

## **BEST PRACTICE-1: CLEANLINESS DRIVE AT PUBLIC PLACES AND CROWDED PLACES LIKE TEMPLES**

### **Objectives: -**

- To convey the importance of Cleanliness among the students.
- To inculcate the sense of social responsibility among the students.
- To convey the message among the society regarding the importance of cleanliness of public places for healthy life and also the need to keep the crowded places like temples neat and clean by practical involvement in the activity.
- To spread the message for the community that keeping the public places and crowded places clean is the responsibility of all the stakeholders.
- To convey the message for the society with the effect that if such responsibilities are shared by all, it becomes very easy and beneficial for all.

**Context: -** The vision and mission of the institution is of overall personality development of the girls in order to empower them to make them responsible and promising citizen. Through this practice, the institution wishes to inculcate the sense of social responsibility among the girls of the institution and also to convey the importance of keeping the public places and crowded places neat and clean for health related issues of all and also by encouraging each counterpart in the society to follow the example.

**Challenge: -** In India there are so many temples. There is no even a small locality or the area where we do not find temples. These temples are the public place and the religious minded people make crowd over there. Everyone visits the temple and performs pooja, rituals and rites but there are few people who pay attention to the cleanliness of such places. To keep such public places clean with the sense of social responsibility of all who uses it becomes the challenge as everyone visits the place to accomplish a specific purpose but nobody pays special attention to the cleanliness of the place.

### **The practice:**

- The institution located in the metropolitan city, Nagpur. There are so many temples in the city in each locality. So far as Nagpur is concerned, the temples are with a big garden where NMC has installed Green Gym and also track for jogging. Therefore, these temples are the crowded places as most of the religious people visit the temple to perform pooja and also there is a crowd during the evening and morning of the people who are the regular visitors for their morning or evening walk or for taking exercise on Green Gym installed at the place. Most of the people visit the place with both the purpose.
- It has been observed that in city people are always busy and they have very tight schedule of work. There people visits these religious places and also come to the garden but a majority of them find no time to pay attention to the cleanliness of

the temple and the area around the temple as well as the garden. In most of the garden and the temples over there, we see so many trees. We also saw a lot of dried leaves in winter and summer scattered here and there. The people after performing pooja throw the unused material here and there which makes the place unclean and dirty.

- The students of our college once or twice in a week visits such crowded places especially temples and conduct cleanliness drive. The temples our institution has covered are around seven kilometer area for conducting such drive. The students feel a lot of happiness when they clean such religious place. The care takers of the temple also express their satisfaction and appreciate the work done by the college girls which naturally provides encouragement to them for this social service. When the people in the society and the visitors of the temple and the garden observe this activity being performed by the girls of our institution, they get impressed by the work and give them words of appreciation.

#### **Constraints and Limitations:**

- The students find it difficult to clean all the temples regularly as they have their academic engagements.
- People observe the activity and spare the words of appreciation but none of them take initiative to actively take part in the mission.
- The increasing selfish attitude and indifference towards the fact among the people to use the things for their own benefits but not to care about the hazard they are posing for others seem to be the chief constraint.
- Management of our own waste material and putting it in the appropriate place is the fact which people do not understand creates its own limitations to this fact and act.

#### **Evidence of Success:**

- The girls takes full interest and find happiness and a sense of satisfaction in the fact that they are providing service to the society.
- The cleanliness activity at temple, a home of God, gives a different sense of satisfaction to the believers in God.
- They are being praised by this activity by the people in the society which give them encouragement.
- The people in the temple and the priests give the 'prasad' to the girls and a few words of praise which creates a sense of responsibility among the girls that they are really working as a responsible counterpart of the society.

#### **Problems Encountered and Resource Required :**

- To manage time between the tight academic schedules for this activity was a challenge for the girls and the administration.

- The temples are at a long distance and it find difficult to manage conveyance for carrying the girls to the place.
- The activity has been planned to make the people aware that they should share this responsibility as the public place is open for all and hence the cleanliness is also the responsibility of public, but the selfish attitude of people seem to be strong.
- It would take a lot of time to make the people understand that as they use the public place daily for their own benefit for a week with religious purpose or for any other purpose; they should at least spare a day in a week for the cleanliness of the place.
- The teachers from the institution use their own vehicles to help the girls reach the temple for cleanliness activity.
- The involvement of the people in the cleanliness activity along with the girls of the institution need to be encouraged for better result and also to bring home the sense of responsibility regarding the cleanliness of the public places who use it for their own benefit.

