

Best Practices

Describe at least two institutional best practices

1. **Practice 1: Social Service: NSS Camp**

Objectives The main objectives of National Service Scheme (NSS) are :

- Understand the community in which they work
- Understand themselves in relation to their community
- Identify the needs and problems of the community and involve them in problem-solving
- Develop among themselves a sense of social and civic responsibility
- Utilize their knowledge in finding practical solutions to individual and community problems
- Develop competence required for group-living and sharing of responsibilities
- Gain skills in mobilizing community participation
- Acquire leadership qualities and democratic attitudes
- Develop capacity to meet emergencies and natural disasters and
- Practice national integration and social harmony

Practices:

➤ **Cleanliness Conduire**

This activity was based on the THEME 'Youth Against Dirt and Disease'. It helped the NSS volunteers to make their surroundings hygienic by the cooperative efforts of each member. This activity truly left a mark on the minds of the volunteers to keep their surroundings neat and clean.

➤ **Extension Lecture by Dr. Monika Bedi, Councillor ICTC, Civil Hospital, Ferozpur City) (17-12-2019)**

It was regarding awareness on HIV AIDS. Dr. Monika Bedi conducted the lecture inclusively by communicating with the students which led to clearing away of all the myths and misconceptions in the minds of students related to HIV AIDS. Also the students now had a very clear concept that every HIV positive person is not suffering from AIDS.

➤ **Poster Making Competition (17-12-2019)**

A Poster Making competition was conducted based on the theme 'Save Environment' and 'Youth against Dirt and Diseases'. Each volunteer made an effort to incorporate an innovative piece of art for saving the environment.

➤ **Collection Centre of NSS Unit (17-12-2019)**

The Collection Centre was formed to receive all types of donated clothes and eatables for the poor and the needy children who have taken shelter in Arya Anath Ashram.

➤ **Yoga Class Session (18-12-2019)**

Based on 'Healthy Mind resides in a healthy Body'. For this purpose, a Yoga session was carried out in the morning by the NSS volunteers.

➤ **Visit to Arya Anath Ashram (18-12-2019)**

All the clothes and eatables collected on the previous day by the NSS Unit Collection Centre were humbly donated by the teachers and the NSS volunteers to the orphanage. NSS volunteers visited the City Park of Ferozepur City with an objective to conduct a cleanliness drive. It involved cleaning the park collectively and thus creating awareness among people about keeping their surrounding neat and clean. This activity was then followed by plantation of saplings in the City Park by NSS volunteers. NSS volunteers painted the walls of the City Park related to the Girl Education and Child Abuse.

➤ **Educational Movies (18-12-2019)**

In order to celebrate the idea of 'Ek Bharat, Shreshtha Bharat', a movie based on the culture and famous places of Andhra Pradesh was shown to the NSS volunteers. Also another movie based on the theme of sacrifices of every mother was also screened for the NSS volunteers..

➤ **Visit to Village Habib Ke (19-12-2019)**

Social welfare, being an inseparable part and objective of NSS camp, required us to adopt a socially backward village Habib Ke. For the same purpose, a visit to the place was planned particularly to the Government Primary School at the village.

➤ **Extension Lecture at Government Primary School, Habib Ke by the Programme Officers (19-12-2019)**

We aimed at interacting with the students of the Primary School, Habib Ke regarding some child issues such as hygiene problems and child abuse. For this purpose, Dr. Gagandeep Kaur delivered an extension lecture on the topic 'Good Touch and Bad Touch'. This was preceded by another extension lecture by Dr. Paramvir Singh on the topic of Maintenance of Personal Hygiene. Both the lectures were really motivating both for the school children as well as for the NSS volunteers.

➤ **Tree Plantation at Government Primary School, Habib Ke (19-12-2019)**

In order to promote the theme of NSS Camp i.e. 'Save Environment', NSS volunteers planted some tree saplings in the seedbeds of the Government Primary School, Habib Ke.

