



# RAJIV GANDHI GOVT. COLLEGE FOR WOMEN BHIWANI

HANSI ROAD, BHIWANI-127021 (HARYANA)

AISHE Code:- C-28016  
Website:- [www.gcwbhiwani.ac.in](http://www.gcwbhiwani.ac.in)

Phone No 01664-255118  
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## 7.1 Two Best Practices

- 1. Clean Environment – Our Resolution.**
- 2. Balancing Mind and Body: "A Fusion of Sports and Yoga"**

The objectives of a clean environment are-

1. Provide a healthy environment to the students.
2. Plastic-Free Campus.
3. Waste and maintain a clean campus.

Context- Our college campus is serene and picturesque with a few beautiful green gardens, trees and plants, and greenery around. There is a substantial green cover of 3 acres. It supports approx. 400 trees that provide shade and cut the pollution from the surroundings with their green cover. Some of the saplings varieties display an astonishing diversity of trees, with more than 100 species of native and exotic trees growing on the campus.

Trees are a part of the history of the college, as well as an indisputable part of the sentiment that students and faculty attach to the institution. The green campus concept is aimed at enabling the college to redefine its environmental culture and develop new paradigms by creating sustainable solutions to the environmental, social, and economic needs of mankind. With this in mind, tree planting is an ongoing process on campus to enhance greenery. The institution takes great pride in its green cover and takes efforts to preserve them. A team of gardeners takes care of the periodic manuring, and pruning of the trees.

An area of 3 acres was designated for greenery on campus. Nearly 100 species of plants were planted with the specific purpose of beautifying the campus. Many plants like Calotropis, Castor Annual, and Perineal Nectar plants like Lantana, Solidago, Wedelia, Alternanthera, Ageratum, Marigold, and Cosmos are planted.

The layout of the green space pervades in all directions of the campus. The pathway is designed to have a beautiful sight from the main gate to the sports ground. Students of the Department of Fine Arts have painted the wall along the pathway, adding to the color of the chosen area.



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Practice- Its primary task with the campus's instructional policies is environment development. Environmental conscious administration, the management, and the students of the college look after the environment carefully. There is a proper process of solid waste management adopted by the college. There are dustbins located on various positions like girls' lawns, corridors, near labs, etc. All students along with teachers are advised to put the waste in dustbins. All academic buildings, labs, and surroundings are cleaned every day and sweepers separate waste and dispose accordingly. The office is advised to work paperless, single side used paper is reused for writing and printing. The college has adopted a proper mechanism to dispose of all E-waste. Also, we have, liquid waste management, borewell/open well recharge, rainwater harvesting, and, maintenance of water bodies/distribution systems on the campus.

Green campus initiatives include restricted entry of automobiles, battery-powered vehicles, pedestrian-friendly pathways, a ban on the use of plastic, landscapes with trees and plants, use of LED.

### **Problem Encountered-**

RGGCW is a quality-conscious college. It provides a clean environment that improves the health and well-being of the students. The college believes that it is important for us to be involved in environmental issues therefore we engage the campus community and take care of the environment and surroundings. The College makes all the necessary efforts to involve the students, faculty, and staff in "Clean, Green, and Eco-Friendly Initiatives" by designating a policy document to run this drive to protect the environment. With its green campus effort, it safeguards its environment and maintains a pollution-free campus.



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## Evidence of success-

- The green campus developed by the college helps not only to save the environment but also adds to the beauty of the campus.
- Besides providing sheds to people, the plants are used for scientific studies. College can save a lot of money on electricity bills due above initiatives and is evidenced by past electricity bills.
- Water conservation methods employed are helping to maintain gardens and campus green and eco-friendly.
- The college has displayed various slogans on environmental awareness on the campus to propagate the green campaign successfully. These slogans encourage students to protect plants and keep the environment eco-friendly.
- The use of paper cups and plates is encouraged and the use of plastic bags and plastic tea cups is banned. Plastic-free culture is imbibed.
- Less paper communication and correspondence are practiced routinely. It encourages and practices communication through e-mails and social media.
- The college has widespread awareness of cleanliness and hygiene among students and employees.
- Activities under 'Swatch Bharat Abhiyan' are a key component of all the community work being done by NSS, NCC, and Green Society volunteers of the college.
- Staff Members are encouraged to participate in the cleanliness drive on the college campus.
- The events are organized such as poster making and slogan making, essay writing, poetic recitation, and street plays on "Swatch Bharat."



