**Best Practice1**. Life skills

**Objective:** 1.To develop interpersonal skills and adopt good leadership behaviour for empowerment of self and others 2.To enhance one’s ability to be fully self aware by helping oneself to overcome all fears and insecurities.

**The Practice:** An Induction-cum-awareness program regarding ‘Health & Nutrition’ was conducted. An Extension lecture organised on ‘life skills’ under the aegis of women cell and Dept. of Geography. A Yoga workshop organized under the aegis of women cell collaboration with Nehru Yuva Kendra. Various Extension lectures and workshops on Life Skills were conducted. Students were encouraged to participate in the extracurricular activities and games. Zonal youth Festival was organised in the college.

**Problems Encountered and Resources Required :** The faculty are consistently striving hard to inculcate good practices in the young minds and carrying it forward perpetually. The faculty are consistently striving hard to inculcate good practices in the young minds and carrying it forward perpetually. I

**Impact of the practice:** Students are better equipped to face problems and questions commonly encountered in day to-day personal and public life

**Best Practice 2**. Cleanliness and Eco- Friendly Campus

**Objectives**: 1. To provide an ambience for all stakeholders to experience the natural serenity. 2. To inculcate the practice of environment friendly activities.

**Practices:**  – Plantation work – On several occasions, our students who are part of NSS and eco-club take active part in maintaining the lush green campus area by way of cleaning, pruning, watering of plants and collection of dry leaves for composting. Our contribution to increase the greenery is laudable but never been part of deforestation activity. Thousands of plants are grown to increase the greenery. Reduced usage of Plastic Products – The staff and students are well aware of dangers and threats posed by piling up of plastics wastes, hence, there is a natural tendency of reduced usage of plastic products. During, certain unavoidable situations, even the minimally used plastic products are either re-used or safely disposed for re-cycling. There is increased usage of bio-degradable or re-cycled products.  Rainwater Harvesting – The rainwater collected from rooftop of building and from the corridor meant for vehicular movement alongside of compound wall are directed towards the feed the bore-wells to recharge the ground water table adequately E-Waste Management – Managing e-waste is the order of the day as our daily routine are digitalized and automated. This College is associated with few e-waste management companies for the safe disposal of old and worn out gadgets..

 **Obstacles faced**: There are several challenges in successful implementation of eco-friendly atmosphere in the college campus and its vicinity. The financial implications are affecting our budget. The faculty are consistently striving hard to inculcate good practices in the young minds and carrying it forward perpetually. I

**Impact of the practice**: Through the policies that have been framed, for everyone to adopt eco-friendly practices to maintain the environment-friendly campus, the outcome is very visible in the form of the greenery in and around the campus.

Objectives of the Course : The objectives of the course are: 1. To enhance one’s ability to be fully self aware by helping oneself to overcome all fears and insecurities and to grow fully from inside out and outside in. 2. To increase one’s knowledge and awareness of emotional competency and emotional intelligence at place of study/work. 3. To provide opportunity for realising one’s potential through practical experience. 4. To develop interpersonal skills and adopt good leadership behaviour for empowerment of self and others. 5. To set appropriate goals, manage stress and time effectively. 6. To manage competency- mix at all levels for achieving excellence with ethics

Learning Outcomes : At the end of the programme learners will be able to: 1. Gain Self Competency and Confidence 2. Practice Emotional Competency 3. Gain Intellectual Competency 4. Gain an edge through Professional Competency 5. Aim for high sense of Social Competency 6. Be an integral Human Being