## **Best Practice- 2:- Women Empowerment through Physical and Mental Fitness.**

### **Objectives: -**

- To bring awareness with respect to health problems especially of women among the girls.
- To spread the knowledge of health awareness by educating the girls and the masses in the society.
- To organize health check-up camps and vaccination programs for the girls and also for the parents of the students as well as for the community.
- To educate the society at large by educating the female counterparts regarding the precautionary measures especially for women making the girls messenger of health awareness.
- To organize programs and activities for giving health tips to the girls.
- To bring awareness among the girls of the institution regarding taking care of their physical as well as mental health.
- To support the society and reach to the unreached by organizing health check up, eye check up and dental care programs.
- To Empower the girls and thereby the society by empowering female counterparts for the health benefits of the family and the nation at large.

### **Context: -**

**The vision and mission of the institution is of overall personality development of the girls and to empower them to make them responsible and promising citizen.**

- The establishment of this practice and its planning is purely the product of the constant health issues that the female in the society face in her day to day life. It has been observed that the female taking care of the family members always ignore her own health and thereby she has to face a lot of problems in her life. Even the girls of the institution always face some or the other health problem which primarily indicates her lack of knowledge. This particular factor inspired the institution to form 'Ayush Health Cell' not only to educate the girls of the institution with respect to health issues but also to organize such health check and health awareness programs for the girls and the female counterparts of the society.

**Challenge:** - The more than fifty percent girls taking education in the institution belong to the economically weaker section of the society. They are particularly from the labour class or the worker class. It has been observed that the parents of this class are regularly busy in their work for making their both ends meet. They have no time to pay attention to their health issues. In fact they have no knowledge of how to maintain physical health as well as mental health. It is also the fact that people of this class, in spite of their poor economic condition, encourage girls to take education and send them to college. The 'Ayush Health Cell' of the institution organizes different programs and activities not only to bring awareness about health issues but also the program on health check up and vaccination also for the girls of the institution as well as the parents of the girls and the masses so that even the poor families should get a proper knowledge of health awareness and precautionary measures for health.

### **1. The Practice:**

As per its Vision and Mission, the institution works for the overall personality development of the girls and also to empower them making them responsible and promising citizens. More than fifty percent of girls taking education in the institution belong to the economically weaker section of the society. It has been observed that the parents of this class do not pay attention to their health issues. So the institution by introducing this best practice organizes the programs and activities for the physical and mental fitness of the girls as under:

1. Yoga and Meditation training camps.
2. The guidance and awareness program on cancer and other diseases.
3. Health check-up, dental check- up, Eye-check programs, Covid-19 RTPCR Test, Covid-19 Vaccination Drive for the girls of the institution, their parents and also the public in the vicinity.
4. Online health awareness programs during Corona pandemic period.

## **5. Yoga and Meditation Webinars for keeping mental and physical fitness.**

### **Evidence of Success:**

- The girls of the institution always actively participated with full interest in Yoga and Meditation training camps.
- When the institution appealed the girls through the notice regarding the Covid-19 Vaccination Drive organized by the institution, they actively participated and encouraged their parents as well as the people in their neighbourhood in large number.
- Even during the health check-up, eye check-up and dental check-up programs, the response of the girls from the institution, their parents and the people in the vicinity was overwhelming that not only indicated the need of such activity but also it provided the sense of satisfaction on its grand success every time.
- The knowledge shared by experts in webinars and guidance programs would be spread in the families and the society through the medium of girls.

### **Problems Encountered and Resource Required:**

- Such free health check-up camps are very much needed to the poor people but most of them find it difficult to take part in them due to the loss of their wages of that day.
- After conducting the camps, the institution finds it difficult to take follow up of the patients due to the constraints and limitations of different engagements and priorities.
- The girls after taking knowledge and awareness shows indifference to continue the practices like yoga and meditation in their life.
- The parents in spite of their interest and need find it difficult to participate due to the time management and their further engagements.
- The fund mobilization is limited in order to provide required medicines and further treatments to the needy and the poor.

### **Notes:**

The girls especially from the socio-economically poor background have very limited exposures to the programs and activities like Yoga and Meditation and hence the importance of such activities in life for keeping the self physically and mentally fit is not known to them. Therefore the implementation of such activities through best practice is very useful for a particular section of girls thereby making them aware and empowered. These empowered girls are the women of future and their awareness and knowledge would help to create the healthy families, the society and the nation at large. The health check-up camps for the unreached like old and the senior citizens give a different kind of satisfaction which not only indicate the success of the drive and requirement of such practices by the higher educational institutions not merely as a part of

**institutional social responsibility but to inculcate the values of social service among the students. When the girls helps the old and vulnerable to reach the doctors in the camp, a sense of service to the humanity instill in their mind and psyche. Hence the importance and the prominence of the best practice can be an example for other institutions also to follow as our aim of education at higher education level is to create responsible students ready for the service of community and humanity.**