

7.2.1 Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.

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. We strongly believe that the social relationships intrinsic to volunteer work are essential to individual and community well-being. And we are proud to say that our college is promoting public service.

The Context:

The college has two units of NSS comprising 100 volunteers with a primary focus on the development of the personality of students through community service and promotion of national solidarity and to develop among themselves a sense of social and civic responsibility. Community service rendered by the students has covered several aspects like the adoption of village for intensive development work, carrying out the social surveys, sanitation drives, work for the weaker sections of the community, helping inmates of orphanages, old age home and slum area people, etc. The students carry out many activities like the cleanliness of adopted village and rallies to spread awareness about Covid precautions, cleanliness, energy conservation and environmental protection. The village Babowal has been adopted for carrying out outreach activities.

The Practice:

The units have been organizing activities related to the social problems of the village widely. Specific programmes relate to:

A. Environment

- i. Approx 30 plants planted under Plantation drives on Van-Mahotsav
- ii. Cleanliness drives under Swachh Bharat Abhiyan at adopted village
- iii. Anti-plastic movement-awareness campaign.
- iv. Poster making, slogan writing and quiz competitions on World Ozone Day
- v. Rangoli, fancy dress, photography, Best out of the waste competitions on World Environment Day
- vi. Poster released on save water under Ministry of Jal Sakti, department of Water Resources
- vii. Organic kitchen garden



Principal
Pt. Mohan Lal S. D. College
for Women, Sardaspur

B. Health and Hygiene: Organized workshops, seminars, surveys and projects at the college and the adopted village by the college staff and the prestigious personage on various issues of society such as:

- i. Blood donation camp
- ii. Vaccination camp
- iii. Yoga and Meditation camp
- iv. AIDS Awareness
- v. Lecture on Drug Abuse awareness
- vi. Menstrual hygiene and distribution of sanitary pads
- vii. FDP on Heart Health for Women
- viii. Lectures on Covid care and Dengue prevention
- ix. Personality Development Programmes
- x. Balanced and nutritious diet
- xi. Poshan Saptah

C. Education: Imparted through various programmes such as


- i. Importance of girls and women education
- ii. Awareness of fundamental rights and duties
- iii. Lecture on women empowerment at village Babowal
- iv. Perspicacity of Government Policies
- v. Awareness seminar on SVEEP
- vi. For inclusive education scholarship schemes and concessions
- vii. Essay writing competition on E-Waste Management

D. Small-scale Enterprise: The villagers are drilled to organize and operate a business venture through camps in which rustics/churls learned:

- i. Learn and Earn (Stall and Exhibitions)
- ii. Stitching and tailoring
- iii. Workshop on cooking and cafeteria by students
- iv. Fabric Painting, Scrunchies making, Block Printing, Jewelry making, Tie / Dye etc.
- v. To make products from waste materials
- vi. To do facials, threading, manicure, pedicure, nail extension, acrylic nails, mehndi and basic make-up etc.

E. Camps: NSS camps are organized from time to time in the college campus. In relation to these camps, NSS units usually render services in respective village to donate:

- i. Woolen clothes, masks, sanitizer etc.
- iii. Eatables, books and stationery for needy children
- iv. Ration and crockery
- v. Necessary household items like soap, hand wash etc.
- vi. Decorated display boards, painted stones, painted school wall and


Principal
Pt. Mohan L. D. College
for Women, Kardaspur

- Anganwadi Centre
vii. Plant saplings

F. Cavalcade: NSS Units organize periodic marches on various issues and events:

- i. Swachta Abhiyaan
- ii. SVEEP
- iii. Poshan Pakhwara
- iv. Azadi Ka Amrit Mahotsav
- v. Yoga Day

Various Projects Undertaken:

