



JAYWANTI HAKSAR GOVT. PG COLLEGE, BETUL

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**3RD CYCLE
ASSESSMENT AND ACCREDITATION BY NAAC**

Criterion – 7

Institutional Values and Best Practices

7.2: Best Practices

7.2.1: Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual



जयवन्ती हॉक्सर शासकीय स्नातकोत्तर महाविद्यालय, बैतूल (मप्र)

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Best Practice 1

1. Title of the Best Practice: *“Serving the Society for Realising the Self”*

2. Objectives of the Practice

- ◆ To sensitize our students to the social issues and to promote sustainability
- ◆ To make them apply their abilities and knowledge in finding the solution thereof
- ◆ To inculcate in our students the values of love, compassion, empathy, benevolence and self-sacrifice
- ◆ To instil in them the qualities of hard work, discipline, self-confidence, leadership, team work, cooperation, mutual understanding, sense of brotherhood and patriotism.
- ◆ To ensure physical, mental and spiritual development of the students
- ◆ To make our student realise the power of the Self
- ◆ To contribute to the development of the nation and the world.

3. The Context

“The best way to find your self is to lose yourself in the service of others.” - M. K. Gandhi
“Service to man is service to God”

The ultimate aim of human life is self-realisation and social service is one of the various ways to achieve this end. Social service for us is also the means to *“draw out the best in body, mind and soul”* (MK Gandhi) and to *“manifest the perfection already in man”* (Swami Vivekananda). It's engrained in the ethos of our institution, as the founding stone of our college was laid when late *Mrs Jaywanti Haksar* donated her entire assets for the establishment of this college. Social service finds its place in the vision of the college and leads our students to the light of the Ultimate. The tag line of our IQAC (*‘Shraddhavan labhate jnanam’*) imbibes in our students reverence and faith, and the logo of our college (*‘Uttishthat Jagrata’*) inspires our students to arise and exert for achieving our aim of *Serving the Society for Realising the Self*.

Social services are enthusiastically and passionately carried out by the two hundred volunteers of NSS, another two hundred energetic cadets of NCC, Eco Club, SVCGS, Red Ribbon Club, and Human Rights Cell and also by the teachers and staff members often in collaboration with a number of GOs and NGOs.

4. The Practice

Good Health and Well Being:

“Sariramadyam khalu dharmasadhnam”.
This body is surely the foremost instrument of doing (good) deeds.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।
May everyone be happy. May everyone be free from illness

Our body, being the temple of our soul, is of paramount importance but it is prone to a number of ailments due to negligence and ignorance. As an institution we consider it our responsibility to dispel all kinds of ignorance through many activities conducted to raise awareness about it. ‘Eat Right India Movement’, ‘Shudhhake Liye Yuddha’ (War against Adulteration), online quiz on National Nutrition Week (16.09.2021), Fit India Campaign, online lecture on ‘Grow Your Own Food: Organic Terrace Gardening’ (9.12.2021) are some of the programmes conducted to achieve this aim.

Awareness about Family Planning, Women Health, Sanitation, De-addiction, AIDS, cancer, tuberculosis, malaria, dengue, medicinal value of *Lakshmi Taru* (13.9.2021) etc. and Health Check-up Camps, Vaccination Drives are the programmes conducted for ensuring good health of the people.

For ensuring the **mental health** of the people, Yoga and Meditation Camps, *Samuhik Surya Namaskar*, Mental Health Workshops and counselling sessions are organised.

Students are taught to have compassion for the animals and refrain from any kind of violence against them. **Veterinary camps** are arranged in the NSS Camps to check their health, to vaccinate them and to cure them of the diseases. *The Dana Pani Abhiyan* (1.4.2022) in which students prepared earthen pots from waste materials for food and water

of the birds and put them on the trees is one of the various ways of developing compassion for the birds.

Students and staff of the college have saved the lives of many by donating their blood upon a single call in emergency conditions and also in the **Blood Donation Camps**. Blood donation instils in our students the value of self-sacrifice and universal brotherhood.

Environmental Conservation and Biodiversity

अशक्यं प्रकृतेः ऋते जीवनम्—There is no life without nature.