Massive Rally or Saving the Environment (19-12-2019)

The Posters made by the NSS volunteers were economically and effectively used by transforming them into banners. A rally held in village Habib Ke. This rally served as an effective medium for making the villagers aware about the need to save the environment. Another purpose of the rally was to create awareness among the youth about dirt and diseases.

Nukkar Natak Chidiya (20-12-2019)

NSS volunteers take up a sensitive social issue i.e. 'Women Abuse' and create awareness about it in the society. In order to accomplish this, a group of talented theatre students in our NSS Unit performed a Nukkar Natak based on the theme of sexual abuse against women named as 'Chidiya'. This street play was enacted at various places i.e. in the village, in the Government Primary School and in the campus of Dev Samaj College of Education for Women as well. It was very well appreciated everywhere by the viewers.

➤ **Aerobics Class (20-12-2019)**

On the theme 'Health is Wealth' an aerobics class for one hour was organised.

➤ **Free Dental Camp At Village Habib Ke (20-12-2019)**

With the objective to justify the theme of ‘Youth against Dirt and Diseases’, NSS unit of the college with the coordinated collaboration of Genesis Institute of Dental Research and Sciences, organized a free of cost Dental Camp at the Government Primary School, village Habib Ke. This camp involved healthy participation of all the teachers as well as the volunteers. A team of specialized dentists carried out comprehensive dental checkup for students and villagers.

Wall Painting at Government Primary School, Habib Ke (21-12-2019)

NSS unit skilfully painted the walls of the Government Primary School, Habib Ke, so as to make education interesting for the students with the help of beautiful pictures, cartoons, paintings, counting, etc.

➤ **Kho-Kho, badminton Match (21-12-2019)**

NSS volunteers were engaged in Kho-Kho and badminton match.

Rally On Road Safety and Pasting Retro Reflectors (22-12-2019)

This day was dedicated to the theme ‘Road Safety and Traffic Rules’. So, a rally was organized by the NSS volunteers in collaboration with the members of Mayank Foundation, Ferozpur. This rally was to serve the purpose of creating awareness among people about Road Safety and the importance of Traffic Rules. So keeping this in consideration, pasted radium reflectors which are actually Retero Reflectors on vehicles. These reflectors reflect light at night to make other road users aware of the vehicles and hence prevent accidents and mishappening. This activity was based on the motto ‘Not me, but you’.

Practice II: Stay Home Stay Safe

Objectives:

The Context: As the COVID-19 is going on and everywhere there is a Lockdown in INDIA, so the community members and our organizing committees and NSS of th college provided students the online classes and Activities at home through social media like whatsapp and Google classroom apps.

Practices:

- **Extension lecture on COVID-19 and Regular Diet by Dr. Gagandeep Kaur on 20th April,2020:**
- **Celebration of Earth Day: On 21st April, 2020,**
- **Online Yoga Session” STAY HOME, STAY FIT” On 23rd April, 2020,**
- **Debate Competition on 24th April,2020** A Debate Competition On the Topic:- “Benefits And Harmful Effects Of Online Learning” was held online on 24th of April, 2020. NSS Volunteers Ina, Megha, Simranjit kaur, Nishu, Shveta gave their views on this topic. According to them, in the circumstance in which we are living today due to COVID-19 is impossible to study in those rushed classes which is filled with a lot of students. So, this online learning is the best way to teach the students. It also provides flexibility, as we can learn anything anywhere without any time bounds. They also explained that how the teachers are interacting with the students in this situation, when we all are lockdown at home due to COVID-19 or CORONA VIRUS.
- **Play on Online Teaching & Let’s Stay Home” On 25th April,2020:** By this play, they showed that how we prevent from COVID-19 and stay home and also stay from unnecessary rumours which showed the social media.
- **Questioning Session on Social and Gender issues 26th-27th April, 2020;** NSS volunteers Anjali, Megha, Simranjit kaur, Harnoor , Ina, Nishu, Bharti, Shilpa , Daisy, Naina, Priya asked their questions to teachers and the teachers gave them a satisfactory answer of their questions.
Questions by the NSS volunteer:

1Q: What kind of intervention can be introduced at school and college level to raise the awareness about violence against women?

