

Best Practice 1



1. Title of the Practice Health Awareness Programmes

2. Objectives of the Practice

We all know that "Health is Wealth". Health is the biggest asset of an individual in his whole lifetime. Being healthy does not only imply a physically fit body but also implies emotional, social and mental well-being. To live a happy and content life, staying fit and healthy is a compulsion. Awareness programmes on health are required to be carried out to make people conscious about the benefits of staying healthy and active. In our college different initiatives are taken throughout the year to develop awareness on maintenance of health and hygiene. The COVID-19 pandemic has been a serious threat to our physical and mental health and has taught us the lesson that even if we can survive without excess money, we cannot survive without good health.

3. The Context

There is no bigger wealth than health. Healthy food habits as well as healthy life style are very much necessary for the students to pursue their studies effectively. Thus, the college organizes various health awareness programmes to ensure healthy and successful life of the students. Students at the college level are at crucial juncture of their life and need proper guidance from teachers and parents to inculcate healthy habits. Otherwise, there are chances that they get themselves involved in malpractices which negatively affect their education. Our college organizes various seminars and awareness programmes on health-related issues round the year.

4. The Practice

To motivate students, teachers and other stake holders to donate blood, Blood Donation Camps are held in our college every year. NSS organized a Blood Donation Camp in the college on 18.03.2023. This initiative was funded by the Red Ribbon Club. In recognition of the holistic significance of yoga in the lives of individuals, NSS Unit-I, II & III of Khatra Adibasi Mahavidyalaya celebrated the International Yoga Day on 21.06.2023. Every year this day is celebrated in the college to raise awareness among students, NSS volunteers and other stakeholders of the college about the different benefits of practicing yoga. In view of positive impact of cycling on our health as well as on environment, World Bicycle Day is celebrated every year by the NSS units of the college. The NSS Units of Khatra Adibasi Mahavidyalaya organised a bicycle race on the occasion of World Bicycle Day on 3.06.2023. The theme for the year 2023 for *World Bicycle Day* was *Riding Together for a Sustainable Future*. Use of tobacco by young generation is a matter of serious concern. National Service Scheme Unit-I, II & III, Khatra Adibasi Mahavidyalaya organized various health related awareness programme on Anti-Tobacco Day i.e., on 31.05.2023. National Service Scheme Unit-I, II & III, Khatra Adibasi Mahavidyalaya organized an Awareness rally on Anti-Tobacco Day. They interacted with the common people of the adopted village, Kharbon to aware them and requested them to give up the consumption of tobacco. A Campus Cleaning Programme was organized by NSS on 5.01.2023 as part of the Students' Week Celebration to ensure that healthy and hygienic environment is maintained inside as well as outside the college campus.

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5. Evidence of Success

There was formidable response from the students in all the health-related programmes organized by the college. Students and teachers voluntarily participated in the Blood Donation Camps as they realized that being a part of this society, they should be a part of this noble venture. Large number of students actively participated in the yoga and meditation sessions held in the college in the session 2022-2023. They have realized the role that yoga and meditation play a vital role in improving their concentration power and boosting the level of their confidence. Students realized the important role that bicycle plays in maintaining a pollution free environment and contributing towards good health. Many students use bicycle as a mode of transportation in daily life. Students are aware about the negative impact of tobacco and its byproducts and their fatal effects on health. Campus Cleaning Programmes develop the habit of keeping the environment in and around the college clean and minimize the spread of diseases.

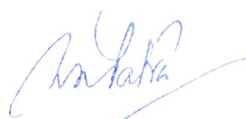
6. Problems Encountered and Resources Required

At times students do not feel motivated enough to participate in the health-related programmes. Proper counselling of the students is required to inspire them to actively participate in such health-related programmes by making them aware about the multiple benefits of such programmes and make these programmes even more successful.



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NAAC Accredited B+ (2nd Cycle)

Best Practice 1: List of Reports of Health Awareness Programmes

Sl. No.	Title of the Programme	Link
1	Blood Donation Camp	https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf
2	Awareness Programme on Anti-Tobacco Day	https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf
3	World Bicycle Day	https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf
4	Celebration of World Environment Day	https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf
5	International Yoga Day Celebration	https://kamv.ac.in/naac/dvv/1705043931_Link%20for%20Best%20Practice%201.pdf
6	Students' Week Celebration (Campus Cleaning)	https://kamv.ac.in/naac/dvv/1702541904_Students%E2%80%99Week%20Celebration_compressed.pdf



Best Practice 2

1. Title of the Practice

Drive towards better Environmental, Cultural and Ethical Perception

2. Objectives of the Practice

Environmental perceptions are important to understand the environment-related issues and the ways to address them. Students should be aware about the significance of maintaining a clean and green environment inside the college campus as well as outside it. They should realize that preserving the environment will ensure them a healthy campus life. Cultural perceptions develop the spirit of appreciation towards culture of others, break cultural barriers and build cross cultural bridges. Ethical perceptions of the students can be fostered by involving students in activities that develop the sense of morality, responsibility and values in them.

