रयास करने के लिए विश्वव्यापी कार्य करने

की आवश्यकता है। पानी बचाओ जल पोषण अभियान समिति के मुख्य संस्थापक सुधाकर सिंह, अध्यक्ष अश्विनी देवी, सारको जल विज्ञान अभियान के मुख्य संस्थापक अश्विनी देवी, सारको जल विज्ञान अभियान की 150 सारको जल विज्ञान संस्थापक के रूप में सतत दिवस है।

इस अवसर पर समिति की ओर से जल संरक्षण अभियान की प्रति देने वाले 25 व्यक्तियों को जल योद्धा सम्मान से प्रशिक्षण पर व स्मृति चिह्न देकर सम्मानित किया गया। पानी बचाओ जल पोषण अभियान की अध्यक्षता प्रो. अश्विनी देवी, सारको जल अधिनियम, सुनील राणा ने ही छोटी विचारों रखना किया।

इस दौरान कार्यक्रम संयोजक कुलपति, हिंदू जलवायु शास्त्रीयशास्त्र की उप प्राध्यापिका सुनील राणा, प्राध्यापिका डॉ. अश्विनी देवी, सारको जल विज्ञान, अतिम संस्थापक, दिल्ली के, संजीवनी संस्थापक, प्रो. अश्विनी देवी, डॉ. सुनील राणा जल पोषण की संजीवनी संस्थापक, अतिम व विश्वव्यापी संस्थापक, अतिम व विश्वव्यापी संस्थापक के प्रतिनिधि संबोधित रहे।

Water Conservation



Awareness about Legal Rights



Awareness about Drug Abuses



Plantation Drive

6. Problems Encountered and Resources Required

Adoption of villages to spread awareness about emerging problems of society bring the students near to their roots and help them to become civilized citizens. It will inculcate a sense of responsibility among them towards their nation and society. These programs should be conducted at short intervals, framed and supported by government agencies to fight against all emerging problems of the society. There should be some collaboration between government and community offices that will conduct and monitor the progression of these programs and set a communication between local people for solving the social issues at the local level by local people.

Best Practice 2: Title of the Practice: Environment and Health

1. Objectives of the Practice

The objective of the practice is to sensitize students about the requirement of a clean environment for good health.

- To spread awareness about the positive effect of yoga on health.
- To make students aware about the harmful effects of drugs and its associated problems.
- To sensitize students about environment pollution and its effects on health.
- To encourage students to maintain a green and clean environment.
- To sensitize students about natural resources and their sustainable use.

2. The Context

Nature is the best gift to human beings. It provides many resources. Overexploitation and misuse of resources is polluting our environment in many ways. There is soil, water, air and noise pollution which directly and indirectly affects human health. A clean environment is the need of the hour to live a healthy life. Various activities were planned to sensitize the young generation towards environmental issues and its protection. Yoga is a necessity of today's world to have a balance and stress-free life. Yoga activities were planned to teach young students about the role of yoga in their life. Activities were planned to sensitize students about drug use and its associated problems.

3. The Practice

The practices were conducted through pledge, competitions, and seminars. A 21 days surya namaskar training session was organised by the Sports department in the month of February, 2022 with an aim to develop the habit of surya namaskar among students. International Yoga Day (21 June, 2022) was celebrated in the college and by participating in a central Yoga event at Police Lines, Sonipat on international yoga day students were made aware of yoga and its benefits. Through yoga and meditation sessions, students were encouraged to live a healthy life by making yoga as a part of their day-to-day routine. NCC cadets of the college celebrated World Health Day to commemorate the anniversary of the founding of the WHO in 1948 on 7th April, 2022. Cadets followed the theme 'Our planet, Our Health' and awakened the society about ongoing pandemic, growing pollution on the planet and diseases like cancer, asthma and heart diseases. NCC cadets took part in Azadi Ka Amrit Mahotsav, Fit India, Freedom Run 2.0 to pay homage to Indian freedom fighters and keep them physically and mentally fit, from the month of August to October 2021. NCC cadets of our college along with gardeners performed a green drive by cleaning the flower beds of college so that new saplings could be grown in the first week of May, 2022. NCC cadets took part in an awareness campaign to save water on 22nd March, 2022 on the occasion of 'Water Day' organized by 'Sarathi Trust', Sonipat in college campus. They took an oath that they would include their family members and other friends in

this campaign and spread awareness about importance of water in our life and how we can conserve water for ourselves and for the next generation

'Tree Plantation Drive' was carried out by NCC cadets of college in the last week of September, 2021. NCC cadets planted saplings in campus along with college Administrator, Principal, Vice Principal, Associate NCC Officer and NSS Program Officers. NCC Cadets supported the drive against use of 'Single Use Plastic' and took a pledge not to use it and to sensitize their neighbourhood in the last week of April, 2022. Physics department celebrated National Energy Conservation Day by organizing Tag making events for electric switches providing messages to turn off appliances like fans, lights etc. when not in use on 14th December 2021. ENVICON society in collaboration with Social Responsibility Society and Haryana State Biodiversity Board, Panchkula, Haryana celebrated Earth day on 22nd April 2022 by organizing an awareness program on the theme "Invest in Our Planet" through Rangoli, Poster, Best-out-of-Waste and Slogan Writing competition. Various competitions such as Rangoli, Poster making, best-out-of-waste activity were organised on this day to spread awareness about the importance of Mother earth for our survival.