We, in our nation, have a long tradition of worshipping nature in its various forms. In order to instil in our students the love and respect for nature they are involved in many activities for the **conservation of nature**. Being led by the belief of the immanence of the almighty they are motivated to love not only the living but the so called non-living objects of nature as well.

The habits of using the natural resources diligently are taught and the students teach others the same. They spread awareness for conservation of all natural resources including soil, trees, water and energy. **Environmental conservation** is ensured through awareness about use of renewable energy, rain water harvesting, water recycling, waste management techniques, cultivation of medicinal plants, vermin composting etc. The activities of *Bori Bandhan* and construction of soak pits carried out in the adopted villages help in increasing the water level in ponds and rivers.

दशकूप समा वापी, दशवापी समोहहृदः । दशहृद समः पुत्रो, दशपुत्रो समो द्रमुः ।

One step well is equal to ten wells, one pond is equal to ten step wells,
One one is equal to ten ponds and one tree is equal to ten sons.

Plantation is the regular activity of the college. 2620 saplings were planted on 2nd July 2017 in collaboration with the local government for making a world record.

Awareness against **environmental pollution** is spread through activities such as

• **Seminars** on Terrace Farming (10.3.2021), ‘Air and Water Pollution’ (31.3. 2022), ‘Single Use Plastic: Curse for Soil’ (4.4.2022), “ Control on Air Pollution and Water Pollution” (25-3.3.2022)



• **Invited lectures** on ‘Reuse of Plastic Waste and Prospects of Bioplastic’ (20.12. 2021), ‘Reuse of Plastic Waste and Prospects of Bio Plastic’ (18.10. 2021), ‘Energy Swaraj’ by Brand Ambassador of Solar Energy, Chetan Solanki (18.12.2020), World Wetland Day (01.02.2021).



• **Quizzes** on National Science Day (28.02.2021), ‘Plastic Awareness’ (18.12.2021), Environmental Issues (29, 30, 31 March, 2022)



• **Slogan and essay writing competitions** on ‘Single Use Plastic’ (4th- 10th October 2021)



• **Poster Making competition** on cleanliness (29.3.2022)



□ **Celebration** of World Environment Day (5.6.2022), World Population Day (11th July), Earth Day (22nd April), World Water Day (26th March), World Sparrow Day (20.3.2021), World Wetland Day (2nd February), Wild Life Conservation Week (1-7 October, 2021) and Energy Conservation Day (14.12.2020)

Cleanliness being next to godliness, students get involved in **cleanliness drives** in surrounding areas and adopted villages. They collect polythene from the trash, uproot weeds like Parthenium (*Gajarghans*) make people aware of the harmful effects of the plastic and importance of cleanliness.

Social Issues

तमसो मा ज्योतिर्गमयः

Lead me from the darkness of ignorance to the light of knowledge.

Ignorance is the root cause of all superstitions and social evils. The torchbearers of our institution illumine the people to bring them out of their miserable conditions.

Awareness programmes on themes such as *Beti Bachao and Beti Padhao*, adult education, De-addiction, cyber security, POCSO are conducted. Social evils like child marriage, human trafficking, child labour, dowry, domestic violence, gender discrimination, corruption, adulteration are also addressed through various activities.

Visit to the old age homes, orphanages, slum areas and distribution of blankets, stationery, books, clothes and eatables to the poor and the needy are also the regular activities of the college. *Neki ki Deewar* has been created where daily use articles are kept to be taken away by the needy.

The *College Chalo Abhiyan* (A literary drive) is conducted by our students and the teachers to minimise drop rates in schools, promote college education and disseminate the information of various welfare schemes of the government.

Civic Responsibilities

राष्ट्रस्यार्थं न यत् ज्ञानं राष्ट्रस्यार्थं न यत् धनम् ।
राष्ट्रस्यार्थं बलं यन्न, धिक् तत् ज्ञानं धनं बलम् ॥
The knowledge that is not for the nation, the wealth that is not for the nation and the power that is not for the nation, cursed be that knowledge, wealth and power.

