

## BEST PRACTICES FOR THE SESSION 2016-17

### Institutional Best practice-1:

**Title of the practice:** Philanthropic work through NSS, YRC and NCC activities

Govt. College, Sundargarh has active and vibrant units of NSS, YRC and NCC. These units are engaged in several philanthropic activities. All these units are run under the leadership and supervision of very able and efficient officers of the teaching faculty.

### Objectives of the practice:

- ✓ To undertake philanthropic activities and inculcate the spirit of service to mankind with humanitarian values.
- ✓ To provide help in natural and man-made disasters by providing food, clothing and first-aid to disaster victims.
- ✓ To uphold the motto of 'Service to Society'.
- ✓ To contribute towards environmental awareness and maintenance of a green and eco-friendly campus through plantation and cleanliness drives.
- ✓ To instill self-discipline and a sense of responsibility, dedication and commitment among the students.
- ✓ To develop character, comradeship, leadership, secular outlook, spirit of adventure and ideals of selfless service among the youth.
- ✓ Preparing the students to be caring citizens so that they have an opportunity to touch the lives of the needy and the helpless.
- ✓ To conduct social and health awareness programmes.

### The Context:

The objective of an institution of Higher Education is not only the attainment of academic excellence but also the inculcation of moral, ethical and humanitarian values in the youth for a holistic development of human personality. We live in an increasingly violence-prone world where the degeneration of human values has become the order of the day and one witnesses an upward trend in crime rates, anti-social activities, corruption, dishonesty, indiscipline, intolerance, moral degradation, lack of compassion and fellow feeling in the society.

In this context, the role of the NSS, YRC and NCC assumes crucial importance in educational institutions to enable the young students imbibe the spirit of service and develop into well rounded personalities in the larger interest of the society and the Nation at large.

### **The practice:**

In the academic session 2016-17, the NSS volunteers undertook several activities for the benefit of the institution. A campus cleaning programme was conducted by the NSS unit on 14th August, 2016. On 28th August, a plantation programme was organised in which NSS volunteers and NCC cadets took active part. The NSS Day was celebrated on 24th September to commemorate the tireless efforts of each volunteer towards the welfare of one and all. A campus cleaning drive was taken up on this occasion in which NSS volunteers along with NCC cadets and other students participated. The 'National Youth Day' was celebrated on 12th January to inspire the youth by the teachings of Swami Vivekananda.

Similarly, the youth Red Cross unit was quite active during the academic session. A blood donation program was organised on the occasion of the district level study-cum- training camp in the last week of October in which 24 units of blood was collected.

A dengue awareness road rally was organised on 28th August. The YRC also observed the 'World Aids Day' on 1st December in collaboration with the red ribbon club to create awareness about the menace of AIDS and preventive measures to combat the dreaded disease.

### **Evidence of success:**

The activities of the NSS and YRC units have been successfully conducted due to the active involvement of volunteers, students and staff members of the institution. The students have been participating in these activities with a great deal of enthusiasm. More girl students have enrolled themselves in these activities than earlier. There is more awareness among the students about the need and importance of social service and humanitarian acts like blood donation as well as healthy habits and practices such as cleanliness. There is a lot of greenery inside the campus as a result of the plantation efforts which is conducive to a healthy environment.

### **Problems encountered and resources required:**

Paucity of adequate funds for NSS and other activities.

Many students hesitate to volunteer for blood donation due to misconceptions and fear.

