

TITLE OF THE PRACTICE: NATIONAL SERVICE SCHEME

THE CONTEXT THAT REQUIRED THE INITIATION OF THE PRACTICE:

The NSS unit of the college has been active since in inception. It is a part of the government-sponsored programme conducted by the Ministry of Youth Affairs. The college unit engages students in various community services in the local neighbourhood. Over the years various programmes have been conducted to identify the needs of the local community and to address them in an effective way. Its focus has always been on gender and women's empowerment given the fact that it is a girls' college.

OBJECTIVES OF THE PRACTICE:

To develop a sense of responsibility towards civic and social community

Develop inter-personal communication skills

Analyse the problems/needs of the community and offering solutions thus developing problem-solving skills in practical situations Responsibility sharing and delegating duties for collective –living

Inspiring communal harmony.

THE PRACTICE:

Over the years the NSS unit has been actively engaged in various programmes. The activities for the year 2022-23 are as follows:

The NSS Unit celebrated World Environment Day on 5.6.2023 in collaboration with the Department of Environment Science of the college by organising a webinar where Dr Dalia Ghosh was the guest speaker. The major objective was to create environmental awareness among teaching, non teaching staff & students of the college.

A Nature Walk to the East Calcutta Wetlands was also organized on 5.5.2023 to groom the students with conceptual & empirical knowledge of local environment in their own way. The students thoroughly enjoyed the walk & we're able to identify several species of plants & animals.

The faculty members & students also celebrated International Yoga Day on 24.06.2023 with great enthusiasm.

OBSTACLES FACED IF ANY AND STRATEGIES ADOPTED TO OVERCOME THE PROBLEMS:

A common problem that NSS faces is that of infrastructural inadequacy. Since this college shares its building with two other colleges, space constraint prevents the unit from organizing events on a larger scale. Limited financial resources also stand in the way of initiating more ambitious (cost wise) projects.

STRATEGIES TO OVERCOME THESE CONSTRAINTS:

The college administration has taken special initiatives to provide additional space by renovating the college building and constructing more rooms.

IMPACT OF THE PRACTICE:

A deep sense of Institution-Community engagement has evolved in the active participation of all stake holders of the college in all the programmes of the NSS.

Students have had first hand-on training of community services

NSS volunteers have honed their leadership skills, their soft skills have improved in course of their community service

They have learnt to identify the needs of their community and address them accordingly

Their interaction with their community has sensitized them to a feeling of common nationhood.

NSS activities have given female students of the college an exposure to opportunities around them and have instilled a sense of pride and productive engagement.

RESOURCES REQUIRED:

Storage facilities. Electronic devices. Financial resources.

TITLE OF THE PRACTICE: ENVIRONMENT-FRIENDLY COLLEGE CAMPUS

OBJECTIVES OF THE PRACTICE:

This initiative aims at promoting a culture of eco-friendly practices and making the campus environmentally sustainable by developing a plastic free campus and self-sustainability in power, water and cleanliness and also emphasizing on minimal waste.

Energy conservation and biodiversity protection.

The college students are involved in tree plantation in campus and in raising level of awareness among neighbours.

Two different color-coded dustbins (green for disposal of bio-degradable wastes and blue for degradable wastes) have been affixed at various places for proper disposal of solid wastes within campus. Non-recyclable wastes are transferred to municipal garbage vehicles.

Awareness programmes through seminars, rallies, display of advertisement and slogan on notice boards throughout the year.

Replacement of CFL lights with LED lights to lowers electricity consumption.

BEST PRACTICE II

1. TITLE OF THE PROGRAMME SELF DEFENCE TRAINING.

2. The Context.Self - defense training programme commenced in 2016 as a part of the women empowerment drive undertaken by the college. The need for training the students of a all-women's in self-defense was felt in the changing social situation where women progressively faced sexual harrasment,physical assault at home and beyond it.

3. Objectives:

- Resistance and resilience
- Exploding myths of physical weakness
- Social confidence
- Co-curricular activities

OBSTACLES FACED IF ANY AND STRATEGIES ADOPTED TO OVERCOME THE PROBLEMS:

Obstacles are few as students are keenly enthusiastic about the courses but due to space

constraints, sessions cannot to be held together.

STRATEGIES TO OVERCOME THESE CONSTRAINTS:

- **Classes are held in batches so that we can accommodate the maximum number of students.**