Students are sensitised towards the civic responsibilities through the celebration of commemorative days. Programmes on *Ek Bharata Shrestha Bharata*, *Azadi ka Amrit Mahotsava*, *Har Ghar Tiranga*, *Nadi Mahotsava*, *Yuva Shakti Corona Mukti*, *Hariyali Mahotsav*, Clean India Campaign, Youth *Mahapanchayat* (18th July), 150th Birth Anniversary of Mahatma Gandhi, 116th Birth Anniversary of Chandra Shekhar Azad have been organised as per the guidelines of the state government.

We need to make every single thing accessible to every person with a disability.

Skill Development Programme for Divyang students- To make the differently abled economically self-reliant the college conducted two training programmes for the students of a nearby blind school and our own students.

A Four Month “Data Entry Operator Training Programme” was conducted in collaboration with MPCON Limited, Bhopal under the NHFDC (National Handicapped

Finance and Development Corporation), Govt of India from 26th December 2019 to 25th December 2019.

“Intuition Training Programme” was conducted for visually impaired students of our college and *Padhar* School in collaboration with *Art of Living* from 28.12.2018 and 29.12.2018.

A national webinar conducted on “Disability Rights and Indian Education System” (19-20 January, 2021) gave the students opportunity not only to understand the problems of these students but also find out their remedies through a very fruitful discussion with the experts from across the country.

Electoral Literacy Club organises voter’s awareness programmes through activities such as rallies, human chain, paintings, wall paintings, street plays, slogan writing, quizzes, songs, rangoli, *mehandi*, debate, speech, poetry recitation, creative writing, letter writing to encourage people for using their voting rights. The volunteers also assisted the local administration in the campaigns for EPICs and got the forms of new voters filled for the inclusion of their names in the voter list.

Road Safety Week celebrated to spread awareness about road safety has saved the lives of many by reducing the cases of negligence and rash driving.

Corona Warriors: Pandemic was the testing time when our NSS did work shoulder to shoulder with the frontline workers without caring for their lives. ***Yuva Shakti Corona Mukti Abhiyan*** was conducted as per the guidelines of the state government wherein they motivated the people for vaccination and raised awareness about the safety measures and guidelines issued by the government.

During the lockdown they approached the people through social media and were always connected with the society for extending their helping hands. Special campaign was initiated for to encourage social distancing, regular hand wash, use of sanitizers and the use of *Arogya Setu* App. The recipes of immunity booster drink *kadha* and the process of home-made sanitizers were explained to the people.

Distribution of grocery, self-stitched masks, *kadha*, food packets, grocery items, blankets, slippers, clothes, medicines and other items of daily use were distributed in nearby areas. The volunteers visited the localities of transgender and distributed grocery items to them.

A four day meditation therapy workshop was organised in collaboration with the international institution “The Art of Living” for managing stress and depression of the people. Breathing techniques were taught to boost immunity and lung capacity. Another two months online training programme was also conducted for Yoga, meditation and breathing techniques.

The district administration also acknowledged their services by bestowing the title of **Corona Warriors** to them.

5. Evidence of Success

- ◆ The evidence of the best practice is perceived in increased literacy rate, economic growth, decreased diseases, abstention from alcoholism and eradication of social evils in the surrounding villages.
- ◆ The sad stories of the inhabitants of old age homes, orphanages and slum areas heard have made our students sensitive to the problems of under privileged and led them to contribute to their solution to some extent.
- ◆ The help extended during the covid redeemed the migrants and the unemployed labourers from the verge of starvation.
- ◆ The innumerable campaigns carried out by the institution during the elections and the pandemic resulted in notable increase in voting percentage and reduced cases of COVID-19.
- ◆ Programmes on the dignity and empowerment of women have brought women out of their veils to be economically self-dependent and breathe in the air of self-esteem.
- ◆ *The College Chalo Abhiyan* has tripled the enrolment ratio of our college since the last six years.
- ◆ The greatest success of the practice is visible in the personality of our students who are realising their self and are ready to create a world which is full of love, compassion, happiness, prosperity and serenity all around.

6. Problems Encountered and Resources Required

- ◆ As most of the students enrolled in the institution belong to the nearby villages, it is easy for them to adopt good practices there but sometimes shortage of time becomes a constraint.
- ◆ A large number of enthusiastic and dedicated volunteers are needed to bring the change.