- Under the project 'Sharing Happiness with others', the Central Association of the college celebrated Diwali festival and distributed grocery items, eatable things, stationery, clothes and other useful things to needy and poor students.
- Rotract Club organized a charity project on the occasion of Diwali at District Special Resource Centre, Gurdaspur. Club members distributed stationary, eatables, socks and other useful things to the physically challenged and poor children.
- Rotract Club celebrated Rotary week and distributed stationary, eatables items in an orphanage for boys, Gurdaspur.
- Under Samvedna Project (Lohri) woolen suits and sweaters to the supporting staff and uniform to the needy students were distributed by Central Association.
- NSS Club of the college organized HB and Blood group checkup camp at adopted village Babowal in collaboration with Bharat Vikas Parishad, Gurdaspur, especially for women.
- On the eve of Mahashivaratri Rotract Club distributed fruits for pilgrims at historic Kalanaur Mandir.
- Environment Association and Green Club of the college celebrated World Environment Day and organized various events like Rangoli, Best out of the waste, Photography contest, Fancy dress competition, Banner releasing and oath taking ceremony under the theme 'Share for Cleaner Air'. The main aim of the activity is to develop green consciousness and promote health awareness as well as social responsibility among students and society.
- Environment Association and Green Club in collaboration with Ministry of Jal Shakti and Red Ribbon Society, Gurdaspur organized a Public Interactive Programme.
- To promote a green and clean environment, the students and the guests on different occasions are honored with plants. The students and local people were motivated to plant one sapling at their home and take proper care of it.
- 'Offering water to a thirsty person is the greatest service.' Our college students organized Jal-Sewa and offered 'Chabeel' to the general public on hot days of May and June in remembrance of the martyrdom of Guru Arjun Dev Ji and Nirjala Ekadashi. It spreads the message of eternal optimism.
- To commemorate the Birth Anniversary of Pt. Mohan Lal Ji the Central Association of the college started Project-PRAYAS. NSS volunteers made different types of educational and instructional charts for primary wing of slum area study centre. Another Project- ARPIT by Environment Association organized a 'Go Green Go Clean' campaign at Fish Park to spread awareness among society to stop usage of plastic.


Principal
Pt. Mohan Lal College
for Women, Gurdaspur

- Labour Day was celebrated by the Central Association to honor all the supporting staff by giving gifts and essentials.
- The students of FD Department stitched and distributed face masks in the nearby villages.
- Health Club in collaboration with District Legal Services Authority, Gurdaspur organized blood donation camp in college premises.
- Health Club of the college in collaboration with Civil Hospital, Babri organized a vaccination camp for the students and locals in the college campus.
- Health and Red Ribbon Club organized a seminar and poster making competition on 'World AIDS Day'. Award winning documentary movies were shown to the students to make them aware about the HIV /AIDS.
- Health and Red Ribbon Club organized a seminar on 'Cancer Awareness and First Aid' in collaboration with Red Cross Society, Gurdaspur.
- Women Cell and Home Science department in collaboration with Women and Child Welfare Department, Gurdaspur organized 'Poshan Saptah'.
- Under the supervision of Program officer Dr. Sukhwinder Kaur and Mrs. Samita Khajuria seven days special NSS camp was organized in college campus. Sh. Ram Singh, SDM, Batala graced the inaugural ceremony with his benign presence. In these seven days, NSS volunteers did many activities like half marathon that started from Shri Guru Ravi das ji Community hall, Babowal; did cleanliness of the college, decorated display boards and painted stones. They also painted the village school and anganwadi Centre. They spread awareness among villagers about COVID-19 and its vaccination and distributed masks and stationery among them. Warmers, sweaters, socks and caps were also distributed to needy people. PCS Amanpreet Singh, SDM, Gurdaspur graced the valedictory occasion.
- NSS Unit organized three events- "Experience a Divinity", "Drink the Nectar of Health", "You Are What You eat" to celebrate 'International Yoga Day'.

Evidence of Success:

Our student volunteers are highly active to organize various activities to aware villagers of several social and economical issues:

- They gain skills in mobilizing community participation and understand the community in which they work.
- It developed a sense of social and civic responsibilities among our students.
- The students became more sensitized regarding various social issues.
- A change in villagers' attitude towards cleanliness was evident.
- The students became more aware about environmental problems, health issues, healthy diet etc.
- Our students learnt importance of team work.
- They started believing in 'sharing and caring'.