3. The Context

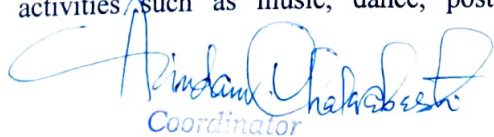
Environmental perceptions of the students should help to build eco-friendly atmosphere in the college and nearby localities. Therefore, building proper environmental perceptions among the students by organizing various environment related awareness programmes are necessary. Organizing inter-college as well as intra-college cultural competitions will broaden the cultural outlook of the students and enrich their cultural perception. Awareness programmes must be conducted in the college to impart values, ethics and sense of morality among students by celebrating various important dates related to such issues.

4. The Practice

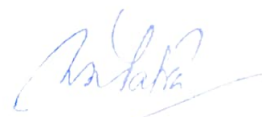
Different programmes are undertaken in the college throughout the year for protection and preservation of the environment. NSS programme officers, volunteers conducted a Sapling Distribution Programme on World Environment Day i.e., on 5.06.2023, under the guidance of advisory committee. On NSS day i.e., 24.09.2022, 100 saplings were distributed to the volunteers, NSS Units (Units-I, II & III) for plantation outside the college campus. A Campus Cleaning Programme was organized by NSS on 5.01.2023 as part of the Students' Week Celebration to ensure that healthy and hygienic environment is maintained inside as well as outside the college campus. The NSS Units of Khatra Adibasi Mahavidyalaya organized a Tree Plantation Programme to celebrate International Youth Day on 12.08.2022 at our Khatra Adibasi Mahavidyalaya college-campus. Quiz competition, Essay competition, Poster making competition, Debate, Extempore and Cultural competition were organized in our college during Students' Week Celebration from 2.01.2023 to 7.01.2023. The Departments of Commerce, Economics and Political Science in collaboration with the NSS wing of the college under the aegis of IQAC, Khatra Adibasi Mahavidyalaya organized a One Day Institution Level Seminar to celebrate World Consumer Rights Day on 15.03.2023. This year the theme of World Consumer Rights Day was 'Empowering Consumers Through Clean Energy Transitions'. The main objectives of this seminar were to draw the attention of the students to market malpractices, which undermine the rights of consumers and what more can be done to empower buyers and also to help the students know about the various types of clean energy sources and their uses.

5. Evidence of Success

Students realised the importance of maintaining a clean and green campus. The Students' Week Celebration gave an opportunity to the students to showcase their talent in various co-curricular activities such as music, dance, poster making etc. and large number of students


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enthusiastically participated in all these events. Observation of World Consumer Rights Day made the students aware about their rights and duties as consumers. They realised that transition to clean energy sources will help them to curtail their monthly energy bills as well contribute towards pollution free environment. Students became aware of the various Consumer Protection Acts and how to take the help of law in case they encounter unfair trade practices.

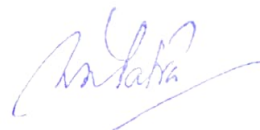
6. Problems Encountered and Resources Required

Although many students participated in these events whole heartedly, more students need to be motivated to participate in these programmes to achieve the goals of these programmes


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Best Practices 2: List of Environmental, Cultural & Ethical Events with Report Link

Sl. No.	Title of the Programme	Link
1	International Youth Day Celebration	https://kamv.ac.in/naac/dvv/1702541842_International%20Youth%20Day%20Celebration.pdf
2	75 Years of Independence Day Celebration	https://kamv.ac.in/naac/dvv/1702541861_75%20Years%20of%20Independence%20Day%20Celebration.pdf
3	Teachers' Day Celebration	https://kamv.ac.in/naac/dvv/1702541883_Teachers%E2%80%99%20Day%20Celebration.pdf
4	Swami Vivekananda's Birth Anniversary Celebration	https://kamv.ac.in/naac/dvv/1702541950_Swami%20Vivekananda%E2%80%99s%20Birth%20Anniversary%20Celebration.pdf
6	Netaji Subhash Chandra Bose's Birth Anniversary Observation	https://kamv.ac.in/naac/dvv/1702541990_Netaji%20Subhash%20Chandra%20Bose%E2%80%99s%20Birth%20Anniversary%20Observation.pdf
7	Republic Day Observation	https://kamv.ac.in/naac/dvv/1702542006_Republic%20Day%20Observation.pdf
8	Saraswati Puja Celebration	https://kamv.ac.in/naac/dvv/1702542024_Saraswati%20Puja%20Celebration.pdf
9	International Mother Language Day	https://kamv.ac.in/naac/dvv/1702542042_International%20Mother%20Language%20Day.pdf
10	Basanta Utsav Celebration	https://kamv.ac.in/naac/dvv/1702542061_Basanta%20Utsav%20Celebration.pdf
11	Pandit Raghunath Murmu's Birthday Celebration	https://kamv.ac.in/naac/dvv/1702542079_Pandit%20Raghunath%20Murmu%E2%80%99s%20Birthday%20Celebration.pdf
12	Rabindra-Najrul Jayanti Celebration	https://kamv.ac.in/naac/dvv/1702542101_Rabindra-Najrul%20Jayanti%20Celebration.pdf
13	International Yoga Day Celebration	https://kamv.ac.in/naac/dvv/1702542118_International%20Yoga%20Day%20Celebration.pdf
14	Hul Diwas Observation	https://kamv.ac.in/naac/dvv/1702542137_Hul%20Diwas%20Observation.pdf
15	World Consumer Right Day	https://kamv.ac.in/seminar/1704268035_WORLD%20CONSUMER%20RIGHTS%20DAY%202023.pdf