- **14.08.2016- Campus Cleaning Drive:-**



- 28.08.2016-Plantation Programme:-



- 26.10.2016-Blood Donation Camp:-



- 28.08.2016-Dengue Awareness:-

## ଡେଙ୍ଗୁ ସଚେତନତା ପାଇଁ ପଦଯାତ୍ରା



ସୁନ୍ଦରଗଡ଼, ୨୮୮ (ଅର୍ପିସ): ସୁନ୍ଦରଗଡ଼ ସରକାରୀ ମହାବିଦ୍ୟାଳୟର ଜାତୀୟ ସେବା ଯୋଜନା ଓ ରେଡ଼କ୍ରସ ଦ୍ଵାରା ଏକ ଡେଙ୍ଗୁ ସଚେତନତା ପଦଯାତ୍ରା ଅନୁଷ୍ଠିତ ହୋଇଯାଇଛି । ଏଥିରେ ଛାତ୍ରଛାତ୍ରୀ ଓ ଅଧ୍ୟାପକ ମାନେ ସୁନ୍ଦରଗଡ଼ ସରକାରୀ ମହାବିଦ୍ୟାଳୟରୁ ପଦଯାତ୍ରା ଆରମ୍ଭ କରି ସହର ପରିକ୍ରମା କରିଥିଲେ । ସ୍ଥାନୀୟ ଜନସାଧାରଣଙ୍କୁ ଡେଙ୍ଗୁରୁ କିପରି ରକ୍ଷା ପାଇହେବ ବୁଝାଇବା ସହ ସହର ପରିସାର ରଖିବା ପାଇଁ ସାପ୍ତାହିକ ବଜାର ବ୍ୟବସାୟୀଙ୍କୁ ସଚେତନ କରାଇଥିଲେ । ଜାତୀୟ

ସେବା ଯୋଜନାର ପ୍ରୋଗ୍ରାମ ଅର୍ପିସର ଡ଼.ନିଗମାନନ୍ଦ ଓଝା, ଡ଼.କୁମୁଦିନୀ ରାଉରରାୟ ଓ ରେଡ଼କ୍ରସର ଅର୍ପିସର ଡ଼.ହରପ୍ରସାଦ ମହାପାତ୍ରଙ୍କ ପ୍ରତ୍ୟେକ ତତ୍ଵାବଧାନରେ ଆୟୋଜିତ ଏହି ପଦଯାତ୍ରାରେ ଡ଼.କିଶୋର କୁମାର ଦାଶ, ବିଭୂତି ଭୂଷଣ ସାହୁ ପ୍ରମୁଖ ଅଧ୍ୟାପକ ଉପସ୍ଥିତ ରହି ଛାତ୍ରଛାତ୍ରୀମାନଙ୍କୁ ଉତ୍ସାହିତ କରିଥିଲେ । ସୂଚନା ଥାଇକି ରାଜ୍ୟରେ ଡେଙ୍ଗୁର ପ୍ରଭାବ ସଂପ୍ରତି ଭୟଙ୍କର ରୂପଧାରଣ କରୁଥିବାରୁ ଡେଙ୍ଗୁର ସଚେତନତା ନିତାନ୍ତ ଆବଶ୍ୟକ ହୋଇପଡ଼ିଛି । ଏହାକୁ ସ୍ଥାନୀୟ ବୁଦ୍ଧିଜୀବି ମହଲରେ ବେଶ ପ୍ରଶଂସା କରାଯାଇଥିଲା ।

### Institutional Best Practice-2:

**Title of the practice:** Self-Defence Training for girl students as a measure of Women Empowerment

#### Objectives:

- ✓ To equip the students to defend themselves against any type of physical assault.
- ✓ To build self-confidence in the girl students so that they can shape and take control of their own destiny.
- ✓ To develop physical and mental strength as well as fitness and good health.
- ✓ Inculcation of a positive self image.
- ✓ To achieve empowerment of girls in the true sense of the term.

## **The context:**

Violence against women has emerged as a common phenomenon in the modern era. It has assumed almost epidemic proportions in both urban and rural areas in our country. Women in India have become extremely vulnerable to harassment, physical assault, molestation, rape and even murder.

Therefore, it is imperative that all women should ideally be prepared physically and mentally and be well equipped with requisite skills and techniques to defend themselves against anti-social elements that pervade the Indian society today. The purpose and intention behind the concept of self-defence is that the more prepared you are, the less probability of falling prey to anti-social elements of the society.

## **The Practice:**

The self-defence training programme for girl students of Govt. College, Sundargarh for the academic session 2016-17 was conducted in the months of December and January. The trainees were divided into 09 groups and the total participants were 282 students. The training programme was conducted from 7.00 AM to 8.00 AM.

## **Evidence of success:**

The self-defence training program has evoked an enthusiastic response from the students and they have shown great eagerness to attend the training classes. The training programme is made available to the students free of cost irrespective of their economic background. It is heartening to note the voluntary participation of the girls in the training programme which will stand them in good stead in the future. They have been able to cultivate mental toughness, physical strength and self-belief to deal with any sort of challenges or any unforeseen situations.

## **Problems encountered and resources required:**

- 1- Lack of adequately trained and skilled trainers.
- 2- Need for increasing the number of training programmes for the trainers.
- 3- More girls need to be motivated to participate in the self-defence training programme.
- 4- Lack of financial resources to hire top class trainers.