Principal
Pt. Mohan Lal S. D. College
for Women, Gurdaspur

Constraints and Limitations

- Lack of funds and resources available.
- Sometimes the villagers do not show interest when they are busy in their agricultural activities.

Best Practice-II

Title of the Practice: “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 and has the potential to excel in many different ways. Every aspect of students is taken care of whether it is physical well-being or intellectual personality or academic performance.


Context

Keeping in view vision and mission of the college the following are the issues that motivated us for choosing this best practice:

- As per NEP 2020, greater access, equity and inclusion through increased financial help for disadvantaged and underprivileged students.
- Inculcating value system and discipline among students.
- To empower women through holistic education.
- To disseminate knowledge that nurtures students to meet the highest standards of competence and professionalism along with grounding them firmly in a sound value system
- This system aims at addressing 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 and activities within and outside the classroom. We provide experiences that help the students discover innate capabilities, set life-long goals and proactively work towards their fulfilment.


Principal
Pt. Mohan Lal S. D. College
for Women, Cardaspur

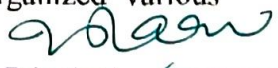
The college has many programmes to monitor and nourish various aspects involved in a student's growth and development:

- 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. More CCTV cameras have been added (installed) in the campus as well as in women's hostel.
- As per NEP to provide inclusive education the college provides financial aid to needy students. Liberal concessions and incentives are made available to deserving students in academic, sports and extra-curricular fields. Free books, scholarships and fee concessions are also given to economically weak students. Various govt. and private scholarships are:
 - Dr. Ambedkar Post Matric SC Scholarship Scheme, Govt. Punjab
 - Ministry of Minority Affairs Scholarship Schemes
 - Prime Minister Special Scholarship
 - Dheeyan Pukardiyani NGO from USA
 - Students Welfare Fund (Principal, Teachers and other donors)
 - Concession by Principal and Management (Need Based)
 - Parentless Concession
 - Fatherless Concession
 - Merit Concession
 - Army Concession
- Principal personally helps needy students by providing financial assistance.
- Safe transport facility is also available to facilitate the students. College conveyance incharges of the college keeps a check on transportation facility, first aid kits and pollution free certificates, etc. In case of sudden emergency or health issues of day scholars and hostlers transportation facility is provided to the students.
- Special attention is paid by the Women Cell and Sexual Harassment Cell of the college to tackle the troubles of the girl students travelling by bus from far off villages regarding eve-teasing, etc. The required action is solicited through the police personnel posted outside the college. Self-defense tips are also imparted to girls to make them feel safe and help others in times of need.
- Central Association and Women Cell of the college in collaboration with Community Police, Gurdaspur organized a two Day workshop on 'Self Defense'. On this event Ms.


Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

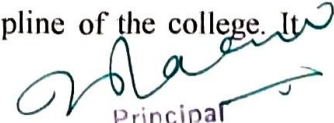
Inderbeer Kaur, Inspector, Sanjh Kendra, Gurdaspur was the speaker for day 1. She gave a lecture on self-defense. Also the other supporting members of Sanjh Kendra gave tips on self-defense to students. On Day 2, S. Variam Singh, coach also gave lecture on self-defense and conducted workshop on self-defense.

- The college Principal is member of Community Police, Gurdaspur. Being an active member, she participates in meetings organized by Community Police for welfare of students. She arranged seminars in the college with the help of community police. A sensitization workshop was organized in the college campus regarding the use of the “Shakti App” and this app was installed by students. They taught girls about women safety and emergency contact numbers that the app user would add in the app.
- Amongst the increasing rate of mental health issues amongst adolescents, our college has a Counselling Cell within its premises. The Counselling Cell provides services both for personal and career counseling. The students are quite often not clear about career options and opportunities. To advise them in this matter, the college has a career guidance and placement cell to help students with career choice and in collaboration with DBEE, Gurdaspur.
- Career Guidance Cell organized a seminar on the topic ‘How to choose Career’.
- Career Counselling and Commerce department organized an expert talk on ‘Career in Banking’. Mr. Amanpreet (area manager) and Ms. Ranjana (counselor) from IPB, Pathankot were the resource person. They interacted with the PG students and discussed about the various opportunities in banking sector.
- Lectures are organized on Stress Management by experts before the commencement of final examinations.
- Student centre and cafeteria are available for their recreation. The students are provided with a canteen facility in the college at subsidized rates. The Cafeteria committee regularly checks the nutritious values of the food items being served.
- Special online notes and personal assistance is provided for married woman students who are mothers as well; thus, achieving the goal of “educating a girl, educating the whole family”. Counseling sessions and time management sessions are highly helpful to both unmarried and married girls who hail from far-flung areas where they have to do studies along with handling household chores as well.
- Cosmetology Department arranged a cosmetic, jewelry stalls and workshop on Nail Extension and Acrylic Nails in college premises. FD department organized various


