

## **BEST PRACTICES IN MY INSTITUTION – I**

**1. Title of the practice:** Conservation of Bio-diversity and Environmental Awareness Programme

**2. The context that required the initiation of the practice** (100 – 120 words)

Growing menace of environmental degradation and destruction of natural resources leading to climatic change have posed serious threat to all living organism of earth. The rise of global temperature, increase in the rainfall and such other occurrences have made our planet less and less secure a place for us to live in. In the last few decades the environmental issues have come to be recognized as very crucial one. Our college is located in a rural place rich with natural resources, but the students, who belong to this place, are mostly unaware of the importance of such resources in the overall ecological order.

**3. Objectives of the practice** (50 – 60 words)

The objective of the practice is to impart an awareness among students of the college of the need to preserve bio-diversity for protecting the environment, and to spread this awareness among the people of the locality with the help of the students. Canopy, the Nature Club of the college aims at promoting the conservationist practices and developing among the activists a sense of intimacy with the natural environment. The members of the Nature Club pursue the practice of nature study, and try to promote awareness on the importance of bio-diversity. It often works in collaboration with the NSS and NCC units of the college in spreading the environmental awareness in the locality.

**4. The Practice** (250 – 300 words)

There is a water body and a grove inside the college campus which are maintained by Canopy, the Nature Club of the college, for purpose of creating a model for preserving the flora and fauna of the place. The water body is also being nurtured with a view to creating a habitat for the winter migratory Lesser Whistling Teal. It is used for pisciculture, chiefly in order to make it a favourable place for the Whistling Teal to build their nest around it. Canopy played a significant role in restoring this wilderness and the waterbody after these were ravaged by the cyclonic storm called Aamphan. Apart from this, Canopy organized a fruit-tree plantation project inside the college campus. The NSS units of the college also carried out plantation programme in and around the college premises. A butterfly garden was developed inside the campus and it was maintained by the members of Canopy. A workshop on butterfly cultivation was organized in order to develop interest among the students. The canopy has also started a campaign against use of plastics and has formed a plastic-free zone inside the campus with the help of the NSS and the NCC volunteers of the college.

**5. Obstacles faced if any and strategies adopted to overcome them** (150 – 200 words)

Problem of space in infrastructure development, and general indifference towards environmental degradation and its terrible impact on the human life are the greatest obstacles faced by the activists campaigning for a better environment. Due to lack of consciousness on the part of the general students and other stakeholders of the college one finds it difficult to persuade them in giving up polythene packets and plastic products particularly when used in food container or the tea cups.

However, the members of Canopy with the help of NSS and NCC volunteers carry out their persistent campaign against use of plastic products and try to convince them of the harm such thing are causing to life at large.

Dumping of waste (both bio-degradable and non-degradable) in the college campus is yet another problem. The college authority has constructed a number of vats inside the campus and has started a correspondence with the local administration for the disposal of waste dumped there.

#### **6. Impact of the practice (100 – 120 words)**

The activities of the Nature Club aided by NSS and NCC have succeeded in motivating a section of general students and other stake holders of the college towards the maintenance of the natural resources in and around the college campus. More number of students have started showing their concern for environmental degradation caused by human activities, and are taking interest in the flora and fauna that they find around them. They are also taking active initiative in protecting the water body and the grove and gardens inside the college campus. A good number of students are now playing an active role in keeping the campus pollution free and pursuing others to make use of the vats for dumping the garbage rather than scattering them all over the campus.

**7. Resources required:** Necessary infrastructure and convenient space for the conservation of natural resources. Adequate funding for undertaking field study.

#### **8. About the Institution:**

i. Name of the Institution : **Bejoy Narayan Mahavidyalaya**

ii. Year of Accreditation: **2015 (Second Cycle)**

iii. Address: P.O.- **Itachuna, Dist.-Hooghly, West Bengal**

iv. Grade awarded by NAAC: **B**

v. E-Mail : **bnmv2012@yahoo.in**

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## **BEST PRACTICES IN MY INSTITUTION-II**

**1. Title of the practice:** Integrated Personality Development Programme

**2. The context that required the initiation of the practice** (100 – 120 words)

Being future citizens of our country, our students require to develop a sense of social responsibility, moral integrity and strength of character to steer themselves to the desired goals of their life. The lure of consumerist culture and an overall degradation of moral values in the present society make them vulnerable to lapses and even gross deviation from the right track of life. Therefore it becomes important that in keeping with the institutional vision of man-making education we try to provide our students with some guiding principles, and some moral values that they can bank upon as they make their way through difficult terrains of life.

**3. Objectives of the practice** (50 – 60 words)

- To instil self-confidence, self-esteem, and self-reliance in the students.
- To develop physical, mental, intellectual, moral and spiritual power through appropriate exercises.
- To develop moral strength and integrity of character.
- To remove gender biasness in society.
- To develop a sense of independence among women by exposing them to all legal, administrative and economic aids and schemes available to them.

**4. The Practice** (250 – 300 words)

- Holding discussions on the life and teaching of Swami Vivekananda.
- Apprising the students of the rich heritage of our country with a view to developing their self-esteem.
- Encouraging students towards maintaining a life of restraint and self-imposed discipline, so that they can focus on their aims and objectives in life.
- Imparting health consciousness through workshops and discussions.
- Motivating the students to take regular exercises, yoga and pranayam under proper guidance.
- Developing concentration through meditation and yoga.
- Imparting value education, and developing a sense loyalty and commitment towards family, friends and community at large.
- Holding debates on social and moral issues.
- Arranging talks on gender discrimination and women empowerment.

**5. Obstacles faced if any and strategies adopted to overcome them** (150 – 200 words)

Overall negative influences operating in the society and a lack of self-discipline in a section of students often make it difficult for one to impose a mental discipline necessary for personality development. By way of offering motivational speech and practice of meditation and yoga, we are trying to mould the students and develop their mind in a way that they become self-conscious and self-reliant individuals.

**6. Impact of the practice (100 – 120 words)**

By practicing yoga and meditation and listening to motivational lectures most of the students develop a self-confidence which help them combatting the difficulties that come their way. The students who regularly attend the programme have reported that they have overcome their frustrations and diffidence that formerly used to trouble them so much.

**7. Resources required:** Proper furnishing of the meditation room with audio-visual facility. It is to be noted that the authority has already initiated process to furnish the room with proper audio-visual system.

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