

## 7.2 INSTITUTIONAL BEST PRACTICE (First)

### **Title of the Practice— Awareness towards Health, Hygiene and Environment**

**Goal**--- A healthy mind lives in a healthy body. Keeping proper hygiene, health can be maintained. Consciousness towards good habits also helps in keeping the surroundings and Environment clean. This is the extended step of our 'Green Initiative'.

**Context**--- This year, in the beginning of the session, it was decided to create awareness towards Health, Hygiene and Environment. The location of our college is in the area of old Patna. It is very crowded and people use supply water for drinking purpose. Health and Hygiene play a major role towards good mental status. As most of the girls come from economically poor background, there are chances of their poor health. Undernutrition and unhygienic condition becomes the reason of their sickness. Students are often told about the ways to keep them fit and healthy. They are made aware about menstrual hygiene and proper hand washing. Various programmes are organized by Dept. Of Home Sc. which are related to health and hygiene. Hygiene promotion sessions were also held during the classes. These were about Water hygiene, Food hygiene, Personal hygiene, Female hygiene, environmental hygiene. It was also supported by organizing health checkup and Dental checkup camp in the college.

**Practice**--- An Environment Protection Group of students is there in the college. Informations are given to students by that group, and they are trained in environmentally responsible behaviour by organizing programmes related to environment protection. Hygiene awareness is a regular practice of class.

In College functions, it is also tried to keep the waste generation minimized.

Programmes related to environmental topics are welcomed and organized on regular basis like Plantation, Popular Lectures etc.

Environment education is not only related to Science teachers, but in every class room and in every class it is practiced like—collection of waste papers (if any), turning off the switches of lights and fans when not in use, Using papers judiciously for writing, using both sides of paper for writing, closing the open water tap anywhere found in the campus.

### **Evidence of success—**

The honest evaluation of this practice is successful.

**Problem encountered**--- The main objective for this best practice was to sensitize people and community, as children are a good agent of making a change. But due to COVID-19 and lockdown from March 2020, the programme could not be organized. In the time of COVID-19, our awareness programme made the sense and we are still safe.

### **Contact Details—**

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## BEST PRACTICE (SECOND)

Title of the Practice-----GREEN GIFT

**Goal**-----To inculcate sensitivity towards the environment

**The Context**-----Beneficial use Determination is the main motto behind this Green Gift practice.Our college aims to follow such ways and habits which are ecofriendly.

**The Practice**---There are many activities and programmes organized according to Academic Calender.In all those occasions,invited guests are formally welcomed by giving bouquet and green plants as a 'Token of Love' in the form of Green Gift.This has a positive impact on students,teachers and all others.

**Evidence of Success**-----The message is conveyed from the campus to outside the community.This is a small step towards keeping our campus ecofriendly and developing deep thoughts towards sustainability.

**Problems Encountered**----Selection of plants was the problem.It was then decided to give indoor plants like moneyplant,palm etc.

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