



Internal Quality Assurance Cell

Best Practice

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 students 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 yourself 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 goal. Social service is also our 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 ingrained in the ethos of our institution, as the founding stone of our college was laid when the late *Mrs Jaywanti Haksar* donated her entire assets for the establishment of this college. Social service is included in the vision of the college and leads our students towards the light of the Ultimate. The tagline of our IQAC (*‘Shraddhavan labhate jnanam’*) imbues our students with reverence and faith, and the logo of our college (*‘Uttishthat Jagrata’*) inspires our students to arise and exert themselves to achieve our aim of *Serving the Society for Realising the Self*.

Social services are enthusiastically and passionately carried out by two hundred volunteers from the NSS, another two hundred and sixty-six energetic cadets from the NCC, and the Eco Club, SVCES, Red Ribbon Club, Human Rights Cell, as well as teachers and staff members, often in collaboration with numerous GOs and NGOs.

4. The Practice

Good Health and Well Being:

“शरीराद्यं खलु धर्मसाधनम्”

This body is surely the foremost instrument of doing (good) deeds.

सर्वेभवन्तुसुखिनः सर्वेसन्तुनिरामयाः ।

May everyone be happy. May everyone be free from illness.

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

Programmes to raise awareness about Family Planning, Women’s Health, Sanitation, De-addiction, AIDS, Cancer, Tuberculosis, Malaria, Dengue, and the medicinal value of *Lakshmi Taru* (13.9.2021), along with Health Check-up Camps and Vaccination Drives, are conducted to ensure the good health of the people.

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

Students are taught to have compassion for animals and refrain from any violence against them. **Veterinary camps** are arranged during NSS Camps to monitor their health, vaccinate them, and cure them of diseases. The *Dana Pani Abhiyan* (1.4.2022) in which students prepared earthen pots from waste materials for providing food and water to birds and placed them in trees, is one of the many ways to foster compassion for birds.

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

Environmental Conservation and Biodiversity

अशक्यंप्रकृतेः ऋतेजीवनम्—There is no life without nature.

We, in our nation, have a long tradition of worshipping nature in its various forms. To instil love and respect for nature our students are involved in many activities aimed at **conserving nature**. Guided by the belief in the immanence of the almighty, they are motivated to love not only the living but also the so-called non-living objects of nature.

Students are taught to use natural resources diligently, and in turn, they teach others the same. They spread awareness about the conservation of all natural resources, including soil, trees, water, and energy. **Environmental conservation** is ensured through awareness about the use of renewable energy, rainwater 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 to increase the water level in ponds and rivers.

दशकूप समा वापी, दशवापीसमोहहृद्भद्रः। दशहृद समः पुत्रो, दशपुत्रो समो द्रमुः।

One stepwell is equal to ten wells, one pond is equal to ten stepwells,
One sone is equal to ten ponds and one tree is equal to ten sons.

Planting trees is a regular activity at the college. A total of 2,620 saplings were planted on July 2, 2017 in collaboration with the local government.

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 of Air Pollution and Water Pollution” (25.3.2022)
- ◆ **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), on World Wetland Day (01.02.2021)
- ◆ **Quizzes** on National Science Day (28.02.2021), ‘Plastic Awareness’ (18.12.2021), and 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 (11 July), Earth Day (22 April), World Water Day (26 March), World Sparrow Day (20.3.2021), World Wetland Day (2 February), Wild Life Conservation Week (1-7 October, 2021) and Energy Conservation Day (14.12.2020)

Cleanliness being next to godliness, students actively participate in **cleanliness drives** in surrounding areas and adopted villages. They collect polythene from the trash, uproot weeds like Parthenium (*Gajarghans*). Additionally, they educate people about the harmful effects of plastic and the 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 illuminate people's lives to bring them out of their miserable conditions.

We conduct awareness programmes on themes such as *Beti Bachao Beti Padhao*, adult education, De-addiction, cyber security, and POCSO. We also address social evils like child marriage, human trafficking, child labour, dowry, domestic violence, gender discrimination, corruption, adulteration through our various awareness activities.

We regularly visit old age homes, orphanages, and slum areas. Distribution of blankets, stationery, books, clothes, and food items to the poor and the needy are also regular activities of the college. We have created '*Neki ki Deewar*', where daily-use articles are kept for the needy to take away.

