

Best Practices - 01

1. Holistic Development and Integration of Students in the Society

Objectives of the Practice

- To develop a sense of civic responsibility and arouse social consciousness of the students by working with and for the people.
- To develop an awareness and knowledge of social realities
- To have concern for the well being of the community and engage in creative and constructive social action.
- To serve the local community and contribute to national development.
- To provide rich and meaningful educational experiences to them in order to make their education complete and meaningful.
- To develop skills needed in the exercise of democratic leadership and programme development to help them become self-employed.

The Context

We firmly believe that apart from providing vocationally useful and practically applicable knowledge and skills to our students, all educational institutes need to focus on character building of the students and create responsible citizens as well as contribute to the development and betterment of the society. Moreover their physical fitness, practical experience and communication skills should also be developed through various extension activities. The Institution is instrumental in moulding the character of students and shaping their destiny, to be responsible and worthy citizens of India. The new generation should be made aware of their responsibilities and incorporate their duties as a citizen within their vocation and personal life as well. To instill basic human values like nationalism, patriotism, secularism etc. and thereby prepare worthy citizens for the country, the Institution has initiated various extension activities through NSS, NCC, Sports and Indian Red Cross Society.

The Practice

We give prime importance to inculcating values, promoting gender equity and women empowerment through prayer assembly, teaching, extracurricular and extension activities. Upliftment of backward and rural female in every aspect is catered in holistic manner. The institute encourages students to join NSS, NCC and Youth Red Cross Society and participate in various sports and extracurricular activities. From 2017-18 to 2021-22 N.S.S. conducted over 58 extension activities and 600 students have been endowed certificates by NSS. Moreover the Management adopted 10 villages, namely Khambhodar, Kuchdi, Degam, Advana, Bakharla, Beran, Kolikhada, Gosa, Mocha, Kerara and conducted activities pertaining to following through the college, NSS and Health Centre.

1. Prevention of corona infection and vaccination:- Awareness programmes for social distancing, mask distribution, sanitizer distribution in college campus and 10 adopted villages.
2. Environment and sanitation: Awareness programmes for Environment conservation, cleanliness campaign, tree plantation for water conservation and water storage, prevent the use of single use plastic, etc. 23 volunteers were felicitated with certificates for outstanding performance.
3. Natural Farming:- Expert guidance and awareness programmes regarding natural farming and negative impact of chemicals were conducted.
4. De-addiction, prevention of drug addiction, superstitions, dowry practice and feticide: Various programmes were conducted for these purposes in collaboration with Health and Family Welfare Department, Women and Child Welfare Department, Social Security Department, Narcotics Control and Excise Department.
5. Fit India (promotion of sports): In order to inculcate the interest and interest in the field of sports among the young student NSS organized training and competitions in running, cricket, kabaddi, kho-kho, table tennis, badminton, Shot put, javelin throw, long jump, football, basket ball.
6. Contribution of Soldiers in the attainment of Independence:- In order to develop a sense of responsibility and spread awareness of duties activities like expert lectures, essay competitions, painting competitions, etc were conducted by NSS.

Our 4 Naval NCC Unit of the college with 150 cadets organised 58 activities during the last five years. CC Taruna Keshwala and SCC Tejal B. Odedara were selected for Parade in Delhi on 26th January 2022 while SCC Tejal B. Odedara was endowed the best cadet of 2022 from Jamnagar NCC while 77 students became members of Youth Red Cross Society and actively participated in various activities. Moreover we have been consistently encouraging

and training our students to take part in various sports and extracurricular activities in the institute as well as outside up to national level.

Evidence of Success

Having participated in various extension, extracurricular and sports activities a visible change in the behaviour and attitude of the students can be seen. It has made them more positive and active. Moreover they are able to practically implement the newly acquired knowledge and skills. The students understand idea of coming together for the task of social upliftment and the importance of their contribution in the national development. Participants have developed leadership and teamwork skills and have become more attuned to working amongst populations of varying ethnicity or socioeconomic status. The students seem to be more motivated and form better relations with neighbouring communities, parents and alumni.

39 students achieved ranks in various Sports at the university level in the academic year 2021-22. 45 students acquired C certificate in NCC. Two NCC Cadets were selected for Parade in Delhi on 26th January 2022 while SCC Tejal B. Odedara was endowed the best cadet of 2022 from Jamnagar NCC. Indian RedCrossSociety endowed Certificate to Dr.Chetna N. Behra for outstanding Humanitarian Activities during Corona Pandemic. Due to the contribution of NSS the Institute was certified as a Member of Beat CovidCampaign by Mahatma Gandhi National Council of Rural Education, Hyderabad.