Principal
Pt. Mohan Lal S. D. College
for Women, Gurdaspur

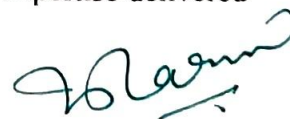
workshops on topics: Tie and Dye, How to design Men's Wear, cutting and stitching for men and women attires for the students. These exercises helps in developing the entrepreneurial skill among the young generation.

- Provision for hobby classes is also there in career-oriented courses. The college shapes not only the future but also the personalities through Skill Development Certificate Programmes in personality development, spoken English and computer literacy, etc. Add-on courses like Functional English, IT, Basic Cooking and Catering management, Banking and Insurance, Apparel Designing, Biotechnology, etc. are being offered.
- A four day PDF programme cum hobby classes was organized by IQAC in which students learned professional skills like cooking, stitching and tailoring, makeup, communications skills etc.
- 15 days workshop PRAYAS-2 commenced in college. This is regular feature of the college.
- Achievers Programme was organized in which meritorious students were honoured .
- Remedial classes are organized to help slow learners and provide extra support to help them catch up to their peers. The students benefit through these classes as they get personal attention and positive responses to their queries. Advanced learners are also given special attention like giving tough most questions, important notes and important books to walk extra mile to get merits to improve the positions in the university.
- Alumni helps students by donating books in library, through webinars and seminars on topics of their expertise and by conducting counselling session for students from time to time.
- Mentoring/Tutorial sessions are also there for student progression. 20-25 students are allotted to each teacher who keeps an eye on the overall development of the student.
- The college celebrates seasonal festivals like Navratras, Teej, Lohri, Diwali, Janamasthami and national festivals like Independence Day, Republic Day and Gandhi Jayanti etc. to promote national integration among the students. The days of national and international importance like Women's Day, World AIDS Day, World Red Cross Day, National Youth Day, etc. are celebrated through both online and offline mode.
- The college has Central Association in the college headed by incharges and the head girl with Vice-head girl, Secretary and Executive members. It helps in giving representation to the students on various matters concerning the college administration or activities. It further helps in the overall maintenance of the discipline of the college. It


Principal
Pt. Mohan Lal D. College
for Women, Sardaspur


plays an important role in organizing the important functions of the college and provides a platform for the students to raise their concerns and give suggestions.

- A book shop and tuck shop is inside the campus which caters to the needs of the rural students.
- Vending machine is installed in the campus to provide sanitary pads to students in order to maintain menstrual hygiene.
- Health Club of the college organized awareness lectures on World Thalessemia Day, World T.B Day, World AIDS Day etc.
- The IQAC, Red Ribbon and Health Club of the college organized four day First Aid Training Camp in collaboration with Red Cross Society, Gurdaspur. Mr. Rajeev, Secretary, Red Cross Society, Gurdaspur was the trainer. Total 53 students got benefited by this first aid training camp.
- To ensure an uninterrupted power supply, the college has a 24-hour power backup.
- The staff members interact with alumni association to obtain feedback regarding staff, courses, curriculum and campus.
- Mid-semester examinations are conducted in every semester to evaluate the performance of students. Also parents teacher meeting is held in the college campus to discuss the results and progress of the students to their parents.
- Every department has its club which remains hyperactive in organizing co-curricular activities like quiz competitions, debates, group discussions, seminars and presentations etc. under faculty guidance. Some of the events are Interactive Program Week, introduction of various short term courses in Web Designing, Python, Artificial Intelligence, Embroidery and Stitching etc. were arranged. Two day workshop on Financial Education for Young Citizen and career opportunities in SEBI, Cyber Shiksha Programme etc. was organized.
- To bring a change in daily routine of students, various trips are organized like religious trip to Mata chintpurni, jawalaji, Chamunda Devi temple, Dharamshala, Mcleodganj and educational trip to Shobha Art Gallery, Baijnath, Gopalpur Zoo.
- Competitive Cell of the college organized two months free UGC/NET special classes. In these special classes final year PG students were guided how to crack UGC exam in which faculty members from different departments as per their area of expertise delivered lectures.