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**Trees on Campus**







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Solid Waste Management



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## **Balancing Mind and Body: "A Fusion of Sports and Yoga"**

### DETAILS OF BEST PRACTICES

#### **Objectives of the Practice:**

- To enhance the physical fitness and health of college inmates as well as residents of the surrounding area through an efficient physical fitness plan.
- To provide a variety of workouts to promote all areas of life's general fitness.
- To make dietary recommendations that will support physical and cognitive development.
- To encourage physical, psychological, and social welfare
- To educate for preserving excellent health.

#### **The Context:**

We are all aware that a healthy body leads to a healthy mind. Health consciousness is crucial in today's world. Only by engaging in physical activity, a man can lead a better and more serene existence. The human body is currently suffering greatly from the emergence of new diseases, whether it be in young children or the elderly. Medicines have become essential to man's existence. What a tragedy that man has the time to maintain technical devices like smartphones, electric cars, and other electric equipment and appliances but no time to care for his priceless body. Yoga, physical activity, and creative endeavors are significantly more important for healthy growth and development in such conditions. A health-conscious man can have a better life in terms of his mind, relationships, emotions, and spirit. The college makes every effort to raise awareness of well-being among the professors, students, and community.





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## **The Practice**

The sports facilities available in the college serve as a platform for the physical and psychological well-being of the students of the campus and the surrounding area. Any person in need can use the facilities, whether they are a member of the public, a member of the faculty or staff, or a student with the prior permission of the authorities. For the staff and students of the college, the physical education department has created various free health and wellness-focused programs. Children and seniors who visit the site are among the community members who use the facilities. The college administration encourages the teaching and non-teaching faculty to play games at the college campus using its sports infrastructure, which is available either in the early hours or in the evening, to lessen the tension among the staff members. The games that teaching and non-teaching faculty enjoy playing the most include carom, chess, badminton, cricket, volleyball, table tennis, and athletics. After every semester, competitions are held for the professors and winners receive prizes.

Practices are carried out with a commitment to maintain excellent health and mind. This fosters a positive relationship between the teachers and helps them feel young and active. This practice fosters a sense of community among the kids and also motivates them mentally. The public is welcomed to use the sports facilities and they do so in great numbers. It is usually utilized in the morning. Our physical education professors are always available to guide. During their free time, students play chess and carom. The college ground is used by the students for running and NCC parade practice. Yoga classes are important activities for the pupils which help them to develop self-discipline. A qualified yoga faculty leads yoga courses at the Yoga-Ground. Children and their parents from the neighborhood can join the yoga classes for free on campus.



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## **Evidence of Success:**

The ultimate relaxation and happiness by reducing work stress is the best evidence of success. The fun and frolic during the play create a strong bonding within the working community and the happiness derived from these activities improves the work efficiency. The practice relaxes the muscles and improves the general health conditions of the participants. It also induces a sportive spirit among the players. It enables the participants to keep their bodies and mind fit and also increases the metabolism

Practicing Yoga enables one to keep their mind and body in control. Many faculties undergo yoga training regularly. The staff club makes necessary arrangements for the regular and smooth conduct of yoga classes. This is a great boon for faculty who are unable to spend their family time after working hours. They have expressed their happiness in attending and reaping the benefits of yoga and meditation. Children who visit from the neighborhood enjoy the yoga classes and they try to attend the classes whenever they are scheduled during the holidays. Participants in yoga class feel that they are conscious about their postures while in the workplace and at home. They also feel the flexibility in muscles and agility in their day-to-day activities.

## **Problems Encountered and Resources Required:**

At present the resources are adequate for the number of takers/participants. In case of an increase in takers, the college is ready to support with more facilities. Problems regarding employee participation are the inability of many staff to participate in the exercises due to their family commitments and working hours cannot be relaxed much for the same. Even though there is a coach, due to irregular attendance and practices, a professional coach cannot be made available on all days. Children attend yoga classes only during their quarterly/half-yearly or annual holidays.



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*Ratna*

**PRINCIPAL**