

## ***Best Practice I:***

### **1. Title of the practice:**

#### **Best of Waste**

### **2. Goal:**

Education no longer means being a college pass-out or getting degree, its horizons have widened. Education today aims for quality self-reliance and empowerment to develop life skills and personality. The goals of the practice are:

- To introduce girls with art and develop handicraft skills.
- To develop aesthetic sense of the students.
- To teach them skills for self employment.
- To create interest in useful hobbies.
- To create art pieces and utility items from waste material.

### **3. The Context:**

Govt. Kamla Devi Rathi Mahila PG Mahavidyalaya is the only girl's college in Rajnandgaon District with vision and mission to impart quality education through empowerment, skill enhancement and self reliance. Most of the girls hail from remote, rural/tribal areas with poor socio-economic background and orthodox families. Many of them are first generation learners of the families. Due to the vast difference in their family environment and the world outside their home, they do not have the skills required. They lack family support and finances. This practice of '**Best of Waste**' helps them to develop skills at a very low cost and also give them exposure to aesthetic sense.

### **4. Practice:**

The matter was discussed with the staff and students and it was decided that all the basic requirements and facilities will be provided by the institution. Although it started as a competition among students and the '**Best of Waste**' was given prize. But gradually the students were so motivated that they joined this with great enthusiasm and vigour. Under the guidance of the Entrepreneur Cell and Home Science department, the students prepare Wall Hangings, Dolls and Puppets, Pen Stands, Magazine Holders, Dustbins and other decorative items out of the waste material found in surrounds and at home we normally tend to throw away.

## **5. Evidence of Success:**

- In spite of few hurdles in the beginning the practice proved its success which is evident by the fact that number of the student participation is increasing every year.
- Students also come up with new ideas of making products out of waste.
- One whole room is full of these items created by the students which are exhibited for public during the various function held in the college from time to time. This endeavour has been widely appreciated.
- Students enjoy a lot in creating new items.

## **6. Problems Encountered & Resources Required:**

- Faculty have to put extra efforts to motivate them, since most of them come from far off places they do not have time to take part in all these activities.
- Resources required are minimal as most of the raw material used is available by collecting the waste from staff, homes and college campus. Other accessories required are purchased by the funds contributed by the staff and students.

## **7. NOTE:**

- It created positive environment in the campus.
- It enhances creativity of the students.
- It helps to develop skills for self employment.

## **Best Practice II:**

### **Practice:**

#### **Sharing of Sports Infrastructural Facilities:**

##### **2. Goal:**

The college believes in holistic education for the girls for which there is a need to sensitize them and make them aware of the importance of importance of Yoga, fitness & good health. College has a rich sports infrastructure and it was decided to extend these facilities to the girls or boys of the schools in the city and neighbourhood area healthy practice, summer coaching camps are organized by the sports department to share our infrastructural facility and coaching expertise and thereby creating a healthy and fit environment.

##### **3. The Context**

The college caters primarily to girl students from economically weaker sections and rural backgrounds. It was observed that very often they lacked awareness about health and fitness. They were not aware about the importance of sports as a career option. Keeping this in mind the sports department has devised this practice to inform and spread awareness among the students by organizing summer camps not only for the girls students but also for the school children of Rajnandgaon.

##### **4. The Practice**

Each year summer camps are organized with the collaboration of SAI (Sports Authority of India) and District Judo Association. Yoga camp was organized for mental health and physical fitness.

Archery and Cricket coaching for school students, Judo and karate camps to teach self defence to girls. Through this practice, the infrastructural facilities existing in the college can be shared and utilized by others .Sports hall is being used for organizing different level of tournaments of schools and college for badminton, and kabaddi. **College's cricket ground is used for organizing local, co-operative and departmental tournament like CSEB, Forest department, District administration, Gramin bank and Health department**

##### **Evidence of success**

There is clear evidence to show a marked improvement in their general well being and personality. It has helped in the Developing personality and physical fitness of students as well as development self - confidence. A large no. of poor students of both college and school of Rajnandgaon and nearby town have been trained for Archery and they have participated in National level.

##### **6. Problems encountered and resources required**

Students have to be motivated to participate in the camps.

Most of the students come form rural areas and they find it difficult to come in the morning or stay back after the college hours.

It's difficult to convince their parents about the benefits of participation in sports activities as most of them are uneducated.