Principal
Pt. Mohan Lal S.D. College
for Women, Gurdaspur

- Youth Club of the college organized two days Talent Hunt (Khoj Ek Prayas). Students enthusiastically participated in the different events
- The institution has a Grievance Redressal cell. This cell has been formed to look into the grievances of the students. Suggestion box has been installed for the students to put their complaints in. It is opened every month and the complaints are looked into by the committee members. Also 'Vidyarthi Darbar' has been formed by Principal Madam for the students to address their concerns.
- Students achievements are highlighted in newspapers, Facebook and Instagram page of the college. They are honored with mementos and certificates in Monday Assembly.
- The college offers hostel accommodation for the outstation students (we have students from J&K under PMSS). Surrounded by a green, clean and serene environment, the hostel provides modern amenities with homely and conducive environment for studies and is built with an aim to provide the best environment to girl students hailing from far off areas. In order to ensure full security, the boarders are forbidden to contact outsiders without permission of the warden/Principal. The kitchen garden has also been set up where hostellers assist the maintenance staff to grow various organic vegetables.
- Special care is given to hostel students like proper maintenance and cleanliness. Personal attention is given by Hostel Committee to hostlers. It supervises kitchen operations, taking care of hygiene and study hours. Hostel head girl, vice head girl and Hostel Committee helps in managing hostel. Since the principal stays in the college hostel, so she is in direct contact with every hostler and pays special attention to them. All festivals are celebrated for Hostel students. One day is fixed for outing.
- The college takes utmost care of the students. Separate medical room is available in the campus. In case of illness or any emergency faced by any student or hostler, medical treatment is also available and the college bears all medical expenses. Keeping in mind the well-being of the students, the college conducts regular medical checkups and awareness camps free of cost. Extra classes were arranged for students of J&K who got late admission due to admission schedule of scholarship portal.
- The college encourages a variety of sports allowing the students to explore and excel in whichever way they like. The college has a big playground which is suitable for all kinds of games and sports activities. Sports day is also organized every year to encourage them to participate in the game of their choice. Refreshment and sports kits are provided to them so that girls from financially backward families could concentrate on their games.


 Principal
 Pt. Mohan L. S. D. College
 for Women, Sardaspur

Sports students are given special attention in their studies by arranging extra classes and taking tests. Sports students are also given fee concession. College bears all travel and meal expenses for all tournaments.

Evidence of success

- It boosts self confidence among students and values of team work, hard work and patience.
- Improved student feedback over the past few years.
- Extremely efficient student mentoring and counselling system.
- Our sports students achieved various medals in different games like Gold Medal in Athletics in 400m race, Volleyball Team of the college won inter college tournament held in GNDU, Amritsar, our students got Gold, Silver & Bronze medals in an annual Athlete meet held at Baba Ajay Singh Khalsa College, Gurdas Nangal, two students got Bronze medals in Taekwondo Intercollege held at GNDU.

Constraints and Limitations

- The modest and diffident students were reluctant to cross their academic borders affecting the successful conduct of awareness programmes.
- Women students' impulsiveness in the matter of love in the adolescent age is a sensitive issue to be dealt with by women teachers.



Principal
Pt. Mohan Lal S. D. College
for Women, Gurdaspur