

# Best Practices

## Activities for well-being

- 1. Goal:** To enhance emotional intelligence, promote mental wellness and augment the physical growth of the students.
- 2. The context:** In the context of Covid-19 pandemic it was essential to ensure the physical and mental well-being of the students.
- 3. The practice:** Various practices related to wellness like Yoga Camps, Covid-19 Vaccination Programmes, Health Check-up Camp, Annual Sports Day, State Badminton Tournament, Inter-college Literary Competition, Training Program Under Fit India Campaign were followed to invoke physical and mental well-being of the students.
- 4. Evidence of success:** Significant inter-personal and intra-personal behavioural changes were observed among the students, and they appeared more confident in their approach.

## Back to Nature

- 1. Goal:** To spread awareness about the escalating climate crisis, to take care of ecological environment and respect rich biodiversity of Earth.
- 2. The Context:** In the context of the growing climate changes where human beings along with all life forms of Earth are facing huge changes caused by the disruption of ecological balance.
- 3. The practices:** To pursue this goal activities like Tree Plantation Campaign, Cleanliness Drive, promotion for eco-friendly items during festivals, Earth Day Celebration, Mountain Day Celebration, Poster Competition on Energy Conservation, and competition related to conserve nature and biodiversity were organised in the College.
- 4. Evidence of success:** The students became aware of the rich variety of flora and fauna that are interspersed in our natural world. Also, significant changes were noticed among them pertaining to their awareness to protect the natural environment.