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

Civic Responsibilities

राष्ट्रस्यार्थं न यत् ज्ञानं राष्ट्रस्यार्थेन यत् धनम् ।
राष्ट्रस्यार्थबलं यन्न, धिक् तत् ज्ञानं धनबलम् ॥

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 their civic responsibilities through the celebration of commemorative days. Programmes such as *Ek Bharata Shrestha Bharata*, *Azadi ka Amrit Mahotsava*, *Har Ghar Tiranga*, *Nadi Mahotsava*, *Yuva Shakti Corona Mukti*, *Hariyali Mahotsav*, Clean India Campaign, and Youth *Mahpanchayat* (18th July) are organised. The 150th Birth Anniversary of Mahatma Gandhi and the 116th Birth Anniversary of Chandra Shekhar Azad were also celebrated in accordance with the guidelines of the state government.

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

Skill Development Programme for Differently-Abled students- To help the differently abled become economically self-reliant, the college conducted two training programmes for such students from a nearby school and within our own student body.

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 26 December 2018 to 25 April 2019.

An "Intuition Training Programme" was conducted for visually impaired students from our college and *Padhar* School in collaboration with *Art of Living* on 28 and 29 December 2018.

A national webinar was conducted on ‘Disability Rights and Indian Education System’ (19-20 January 2021). It provided students with the opportunity to not only understand the challenges faced by these students but also to explore potential solutions through a fruitful discussion with experts from across the country.

Electoral Literacy Club organises voters awareness programmes through activities such as rallies, human chains, paintings, street plays, slogan writing, quizzes, songs, rangoli, *mehandi*, debates, speeches, poetry recitation, creative writing, and letter writing to encourage people to exercise their voting rights. The volunteers also assisted the local administration with EPIC campaigns and facilitated new voters in completing their forms for inclusion on the voter list.

Road Safety Week is celebrated to spread awareness about safe driving practices, which has contributed to saving lives by reducing cases of negligence and rash driving.

During the pandemic, our students worked side by side with the frontline workers without caring for their lives. *Yuva Shakti Corona Mukti Abhiyan* was conducted following the guidelines of the state government wherein they motivated people to get vaccinated and raised awareness about safety measures and government guidelines.

During lockdown, the students and teachers stayed connected with the community through social media, offering assistance where needed. Special campaign was initiated to encourage social distancing, regular hand washing, use of sanitisers, and the *Arogya Setu* App. They shared recipes for the immunity- booster drink *kadha* and instructions for making homemade sanitizers.

The volunteers distributed groceries, self-stitched masks, *kadha*, food packets, blankets, slippers, clothes, medicines, and other daily necessities in nearby areas. They also visited transgender communities to distributed groceries.

A four- day meditation therapy workshop was organised in collaboration with the international institution ‘The Art of Living’ to help people manage stress and depression. Breathing techniques were taught to boost immunity and lung capacity. Additionally, a two-month online training programme was conducted for Yoga, meditation, and breathing techniques.

The district administration acknowledged their services by bestowing upon them the title of ‘**Corona Warriors**’.

5. Evidence of Success

- ◆ The evidence of best practice is perceived in the increased literacy rate, economic growth, decreased disease prevalence, abstention from alcoholism, and eradication of social evils in the surrounding villages.
- ◆ The sad stories heard from inhabitants of old age homes, orphanages, and slum areas have made our students sensitive to the problems of the under privileged, leading them to contribute towards their solutions to some extent.

- ◆ The assistance extended during the COVID pandemic rescued migrants and unemployed labourers from the brink of starvation.
- ◆ The numerous campaigns carried out by the institution during elections and the pandemic have resulted in a notable increase in voting percentage and a reduction in COVID-19 cases.
- ◆ Programmes focussing on the dignity and empowerment of women have encouraged women to emerge from their seclusion, becoming economically self-dependent and breathing in the air of self-esteem.
- ◆ *The College Chalo Abhiyan* has tripled the enrolment ratio of our college over the last six years.
- ◆ The greatest success of the practice is visible in the personalities of our students, who are realising their potential and are prepared to create a world full of love, compassion, happiness, prosperity, and serenity.

6. Problems Encountered and Resources Required

- ◆ Although most of the students enrolled in the institution come from nearby villages, making it easier for them to adopt good practices, a shortage of time sometimes poses a constraint.
- ◆ A larger number of enthusiastic and dedicated volunteers are needed to instigate the change.
- ◆ Transportation facilities are required to reach remote villages, slum areas, and adopted villages.
- ◆ Increased financial support could be greatly beneficial.

7. Notes:

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

Our institution aims to instil in our students the believe that humans are miraculous reservoirs of infinite power, and this power can be realised through selfless social service.
