



PT. MOHAN LAL
S.D. COLLEGE FOR WOMEN
KAHNUWAN ROAD, GURDASPUR-143521
(Re-Accredited 'A' Grade By NAAC)
(Affiliated to GURU NANAK DEV UNIVERSITY, AMRITSAR)

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7.2.1 – Describe at least two institutional best practices

Best Practice-I

Title: Altruism Drive


Objective: The objective of the Altruism drive of the college is to inculcate the spirit of volunteerism among the students through community interaction. Volunteerism is a basic expression of human relationships. Our aim is to engage our students to participate in society and to make them feel that they matter to others. We strongly believe that the social relationships intrinsic to volunteer work are critical to individual and community well-being.

The Context: The college has two units of NSS comprising 200 volunteers with a primary focus on the development of the personality of students through community service, promotion of national solidarity and developing among themselves a sense of social and civic responsibility. The Rotaract Club, Central Association and other clubs and committees of the college also undertake the activities in this regard. Students carry out many activities like the cleanliness of nearby localities and rallies to spread awareness about health, education, energy conservation and environmental protection. Students are suggested to do something positive so that the life of the people around might be raised to a higher material and moral level. Ergo, two villages Kothe and Babowal have been adopted by our college.

The Practice: The units have been organizing activities related to the social problems of these villages and the community at large widely. Specific Programmes relate to:

A. Environment

- i. Plantation activities at old age home, slum areas, Kushth Ashram and temples.
- ii. Cleanliness drives under Swachh Bharat Abhiyan at these villages.
- iii. Anti-plastic movement-awareness campaign at these villages.
- iv. Environmental Awareness Campaigns
- v. Organic kitchen garden


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vi. Online activity on 'Share for Cleaner Air'

B. Health and Hygiene: Organized workshops, lectures, surveys and projects on various issues of society such as:

- i. Survey on awareness about organic products among people
- ii. Survey on skincare
- iii. Survey on Hemoglobin level and awareness about ironrich food
- iv. AIDS awareness campaign
- v. Drug abuse awareness campaign
- vi. Survey on menstrual hygiene
- vii. Lecture on maintenance of personal hygiene
- viii. Workshop on 'Personality Development'
- ix. Lecture on a balanced and nutritious diet

C. Education: Installation through programmes such as

- i. Lecture on importance of Girls and Women Education
- ii. Awareness of Fundamental Rights and Duties
- iii. Lecture on women empowerment
- iv. Perspicacity of government policies and laws
- v. Significance of voting
- vi. Education scholarship schemes

D. Small scale Enterprise: Villagers are drilled to organize and operate a business venture through workshops in which churls are taught:

- i. Stitching and Tailoring
- ii. Various recipes
- iii. Training of Mushroom cultivation
- iv. Mask making
- v. Create best out of waste
- vi. Training for skincare including facials, threading, manicure, pedicure and basic make-up etc.

E. Camps: One-day and one-week camps are organized regularly on the college campus. In relation to these camps, NSS units, Rotaract Club and Central Association usually donate:

- i. Woolen clothes
- ii. Eatables to pregnant women and stationery to needy children
- iii. Ration and crockery



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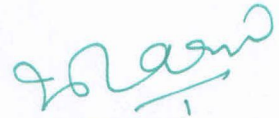
- iv. Necessary household items like soap, hand wash etc
- v. Jal Sewa and fruit stalls were set up in summers for passers-by.

F. Cavalcade: Organized periodic marches and awareness programmes on various issues and events:

- i. Beti Bachao Beti Padhao
- ii. Swachh Bharat Abhiyan
- iii. Paint at Anganwadi school building
- iv. Voting rights
- v. Digital India
- vi. Stubble Burning.

Evidence of Success:

- Our student volunteers are highly active to organize various activities to the aware the community of several social and economic issues.
- They gain skills in enhancing community participation and understand the community in which they work.
- They learn the spirit of national integration and social harmony and develop a sense of social and civic responsibility. Constraints and Limitations
- Organizing various programmes during working hours, sometimes, lead to an adjustment in the timetable and also extra hours devoted by staff.
- Lack of funds and resources due to non availability of sponsors. The monetary contributions are raised only from the Principal and faculty.
- Sometimes villagers do not show interest when they are busy in their agricultural activities.


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Best Practice-II

Title: "Student Care"

Objective: 'Education process' is one of the most important means of empowering women with the knowledge, skills and self-confidence necessary to participate fully in the development. The college believes that each student is special has the potential to excel in many different ways. Every aspect of students is taken care of including physical well-being or intellectual personality or academic performance.

Context: The following are the issues that motivated college for choosing this best practice:

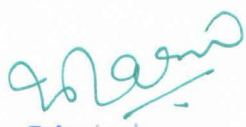
- Inculcating value system and discipline among students.
- Ensuring holistic development of students.
- This system aims to address conflicts in attitudes and habits of the students towards learning practices and solving day-to-day problems.

The Practice: The college imparts formal education with a difference through carefully crafted interaction activities outside the classroom. We provide experiences that help the students discover innate capabilities, set life-long goals proactively to work towards their fulfillment. The college has many programs to monitor and nourish various aspects involved in a student's growth and development:

A. Financial Aid: • The college provides financial aid to needy students. Liberal concessions and incentives are available to deserving students in academic, sports and extracurricular fields. Free books, scholarships and fee concessions are also given to economically weak and deserving students.

B. Safety Concerns: • The college campus is built in a safe and peaceful area with high boundary walls. A security guard is deputed at the main gate of the college. The college provides 24 hours security to students. CCTV cameras have been installed on the campus.

- Safe transport facility is also available to facilitate the students.
- Student center and Cafeteria are available for the recreation of the students. The cafeteria committee regularly checks the nutritious values of the food items being served and ensures that products are provided at subsidized rates.


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- S.T.D, Photostat machine, tuck shop are also available to facilitate students on the campus.
- Special care is given to hostel students. Personal attention is given by the hostel warden to hostellers. The hostel warden supervises kitchen operations, taking care of hygiene and cooking norms. Since the principal stays in the college hostel, she stays in direct contact with each hostler and pays special attention to them.
- Special attention is paid by the Women cell of the college to tackle the problems of girl students traveling by bus from far-off villages regarding eve-teasing etc. Free college transport is provided to pick students from the bus stand. The required action is solicited through the District police station in this regard if required. Self-defense tips are shared with girls in order to make them feel safe and help others in times of need.

C. Counselling: • Under the theme 'Earn while you learn' students are motivated throughout the year by the mentors and Enactus club to work on sharpening their entrepreneurial skills.

- Amongst the increasing rate of mental health issues among adults, our college has a Counseling cell within its premises. In the times of COVID lockdown, the mental well-being of the students was taken care of by engaging them in different kinds of extension activities, telephonic counseling sessions and encouraging the adoption of healthy habits.
- The college has a Career Guidance and Placement Cell to help students with career choice and placements.
- The institution has a Grievance Redressal cell. This cell has been formed to look into the grievances of the students. A suggestion box has been installed for the students to put their complaints in. It is opened every week and the complaints are looked into by the committee members.
- Best Wishes, Greetings, blessings are given to students during their exams to keep their morale high in the 'Sneh Aashish Ceremony'.

D. Holistic Growth: • Remedial classes and advanced learners classes are regular features to meet the needs of poor and advanced learners respectively.

- Tutorials are there to impart technical knowledge to students.
- The college has Central Association in the college headed by the Head girl and Executive board. It helps in giving representation to students on various matters concerning college administration or activities related to raise their concerns and give suggestions.


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