

# **JH Govt. PG College, Betul, MP**

## **Best Practices ( 2020--2021)**

### **The First Best Practice**

1. Title of the Best Practice: Community Service through National Service Scheme.
2. Objectives of the Practice: The objectives of the best practice are as follows-
  - To ensure the all-round development of the personality of students
  - To inculcate values like love, benevolence, empathy, cooperation, team work, sense of brotherhood, patriotism
  - To inculcate the attributes of hard work, discipline, self-confidence and mutual understanding in the students
  - To make them competent to face the challenges of their life
  - To make them self-reliant and self-confident
  - To make them better human beings
  - To make them aware of their social responsibilities
  - To make them better citizens of the nation
  - To contribute to national development

### 3. The Context

NSS volunteers of the institution have always been serving the society through various initiatives. They have been engaged in awareness campaigns related to cleanliness health, hygiene, environment pollution, soil conservation, water conservation, energy conservation and several social issues like corruption, child marriages, dowry, alcoholism, gender discrimination, illiteracy, etc. Plantation is one of the regular activities of the scheme. They have always been contributing to the social welfare by providing relief to the poor and the needy. They have also been celebrating various commemorative days in order to inculcate human values amongst the people. Many of the volunteers are regular blood donors as well.

### 4. The Practice:

During the outbreak of COVID-19, the volunteers of NSS came forward and spread awareness amongst the people. Various competitions such as rangoli, mehndi, slogan writing, poster making, wall paintings, creative writing, poetry recitation were organised to make people aware of the importance of social distancing, regular handwash, sanitising and other preventive measures prescribed by the government of India to fight the disease. A large number of awareness programmes were conducted through online platform also. In addition to this, a special campaign was conducted for downloading the AROGYA SETU app and to throw light on its importance. Handmade masks, essential items such as food packets, clothes and grocery items were distributed

in the nearby areas. They also taught the people how to prepare immunity booster drink such as 'kadha'. A four day meditation therapy workshop was organised in collaboration with the international organisation The Art of Living for managing the stress and depression and to strengthen the mental health of the people.

5. Evidence of Success: The initiatives of the volunteers of NSS have been successful in eradicating many social evils from the nearby villages. Community services done during their camps have made the villagers aware of the importance of health and hygiene, cleanliness and literacy. They have been informed of the various welfare schemes of the government. Many of them have become literate. Many of them have abstained from alcoholism and many other social evils.

This year, the campaign helped, to a great extent, in spreading awareness about the use of masks, sanitizers and also about the importance of social distancing. The awareness programmes resulted into the reduction in the number of covid positive patients.

6. Problem Encountered and Resources Required:

- As most of the students enrolled in the institution belong to the nearby villages, it is easy for them to convince the villagers to adopt good practices. But during the outbreak of COVID-19, the volunteers had to work harder to convince the people about the necessity of using masks and sanitisers. Some of the volunteers stitched the masks themselves and distributed them amongst the villagers free of cost. Many of the labourers had lost their work and they were on the verge of starvation. The volunteers managed to provide them food and other basic necessities with the help of the philanthropists of the city.
- Enthusiastic young volunteers are needed.
- Financial support is also a requisite.

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## **The Second Best Practice**

1. Title of the Best Practice: Mainstreaming the Impoverished and Destitute Children through Sports

2. Objectives of the Practice: The objectives of the best practice are as follows:

- To mainstream the impoverished and destitute children through sports
- To give them training in sports of their interest
- To develop their personality
- To prevent them from anti-social activities
- To generate their interest in education
- To make them disciplined, well-mannered, confident, responsible citizen
- To contribute to the welfare of the society

### 3. The Context:

The students of the institution used to practice different sports not only at the college ground but also at other grounds available at the district. During the practice sessions, some children used to gather around and watch the players. These students belonged to very poor families and were seen loitering here and there. The Department of Sports and IQAC thought over the plan of training these children in sports. The sport officer along with the IQAC members talked to these students and within a few days became successful in persuading them to get the training of the sports of their own interest.

4. The Practice: These children were divided into groups on the basis of their choices of games. They were told about the rules and regulations of these games. Regular practice sessions were conducted for each sports group at the college and at the local sports ground of the district. Sports equipment received as charity were provided to them. Nutritious and balanced diet was provided to increase their physical capabilities. Former players of the institution also came forward to assist the Sports Department in this venture. Programmes were also organised to make them aware about the importance of education, health and hygiene.

This turned out to be a regular best practice and is being practiced incessantly.

### 5. The Evidence of Success:

- Sports department has been able to draw these children away from the anti-social activities in which few of them were sometimes seen to be involved.
- Behavioural change is being perceived in these children.
- They have become well-mannered, disciplined and self-confident.
- Their life-style has changed. Their attitude towards life has become positive.
- These children are motivating other children of their localities to participate in these practice sessions.
- Regular sports training has increased their interest in studies as well. They have become punctual in their schools. Their performance in the schools has also improved.

### 6. Problem Encountered and Resources Required:

- Persuading these students to regular practice sessions was not an easy task. The institution then decided to give them nutritious snacks and fruit to attract them and increase their physical capabilities as well. Some of the social organisations working at the district also came forward to provide them balanced diet. Financial support from other sources could have helped much.
- Some of the children were not regular initially. They were motivated to be punctual.
- These players need sports kits also which are not always available in sufficient quantity.