Problems Encountered and Resources Required

The Institute encourages the students to join NSS, NCC, Sports competitions and other activities even so many students do not show much interest in them. There are a few cases in which they initially join NSS and NCC but lack the commitment and give up. As our college is located in a comparatively underprivileged area and most of the female students come from rural background, it becomes difficult to convince students to join NSS and NCC Camps and visits. Moreover the semester system hampers the scope of activities as the students have to regularly deal with assignments, presentations, tests and semester end

exams along with regular studies in the classrooms. Furthermore encouraging students and convincing their parents to send them to participate in State and National level Sports competitions is also very difficult. Though the college has a dedicated sports trainer, enormous ground and equipments, we still lack expertise.

Best Practices - 02

2. HEALTH CENTRE

Objectives of the Practice

- To create health & hygiene awareness among the students and make them responsible citizens.
- To prepare health-cards by imparting basic health knowledge to the students and ascertaining blood group, Thalassemia state, Students' Height, Weight, Haemoglobin, Drug Sensitivity and ID Mark.
- To make sure that the students are made aware of importance of blood donation, knowledge of Thalassemia, negative impacts of various addictions and ailments and so on through arranging camps and expert lectures.
- To encourage and enable students to spread awareness regarding health related issues in their localities and families.

The Context

Being located in a comparatively backward area and having so many students from the rural areas, we realised that there is dearth of health awareness. For instance many cases of Thalassemia can be easily averted through testing before marriage and taking proper precautions. Moreover their physical fitness, understanding of health and hygiene, prevention of diseases, sanitary measures and ideal diet practices would empower them to outperform in sports, studies and other fields and in turn make them a healthy, responsible and worthy citizen of India. Thus, we expect that every student knows at least the elementary things essential for being healthy and spread awareness in their families and localities. Moreover to deal with the issues of students and hostel dwellers, a full time

doctor has been appointed and the Institution has introduced Health Centre with the motto "Health is Wealth" since 2010-11.

The Practice

During Corona pandemic the Health Centre rendered its valuable services for spreading awareness, taking sanitation and preventive measures for the staff as well as students and extending its services in association with NSS to the surrounding areas.

The Health Centre enrolls all the students as their members free of charge. We have a full-time doctor, namely Dr. Jayshreeben Parmar, B.A.M.S., who advises, treats, monitors and provides medicines to the students. Moreover the Centre issues health cards to all the students which include blood grouping information, Thalassaemia state, Students' Height, Weight, Haemoglobin, Drug Sensitivity and ID Mark.

First Aid Kit and basic medicines are available at the Health Centre which is accessible to all the students and staff. Furthermore the Health Centre coordinates various activities in association with NSS, HDFC Bank, Rotary Club, Asha Blood Bank (blood donation and awareness programmes) and so on. We also have an M.O.U. with Global Multispecialty Hospital for Medical Support.

Furthermore expert lectures on Health and Hygiene, Swine Flu Awareness and Preventive Measures, Corona Virus awareness, Thalassaemia and its implications for Thalassaemia Minor students, balanced diet, Life Style and Ayurveda, Art of Living, yoga and fitness and so on are arranged regularly.

Moreover training Programme for Sanitary Pad Vending and Burning Machine is also organised. Various camps for blood donation, Blood Grouping and Haemoglobin, Drug Sensitivity, Health Check-up, BMI, Medical Check-up are organised by the Health Centre in association with NSS and other organisations in the college and in surrounding rural areas free of cost.

The College strictly followed Covid related guidelines of the Government and took all the preventive measures with the help and guidance of the full time doctor of our Health Centre. The Health Centre Doctor remained present during working hours and ensured

social distancing, distribution of surgical masks, sanitization and effective screening through temperature measuring of every individual on daily basis.

The Health Centre actively participated in various NSS activities and extended its activities to the five adopted villages, namely Kuchdi, Degam, Advana, Bakharla, Beran, Kolikhada, Gosa, Mocha, Kerara. During these activities various people from medical professions and other fields rendered their services.

Evidence of Success

Since its inception the Health Centre has played a vital role for consistently monitoring the well being of students and staff. In addition it has been instrumental in spreading awareness pertaining to healthcare and hygiene, various diseases, epidemics and pandemic among the students, staff and regional areas. It has organised numerous activities, camps, expert lectures and training programmes in association with many organisations. It is noted that the students have become more aware of their well being, diet, diseases and preventive methods and are taking more interest because they get updated information about their blood-group, their weight, height etc. and they have an opportunity to interact with the lady doctor in solving their health issues. Moreover many students come from surrounding rural areas that in turn spread awareness regarding health issues and solutions in their families and the locality. Furthermore having participated in various activities of the Health Centre, a visible change in the behaviour and attitude of the students can be seen. It has made them more positive and active. The students contribute positively for the betterment of their regional areas and have been able to implement their newly acquired knowledge in use not only for themselves but others as well.

Problems Encountered and Resources Required

Though the Health Centre has appointed a doctor, it could only provide basic guidance and primary treatment to the students and staff. If anyone has serious ailment, the patient had to be referred to other hospital. The Health Centre alone cannot solve all the health issues. The Institute encourages the students to take part in various programmes of the Health Centre but many students do not show much interest in them.