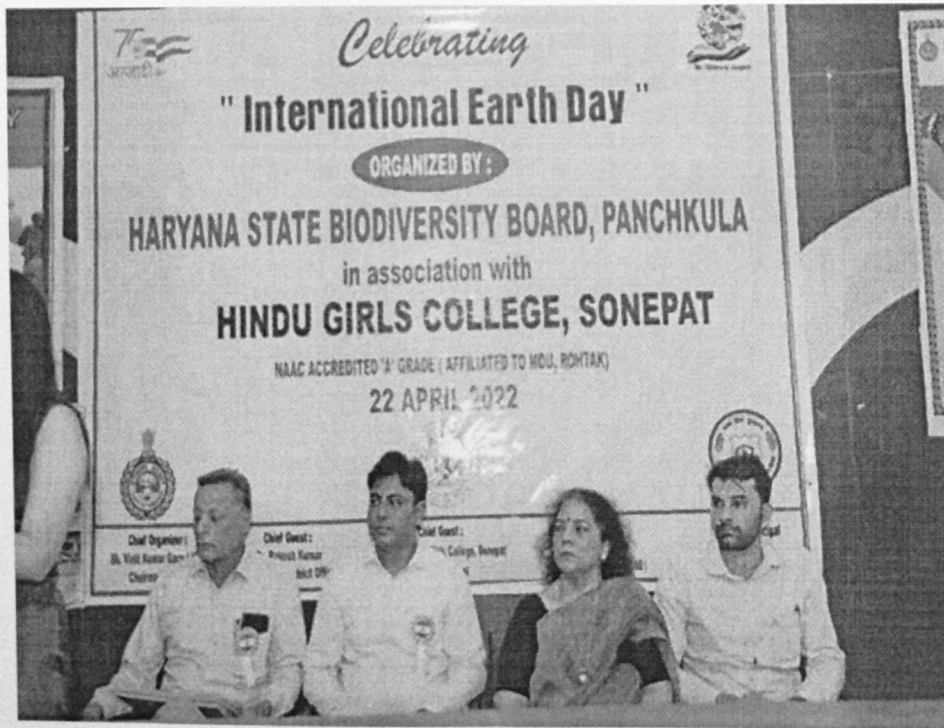
NCC cadets celebrated Drugs Abuse & Illicit Trafficking Day on 26th June 2022 to sensitize the youth about the adverse effect of drugs on their health and society. They were directed to maintain a distance from drugs and to channelize their strength through sports and activities for social upliftment. They took a pledge on 'Say Yes to Life, No to Drugs' from the Ministry of Home Affairs site and participated in an awareness drive for the same. NCC cadets informed the students and staff about road safety and traffic rules, they should follow while coming to the college by scooter, bike and car through posters made from waste material such as old charts and cardboard pieces. Cadets also tried to explain the importance of life to the riders without seat belts and helmets in the third week of April 2022.

5. Evidence of Success

A healthy environment is needed to develop a healthy body. Environmental pollution adversely affects physical and mental health. In a polluted environment, more energy and time was invested in the development of health infrastructure. Awareness about the protection of environment and good health inculcate a sense of responsibility among students towards their environment. Students participated and performed various activities to sensitize the people towards the protection of environment and benefits of good health. Seminars and competitions were conducted to sensitize the young generation towards protection and conservation of resources present on our planet through a theme "Invest in Our Planet". Plantation and Cleanliness drives were performed by students in the campus and nearby areas to make the environment green and free from pollutants. Students took pledge on the theme 'Say Yes to Life, No to Drugs'. Through posters, students spread awareness about road safety and trafficking rules. Evidence for these activities is listed below.



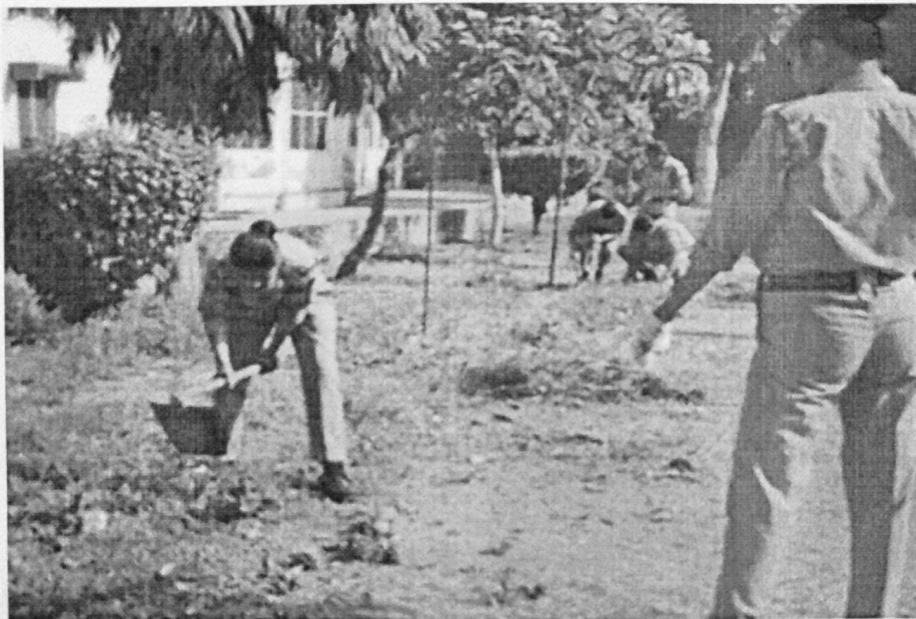
Surya Namaskar Training



International Earth Day Celebration



Awareness about Drugs Abuses



Green Drive

6. Problems Encountered and Resources Required

Various health problems are linked to a polluted environment. Above-mentioned activities were organised to sensitize the young generation about environment protection and conservation and the adverse effect of degraded environment on our health. These activities should be done in a regulated framework and should be supported and monitored by government authority. A large amount of funds was needed to execute these activities; A fixed budget should be sanctioned by government authorities in this regard for these types of events.

Pachana
Principal
Hindu Girls College
Sonapat