- ◆ Transportation facilities are needed to reach remote villages, slum areas and adopted villages.
- ◆ Greater financial support could be of much help.

यत् भावो—तत् भवति — You become what you believe.
आत्मदीपः भव — Be your own light.

7. Notes:

Our institution attempts to make our students believe that man is a miraculous reservoir of infinite power and anyone can realise this power through selfless social service.

1. Title of the Practice : Publication of JH e-News

The news of the acts of generosity, if disseminated systematically, attracts the attention of society. It invokes appreciation and motivates people for their enthusiastic involvement by creating congenial atmosphere leading to the accomplishment of its goals and resultant sense of fulfilment.

The idea of the publication of JH e-News germinated in the minds of IQAC Chairman and the Coordinator in the year 2015.

2. Objectives of the Practice:

Initially, JH e-News was started with the following objectives:

- To disseminate the information related to the activities of the college to the stakeholders
- To make the society aware of the quality enhancement initiatives of the institution
- To develop the creativity of the students
- To inspire the students and teachers for greater achievements
- To promote community services
- To encourage collaborative activities
- To enhance the involvement of the stakeholders in the activities of the college
- To enhance the reputation of the college

3. The Context

Contribution to National Development is one of the five core values of the HEIs formulated by NAAC. Institutionalisation of this core value in isolation is unimaginable for any HEI. The HEIs have to establish close relationships with the stake holders including other institutions, industries or other agencies of professional and social relevance. Before initiating these collaborative activities it is imperative on the part of the stakeholders to have some information about the multifarious activities being carried out in the institution.

It was therefore, decided that a quarterly e-Newsletter will be published showcasing all the prominent activities of the institution.

4. The Practice

A committee headed by a senior professor, two junior professors and 3-4 enthusiastic students was formed to turn the idea into reality. The students selected for the purpose were of good writing abilities and had shown their creativity on earlier occasions. After the formation of the committee, the notice was circulated for collecting information about the curricular, cocurricular and research based activities carried out by NSS, NCC, SVCGC, Sports, Eco Club and all the departments of the college. The records of individual achievements of students and teachers were also sought. The students under the guidance of in-charge professor, started collecting the data, reports, news and photographs of the activities from all the departments. After the data collection, useful data was selected. Then started the work of editing. With some technical assistance, finally, it came out in the form of JH e-News.

The e-News included the news of all the remarkable curricular, cocurricular and research based activities, quality enhancement initiatives and individual and collaborative achievements of the students and the professors.

The hardcopy of the e-News was then displayed on the notice boards. The soft copy was uploaded on the website of the college and was shared with the stakeholders.

5. Evidence of Success

The e-News was received very enthusiastically by other institutions, organisations and stake holders. They were now having the first hand information about the activities of the college and felt themselves connected with it. The result was perceived in the closer relationship of the institution with the stakeholders and their increased involvement in the activities of the institution.

The acclaim obtained by the newsletter boosted the enthusiasm of the students. Their creative abilities were enhanced and they were well versed with the editorial skills, though initially on a small scale.

Since the e-News showcased the individual achievements of the students and teachers, they were filled with the urge to do better in their fields. It has also resulted into enhanced reputation of the institution.

The JH e-News has continued to be published quarterly since its inception in the year 2015. It took different colours and shapes with the changing social and environmental circumstances. During the elections, it bathed in the rainbow colours of voters awareness programmes carried out by the institution, during the pandemic it breathed the air of benevolence and sympathy by performing the duty of a responsible component of society through spreading awareness against the pandemic.

The higher authorities of the DHE were all full of praise and admiration for this practice of the institution whenever the e-News was presented to them.

6. Problems Encountered and Resources Required

With the energetic and enthusiastic team constituted for the implementation of the best practice, no problem was encountered. Even the cruel clutches of COVID could not hamper its issuance during the calamity. With the increasing demand for the motivation and support to the suffering humanity, it came out with greater vigour and vitality of the enthusiastic collaborators and has ever since continued to showcase all the activities of the institution accomplished with the support of the ever enhancing zeal of its stakeholders.
