

## **Best Practice I**

### **1. Title: CLEAN CAMPUS - GREEN CAMPUS**

### **2. Objectives**

To make campus clean and green.

To make campus eco-friendly.

To make campus plastic-free.

To popularize the slogan - 'Clean Campus – Green Campus'.

### **3. The Context**

The eco-friendly campus is one of the prominent needs of the day. In this context, the institution has initiated the Clean Campus- Green Campus Programme. The institution has undertaken various initiatives to make its campus clean and green. The institution has various programmes to make its campus plastic-free.

### **4. The Practice**

The institution has an active **Campus Development Committee** and **Nature Club** consisting of motivated and environment-sensitive students under a teacher co-coordinator. As per the need of the campus, landscaping is done and plantation drive is undertaken. For plantation purpose, seedlings procured from local government nurseries. The plants are also being purchased from private nurseries to maintain a variety of plants. The students' participation in this task is remarkable. Various steps are also taken to keep the campus clean and minimize the use of plastic.

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

The practice is a step towards success in our aim of making the campus green and clean. More than 185 different kinds of seedlings are planted during the year. The students along with the staff members took active participation in this task and became successful in keeping more than 120 plants alive in the unfavorable weather conditions and hard soil.

### **6. Problems Encountered and Resources Required**

The institution aims at increasing the number of plants every year. But the plantation drive and nurturing of the plants need a lot of funds. The institution has managed to receive plants, fertilizers and tree guards from government nurseries, local bodies and MOIL Foundation. Protecting plants and trees from monkeys is one of the major problems encountered during this practice.

## **Best Practice II**

### **1. Title: Yoga and Meditation for Students**

### **2. Objectives**

To achieve sound mind in sound body through coordination of mind and body.

To minimize stress level in day to day life.

To refresh mind, body and soul to revitalize life with new energy.

To increase the mental and physical efficiency of the students.

### **3. The Context**

In today's fast life no one gives much time to take care of one's physical and mental health. It is one of the responsibilities of the institution to the students to keep students mentally and physically fit. In this context, the institution has initiated Yoga and Meditation sessions for students every Saturday morning.

### **4. The practice**

The practice is observed for half an hour from 8.30 to 9.00 a.m. on every Saturday in the morning. The Director of Physical Education coordinates the whole session. First of all *Suryanamskar* sessions are held followed by some simple *Yogasanas*. The session ends with *Pranayama*, i.e. breathing exercises. All the students are motivated to attend these sessions held on every Saturday.

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

This practice has shown improvement in the mental and physical health of the students. It also helped them in minimizing their stress. It provided them with a booster dose to work with new energy and enthusiasm. Some of the students told that they are observing this practice in their life regularly and are making others also observe the same.

### **6. Problems Encountered and Resources Required**

Though this practice has been a successful exercise for the students, there were some problems that we encountered. Many of the students could not reach the sessions regularly because of transportation facilities in the morning. Yet, this is becoming more and more popular among them and they are benefited out of this to a great extent. From the resource point of view, this practice requires very little financial support for its performance. The coordinator has to take some extra efforts to practice these sessions according to their needs and capacities.