



# Guru Nanak College Budhlada

Distt. Mansa-151502

Under the Management of S.G.P.C., Sri Amritsar Sahib

Affiliated to Punjabi University, Patiala

NAAC Accreditation 'A' Grade

Selected Under 'Star College Scheme' by DBT, GOI

## 7.2 Best Practices

### Title of Best Practice 1: Promoting Heritage, Culture, Sports and Social Values among the Students

**Objectives of the Practice:** To enable the students to have better understanding of heritage, cultural diversity and social values through participation in various cultural activities and to instill the spirit of sportsmanship among the students.

**The Context:** Now a day, the youngsters are virtually on the verge of getting victimized of various evils such as drugs, individualism, violence, materialism, greed, decline of social and moral values, decline of responsibility etc. The life has become so busy that now people hardly find any time for arts, hobbies, leisure time activities and physical activities. It is the need of the hour to inculcate and associate the students with culture, heritage, sports, social and moral values so that they can play a significant role in the development of the society. To keep the youth away from the alarming threats of the new millennium and channelize their energy towards right direction, the institute is very inclined to promote the heritage, culture, sports and social values among the students.

#### The Practice:

- The institute is aware that education is not just confined to academics but the focus must be on overall personality development, confidence building, discipline along with to sensitize the students towards the culture, sports, heritage, social and moral values.
- All the related activities, in this regard, are planned by the college before the beginning of the session and are included in the Academic Calendar of the college and departments.
- The college has formed Youth Welfare Department, Department of Sports and Physical Education, various clubs, societies and committees for the organization of all the scheduled activities as cultural and sports competitions, charity events, awareness drives, exhibitions, workshops etc. in an effective way.
- The institute has State-of-the-art infrastructure to accomplish its aims in this regard.
- The college hires coaches to guide students for the preparation of cultural and sports activities.
- All the students are encouraged, motivated, guided and trained by the faculty to participate in these activities.

#### Evidence of Success:

- The institute has established a Spiritual Library and park to inculcate social and moral values among the students. The Spiritual Library is well stocked with books of different religions and biographies of religious persons.
- College was made Covid-19 Isolation Centre by the management during the Covid-19.
- College students participated in various college, state, national and international level sports events and bagged Gold, Silver and Bronze medals. **It is worth mentioning that college student Dharuv Kapila participated in International Badminton Thomas Cup and the India became winner for the first time ever with a stunning 3-0 win over Indonesia in the final.**
- College students participated in numerous Zonal, University and National level Youth,



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Heritage and Cultural festivals and brought laurels to the institute. **It is worth mentioning that college has become champion of Zonal Youth festival of Punjabi University Mansa Zone consecutively for the 7<sup>th</sup> time in 2021-22.**

**Problems Encountered:** There had been no major problem in implementation of this practice except the session 2020-21 because due to Covid-19 no offline sports and cultural programmes and events were conducted by State/National organizations and universities. So, the college students couldn't participate in many sports and cultural activities during the session 2020-21, even then the institute tried to conduct these activities in online and offline mode at college level.

## **Title of Best Practice II: Awareness for Environment Conservation and Preservation**

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

To aware the students and people about environment issues, contribute in maintaining environment friendly atmosphere, conserve and preserve natural resources.

### **Context:**

The survival and sustainability of all the human beings and other creatures depend upon the environment as earth is a home for different living species. As the environment is being deteriorated day by day with unnecessary human interventions in nature and with careless activities that have resulted in many types of pollutions like air, soil, water, sound pollution etc. Moreover, the man has also exhausted natural resources carelessly and various types of pollutions have been damaging the environment. Hence, it is the need of the hour to do some efforts to make people aware about the conservation and preservation of environment. Guru Nanak College, Budhlada has taken a big initiative in this regard.

### **The Practice:**

- The awareness for environment conservation and preservation programmes and activities are included in the Academic Calendar of the college.
- The college motivates students and the people of the area to save water, trees, air and soil by conducting relevant awareness activities, plantation drives, lectures, poster making competitions, slogan writing competitions, workshops, exhibitions, cleanliness drives etc.
- College celebrates Environment Day, Water Day, and International Sikh Environment Day etc. on regular basis.
- The college participates in Swatch Bharat Abhiyan.
- Stakeholders are motivated and guided to use tote bags or cloth bags in place of polythene bags for shopping.
- The Institute conducts awareness drives on Paddy straw burning by the farmers in this rural belt of Punjab and suggests alternative measures to protect environment. The college visits villages and informs farmers about new agricultural techniques for the procurement of environment.



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## Evidence of Success:

- It is worth mentioning that the college has covered near about area of 30 KMs for environmental conservation and preservation initiatives.
- The College has started “Save Birds Feed Birds” as care of birds.
- Numerous activities have been organized by NCC, NSS, departments, cells and committees of the college in the campus and beyond the campus to make students, stakeholders and people aware about environmental pollution, conservation and preservation
- College has received many appreciations form various NGO’s and other Govt. bodies for making people aware about environmental issues.
- The uses of bicycles, public and sharing transport have been increased by the college students and staff and college has banned single use plastic in the campus.

**Problems Encountered:** The college didn’t face any major problems for the implementation of this best practice.