2Q: What are laws in Indian constitution regarding violence against Women?

3Q: How does Alcohol or Drugs effect on the brain of teenagers?

4Q: What steps have been taken by government to stop the physical violence against women and what are the laws implemented on it?

7Q: What are alternatives for studies that do not have online learning sources?

8Q: How can we productive at home during lockdown?

9Q: What is the difference between Corona & SARS Virus?

- **(Extension lecture on “How to write Curriculum Vitae or Resume On 29th April,2020,**
Extension lecture on “How to write curriculum vitae or Resume is given by Dr. Paramvir Singh. Initially Dr. Parmvir Singh told about the importance of “PERFECT RESUME” In order to seek a good job then it was continued by Dr. Parmvir Singh, firstly he told us about the 3 major categories of resume which were Curriculum Vitae, Bio data & Resume. In the same one should describe personal details, then carrier objectives then education and qualification followed by work history, interest , skill , achievement & then references and at last we ought to give our declaration that all the above data is correct. He also gives some precautions, do’s and don’ts. One important thing one must give resume in covering letter always along with job number advertisement from which we got information of job or newspaper. At last, he gave a message “STAY HOME, STAY SAFE”.
- **“Main Han Harjit Singh” Campaign: On 30th April,2020,** an Online Tribute To The Police And The Doctors Through “Main Han Harjit Singh” Campaign as given.

7.3 Institutional Distinctiveness

Provide the details of the performance of the institution in one area distinctive to its vision, priority and thrust

Dev Samaj College of Education for Women in tune with the vision of the most worshipful Bhagwan Dev Atma, the founder of Dev Samaj, to empower and emancipate women, the vision of the college is to shape, sensitize and inculcate in the prospective teachers a desire for excellence combined with right attitudes, values and ideologies. College strive to maintain the high ideals of regeneration of mankind and transformation of society, since it determines the level of civilization and that the future of women lies in Education. The (IQAC) Internal Quality Assurance Cell monitors and scans every academic programme taking place in our College to ensure perfection and achieve excellence in the task undertaken:

Women Empowerment/Girl Education

1. National Girl Child Day Celebration 24th January, 2020

As per the guidelines provided by all Regional Directorates and State NSS Officials, some activities were organized to celebrate National Girl Child Day on 24th January, 2020. All the

arrangements for the celebration were made successfully by the collaborative efforts of the NSS volunteers and Programme officers. Speeches, Recitation of motivational poems, debate related to the social issues of girls and Essay writing on 'Beti Bachoo, Beti Padhoo' were the activities of the day. This was followed by essay writing competition on the theme. The students were made aware about the need and objectives of the scheme along with its impact on the society. Paying a courageous concern over various social issues against women prejudices, several debates were carried out. Some inspirational and thought provoking poems were recited by the students to motivate each and every participant towards strengthening the 'Beti Bachao Beti Padhao' scheme through possible efforts. Celebration of this day really helped all to realize the need of Women Empowerment as the crucial reform for the betterment of the society.

2. International Women's Day Celebration (11th March, 2020)

International Women's day is celebrated on 8th March every year around the world. It is an important occasion for all of us to pause for a moment to reflect on ourselves, to appreciate, how much has been done and what more needs to be done in the field of gender equality. On 11th March, 2020, Women's day was celebrated in our institution. On this day, B.Ed and M.Ed. students together featured a wide variety of events including music, a picture slideshow, short games, Poem Recitation, sketching and painting etc.

3. Extension Lecture on Menstrual Hygiene during Poshan Pakhwada

Under Poshan Abhiyan, September Month was celebrated as the Rashtriya Poshan Maah across the country to address the malnutrition challenges and sensitize our countrymen regarding the importance of holistic nutrition. Poshan Maah aimed at making people aware of the importance of Nutrition for their children and Pregnant Women, Adolescent Girls and Lactating Mothers. Dev Samaj College of Education for Women celebrated the Poshan Maah. Extension lecture on Nutrition, Menstrual Hygiene and Sanitation was given by Dr. Gagandeep Kaur to the B.Ed girls.