

# Best Practice-1(2018-2019)

## Title of the practice

### Green Practice

#### Objective

The main objective of green practice is to create an eco-friendly environment. Going green is a mind-set that involved the continual pursuit of knowledge regarding how to live life in an eco-friendly environment. It gives an advance to take the lead in creating its environmental culture, improves the condition of our environment and balance ecosystems. It reduces the pollution from the environment and creates a positive impact on health. This practice helps in maintaining a clean and hygienic environment. It is a dynamic capability which is based on green practice and it is much more beneficial for the environment. Ecological consciousness is the demand of the era now which is invading each dimension of our lives and workplace. When the whole world is facing the problem of global warming the institute is trying to create an eco-friendly environment. The management is helping outstandingly to create green workforce that can understand and promote green culture in an organisation. After observation of the present situation, the institute is trying to find out ways and techniques to deal with reduction of pollution from the environment. It is the most significant element of sustainability. It provides a basic understanding of green culture among the students. The institute is adopting different strategies to promote this green practice among all. It is necessary to promote a sense of awareness among all to

Practice green everywhere.

#### The Context

The whole world needs environmental sustainability in increasing with the adverse impact of climate change, deforestation, global warming etc. The need to incorporate eco-friendly ways of producing and consuming as well as efficient use of energy, water and natural resources is essential for our survival and future and well-being. Green Practice is necessary for our survival and future wellbeing. It is essential to rejuvenate our ecosystem and provide us with a suitable practice that do not harm our environment and destroy our resources. Our institute is implementing the strategies to reduce, reuse and recycle by introducing alternative methods that are eco-friendly. Our institute is giving emphasis on water consumption, efficient use of water and natural resources which is essential for our survival and future wellbeing. Mentors are motivating students to participate in plantation programme and create awareness among them. Our institute is full of greenery which creates an aesthetic beauty also. Leakages and overflow of water from tanks are identified. We are motivating the **students** to participate in different activities related to plantation and green practice. Green drives taken up by the institute will definitely help to create an eco-friendly campus.

#### The Practice

The institute has created a very beautiful garden inside the campus. Solid and e-waste generated inside the campus is disposed every day.

We have planted different seasonal, medicinal and eco-friendly plants in our campus. Separate bins are provided for disposing of the waste. The students and staffs are encouraged to use the public transportation system. Eco-club has been organizing eco-friendly celebrations of Ganesh Chaturthi, Diwali and Holi to create awareness among the students, staff and in the locality.

Tress are planted and sapling of various species are distributed to the guest, staff, students and nearby in the locality.

Awareness programs and seminars are organized to make the campus completely plastic free. Separate bins are provided in the campus for disposal of different waste materials. The NSS team of our institute moves to different villages to create awareness about eco-friendly environment.

Most of the official communication now is done through e-mails, Apps like Whatsapp groups, websites and aiming for a completely paperless office in future. We are creating awareness not to use plastic in the campus. Maximum students and employees are using cycles to move to college. This practice guides the students to lead sustainable life strategies. All are practicing the slogan "Go Green". We have created organic garden which is healthy part of life. Students and employees are encouraged to create organic garden at their homes also. The institute is promoting green practice and cultivation of green practice in nearby villages also. Students are visiting local places with their teachers and creating awareness among the villagers for plantation and how to make a habit of not to use plastics. Local people are also participating with the students in this drive. Inside the campus we are growing organic plants, vegetables, and fruits etc that are used in the kitchen of the campus for preparing healthy food. We are trying eco-friendly rules in our campus such as using LED light bulbs, turning of everything when not in used, use of power bars, using of wash cups and plates and use of power bars etc.

### **Evidence of Success**

1. As per the MoU signed by SGR group with Gift we have channelized the paper wastes and e-wastes to it with a revenue generated of around Rs.22,000,00 with a Green Certificate issued by CPCB to our college.
1. There is a visible decrease in the use of paper every year, as most of the communication through apps and cloud technology.
2. The awareness programs and seminars have an impact on students and staff on judicious use of water, energy and effective management and disposal of waste.

### **Problems Encountered**

In spite of regular maintenance of taps, pipes, there is sometime wastage of water which can be avoided by having sensor valves and standard taps.

### **Resource Required**

1. The basic of nurturing and maintaining the sapling can be done by making the students and staff to adopt a tree.
2. More staff are required for gardening and maintenance.
3. Training should be imparted to the gardening staff regarding organic farming.

Best Practice-2

Title of the Practice

## Imparting the practice of yoga

### Objective

To create awareness about sound health and to maintain hygiene: It helps the students to develop their concentration level and to maintain their emotions. Practice of yoga helps to boost the moral values of the students and to help them to attain higher level of consciousness.

### The Context

Practicing yoga helps everybody to maintain a balance life. It helps students to develop the basic knowledge about their personalities to learn to adjust one well in all situations. It helps to learn techniques of maintaining good health and to develop a positive attitude to face the real challenges of life. Yoga boost our memory power and enhances our stamina. It improves the qualities of life. Students by practicing yoga are able to develop their concentration and becoming more focus on studies. They are becoming more aware about life skills. By developing the practice of yoga students are able to develop their principles of life and becoming an alert citizen.

### The Practice

Yoga is a practice which meant to bring a positive life. With this purpose our institute has inculcated yoga among the students and faculties. The purposes of this practice is to create awareness, self-discipline and higher order of understanding among the students. Prof. Sudhanshu Pati, the SPOC of this program. The institute is organizing different programs related to yoga to develop the spirit of yoga among the students and employees. It also invites spiritual speaker and yoga trainer to develop moralities and sense of awareness related to health and study. Students who are already skilled in yoga are encouraged to inspire the other students about the importance of yoga. Mr. Sitakanta Panda, President, Patanjali yoga samiti, Khordha is frequently moving to our institute to take yoga classes in our institute. Motivational speakers and yoga trainers from different centres are also invited to our institute to boost the confidence of our students.

### Evidence of success

- Students are willingly doing yoga in hostel and at their homes.
- Students are becoming more disciplined.
- They are becoming healthy and there are very few cases of illness among our students.
- Some parents are also learning yoga from their daughters and sons.

### Problems Encountered

- Some students without learning the proper technique of yoga doing it. In that case there are chances of injury risks.

### Resources Required

- More skilled in-house yoga experts are required.