

**PRAMATHESH BARUA COLLEGE  
GAURIPUR  
ESTD-1964**



**BEST PRACTICE  
2018-2019**

<https://www.pbcollege.in.net/>

[igacpbc@gmail.com](mailto:igacpbc@gmail.com)

# 2018-2019

## Best Practice-1

### Title of the Practice: Clean and Green Campus

#### 1. The context that required the initiation of the practice:

The Government of India stressed upon to create Green and Clean India. In view of the mission the college felt to clean its campus and to make the campus and surrounding areas green. The college carry forwarded the national mission holding the hands of students so that they can understand how important the nature is for the existence of human race on this planet earth. The college felt to initiate a cleanliness drive to make the campus and its surrounding areas greensensing the rapid growth of urbanisation. Therefore the college organised a few programme on cleanliness to create awareness among public in general and students in particular.

#### 2. Objectives:

- a. To create awareness on cleanliness
- b. To inculcate affection for nature among students
- c. To create dirt, stain and offensive odour free environment

#### 3. The Practice:

The college family desires to see the students habituated with cleanliness as an important part of life. The college begins the initiatives with cleanliness practice in the campus. So the college has introduced the slogan “Clean Campus, Green Campus”. Cleanliness practice is also attached with the practice of plantation and increasing the greenery in our neighbourhood. The Eco Club of the college and the teachers of Environmental Study have organised different cleanliness programme in and outside the campus of the college. A day long cleanliness programme in commemoration with Swacha Bharat Abhijan was organised on 3<sup>rd</sup> June 2018. Eighty students of the college attended and participated the programme. The NCC unit of the college organised Swacha Samaraho ‘Save and Conserve water and save life’ in the college. Forty students of NCC cadets along with other students participated the programme. They cleaned the college campus. The Eco Club organised an awareness programme on forest conservation. The programme was followed by Wall Painting on 17<sup>th</sup> March 2019. The Eco club organised ‘Swacha Pokhora’ to create awareness on cleanliness and sanitization so that students can pursue these practice as one of the best practices of their life. The programme continued for fifteen days. Different events like cleanliness drive, plantation, and awareness rally were the significant parts of the programme.

#### 4. Obstacles faced if any and strategies adopted to overcome:

The temptation and adolescent heroic nature of taking taking Gutkha, Pan Masala is a great challenge for keeping cleanliness. Spitting by few irregular students who have the habit of taking this kind of Gutkha in the campus often left unnoticed. Though the implementation of the

practices on environmental related issues was smooth, yet much awareness campaign should be taken to make the students aware cleanliness.

#### **5. Impact of the practice:**

The impact of the practice is noteworthy.

- a. Students are found more interested in maintaining cleanliness in the campus.
- b. The college has a good plantation for green and clean campus.
- c. Dustbins have been installed in all the corners of the campus.

#### **6. Resources required:**

- a. Resource person
- b. Other equipment like speaker, mike etc
- c. Eco friendly plants
- d. Net Fencing

### **Best Practice 2**

#### **Title of the practice : Yoga and Health Training**

##### **1. The Context that required the initiation of the practice:**

The benefits of practicing Yoga has been realised by each and every conscious people across the Globe. The United Nations proclamation of 21 June as International Day of Yoga has aims to raise awareness worldwide on many of its benefits. Our college has started 'Yoga and Health Training Programme' with a mission during the academic session 2018-2019 to make the students aware of practicing the art of yoga. Yoga helps to controlling students mind, body and soul. It brings together physical and mental disciplines. It helps to achieve a peaceful body in mind. It helps to manage stress and anxiety. It keeps students relaxing in study so that they do not feel stressed in any situations during examination. It helps in increasing flexibility, muscles power, and strength and body tone. Therefore, the NCC unit of the college held yoga training session in every year.

##### **2. Objectives of the Practice:**

- a. To build mental and physical health of students.
- b. To make the community people aware of the importance of Yoga through the students.

##### **3. Practice :**

The NCC unit of the college held yoga session and free hand exercise in commemoration of International Day of Yoga on 21-06-2018. The boys and girls students of the college attended yoga session in the morning followed by a deliberation from the Lieutenant of NCC Company of the college. The Lieutenant and HOD English Prof. T.I .Mollah of the NCC unit trained the students how to practice different kind of health exercise which fall under the category of yoga. The yoga training was meant to create awareness among students about the benefits of yoga. It was also demonstrated how yoga is useful in controlling stress and anxiety level. The training was meant to teach the breathing exercise that force the students to pay attention to their breath. Two more Yoga sessions have been organised by NCC and NSS Unit of the college for the students. The college provided necessary equipage to the trainees so that they can practice yoga in coming days in an appropriate interval.

#### **4. Obstacles:**

Many students are often irregular in Yoga practices. Despite that majority students participate and enjoy the programme whole heartedly.

#### **5. Impact of the practice:**

- a. It created an awareness among students how to be healthy and fit.
- b. It improved flexibility and strength of the body
- c. It helped them to learn how to ease stress and anxiety levels.

#### **6. Resources Required:**

- a. Mat
- b. Tents
- c. Resource person.