

## **7.2 Best Practices**

Best practices are the benchmarks of the standard of an institution. They are the stepping stones to success executed efficiently and prudently. Their functionality and performance spearhead the institution to the pinnacle of glory. The institution adopts the following best practices:

1. Green Campus
2. Healthy Youth

### **1. Title of the Practice**

Green Campus

### **2. Objectives of the Practice**

- To decrease energy consumption and loss, to increase energy utilization and efficiency.
- To provide the Campus facilities with national and international energy performance standards and to adopt systems with high energy efficiency.
- To extend the usage of renewable energy resources for existing buildings and to prioritize renewable energy systems in the buildings to be built newly.
- To increase efficiency in energy production, transmission and distribution and to reduce energy loss within the infrastructure of electricity production and distribution.
- To prevent and control environmental noise.
- To establish an efficient waste and recycling systems.
- To ensure land use, water management, and the conservation of natural resources.
- To prevent unconscious consumption and waste.
- To promote optimum utilisation of renewable resources, to reduce the destruction of natural areas and damage to the surroundings, to maintain green performance levels
- To encourage healthy and eco-friendly environment in and around the institution.
- To protect and preserve the sustainability of energy costs.
- To decrease the greenhouse gas emission on Campus in order to cope up with climate change.
- To preserve the natural resources with the aid of the land use and rainwater management plan.
- To prevent environmental pollution with the waste management plan and raising

awareness among students about the issues concerning energy and the environment.

### **3. The Context**

A Green Campus is one that carries out these functions according to a system-wide culture of environmental sustainability, balancing function and design with existing and foreseen resources.

A Green Campus is a place where environmentally responsible practice and education go hand in hand and where environmentally responsible tenets are borne out by example.

The Green Campus institution is a laboratory of self-scrutiny, experimentation, and application. At its best, it is a model environmental community where operational functions, business practices, academic programs and people are interlinked, providing educational and practical value to the institution, the region, and the world.

### **4. The Practice**

The use of plastic cups and bags are banned in the canteen.

On special occasions, the faculty and students donate seeds and saplings to keep the College environment green. The Eco Club and the Green Club are maintaining a garden.

### **5. Evidence of Success:**

- Purified drinking water is provided to all students and staff.
- High level of appreciation is received from all stake holders for the maintenance of green environment.
- Staff members and students have contributed to the mission of making the campus green by decreasing energy consumption, reducing our energy cost, and increasing understanding and awareness of environmental concerns.
- Greening the campus is about sweeping away wasteful inefficiencies and ushering in positive changes. Many of these changes address the daily, practical aspects of campus life—correct disposal, handling, and storage of cleaning chemicals and materials associated with labs and automotive shops; purchase of environmentally friendly supplies; effective recycling programs.

### **6. Problems encountered and resources required to implement the practice**

#### **Problems encountered:**

- Watering the plants during summer.
- Proper manuring and trowelling of plants

#### **Resources required**

- Need of human labour to maintain the garden

- Water supply during summer

### **1. Title of the practice:**

Healthy Youth

### **2. Objective of the Practice**

- To adopt healthy and hygienic practices to the students
- To create awareness about the nutritious food and healthy living
- To enable students lead a holistic healthy life

### **3. The Context**

Being healthier can be possible by simple means like eating a variety of healthy foods and being physically active. It is inevitable to understand the significance of nutritious diet and physical exercise to stay healthy.

### **4. The Practice**

- Entire campus is provided with basic amenities like sufficient number of rest rooms that make the students to stay comfortable and hygienical.
- Residential students have the privilege of attending Yoga and Art & Craft thereby enriching their mental ability.
- For all the first year students, health check-up (inclusive of height and weight measurement) and the haemoglobin level in blood is done.
- Anaemic persons are identified and given counselling on healthy and nutritious food.
- Iron supplement and nutritious food are provided to them.
- Nutritious and Well balanced diet is issued to all the inmates of hostel.
- For the non-residential students, traditional nutritious food is available in the canteen.
- Nutrition week is celebrated and awareness on nutritious food, personal hygiene is created.

### **5. Evidence of Success**

- All the students in our college are leading physical and mentally active life.
- Home science students are given training to prepare nutritious millet recipes. They prepare and successfully sell their products.

### **6. Problems encountered and resources required to implement the practice**

**Problems encountered:**

- Few students feel sick due to the change in climate.
- Few students are non-adaptable to food practice

**Resources required**

- Need of physician availability in the college during working hours.
- Millet recipes to be included in the hostel and canteen menu.