

Best Practices 2017-18

Best Practices -1: Plastic Free Green Campus

Objective: - The main objective of this practice is to make students aware about the menace of plastics and pollution as a threat to life, particularly in city life. We also aim to motivate our students to take steps to mitigate use of plastic and impact of pollution to make others aware about this problem.

The Context: - Raigarh is one of the most polluted industrial cities of the state of Chhattisgarh. Rich in resource of coal and availability of raw materials, it has resulted in establishment of multiple companies of power generation and steel, iron production and cement. In spite of district administration measures to reduce pollution mainly due to the fly ash and dust coming out from transportation of coal and raw materials. Plastic is another curse and danger for life.

The Practice: - More than hundreds industrial plants are located around the city of Raigarh. The smoke emitted from the chimneys, dust and fly ash coming out from the steel and iron plants adds a lot to the pollution of this city. Our campus has been declared as plastic free campus, students and staffs are committed to the mission of keeping our campus plastic free and maintaining the greenery of the campus. They try to use powerless vehicles to reduce the effect of CO₂, use public transport rather than individual vehicles and sharing. To mitigate the impact of pollution, they actively participate in plantation drives organized in the college time to time. They have also taken oath to keep our campus smoking free. This way they exhibit the responsibility of a dutiful citizen of a nation. The students also try to educate people about this problem and encourage them for plantation.

Problems Encountered & Resources required: - In the beginning of the session, particularly at the time of welcome of the fresher's the students are briefed along with the model code of conduct for the students about keeping our campus plastic free and green one. Though it's a girl's college the pouches of pan-gutka are rarely in the habit of the girls, yet the chocolate pouches were earlier found scattered here and there in the campus. On adopting this best practice students were made to take oath of not throwing such materials in the college premises. This helped us keeping our campus neat and clean. The plantation drives undertaken every year by the NSS, Red-Cross are supported by every student with zeal and enthusiasm, add not only to the beauty of the campus but also form a part of Harihar Chhattisgarh. The plants are made available free of cost by the Forest department and the tree guards have been provided by Press Club and SBI, Raigarh.

Best Practices -2: Promoting Personal Hygiene among Women

Objective: - The purpose of this practice is to make girls students aware about the personal hygiene a related to their much suppressed problems and to clear the myth around their menstrual issues. They will also work as catalyst to spread this hygiene related awareness for others.

The Context: Inspired by the speech of our collector (lady) on the occasion of the installation of Sanitary Napkin Vending Machine by Rotary Club, Raigarh, this practice came into effect. She addressed the problem elaborately and scientifically and considered it a biological

phenomenon related to women's body. She disapproved all such religious myths as purity and impurity of women during the period. The collector urged the girls during the function to work as ambassador against the prevailing social and religious misconception of the people.

The Practice: - It is estimated that approximately 23% girls leave school early during the starting of their cycles and many of them face acute health problems. This issue is rarely discussed in homes and schools. Since 2010 Govt. has stepped up to address menstrual hygiene. This biological event is shrouded in mystery and taboo and not to be discussed openly. Trained by a home science teacher, our girls have taken the path breaking steps in tackling this issue of the female folk. These girls even spread this message and the hygiene and care to be taken during the period by women in general.

Problems Encountered & Resources required: - Initially the students were shy of talking about this topic, but gradually they realized the genuineness of these serious problems and began to volunteer themselves, particularly NSS and Red Cross student, to create awareness about this issue. They even faced problem convincing particularly uneducated parents in rural area about the purity and impurity of the women during the cycle period and the issues is related to worshipping and cooking. The financial resource required in this practice is met out of non Govt. fund.