



Guru Nanak College Budhlada

Distt. Mansa-151502

Under the Management of S.G.P.C., Sri Amritsar Sahib

Affiliated to Punjabi University, Patiala

NAAC Accreditation 'A' Grade

Selected Under 'Star College Scheme' by DBT, GOI

7.2 Best Practices:

Best Practice 1 Promoting Heritage, Culture, Sports and Social Values among the students:

Goal: To enable the students to have better understanding of heritage, cultural diversity and social values through participation in various cultural activities and to instill the spirit of sportsmanship among the students. **Context:** Now a days, the youngsters are virtually on the verge of getting victimized of various evils such as drugs, individualism, violence, materialism, greed, decline of social and moral values, decline of responsibility etc. The life has become so busy that now people hardly find any time for arts, hobbies, leisure time activities and physical activities. To keep the youth away from the alarming threats of the new millennium and channelize their energy towards the right direction the institute is very inclined to promote the heritage, culture, sports and social values among the students. It is the need of the hour to inculcate and associate the students with culture, heritage, social and moral values so that they can play a significant role in the development of the society. The students participate in various activities and programmes organized by the college and other institutes. All the related activities, in this regard, are planned by the college before the beginning of the session and are included in the Academic Calendar of the college. All the students are encouraged, motivated, guided and trained by the faculty to participate in these activities.

The Practice:

- The institute is aware that education is not just confined to academics but the focus must be on overall personality development, confidence building, discipline along with to sensitize the students towards the culture, sports, heritage, social and moral values.
- The institute focuses on the effective organization of sports, cultural, heritage, social and moral values related activities mentioned in the college Academic Calendar.
- The college has formed Youth Welfare Department, Department of Physical Education, various clubs, societies and committees to for the organization of all the scheduled activities in an effective way.
The institute has State-of-the-art infrastructure to accomplish its aims in this regard.
The college students participate in college, university, state and national level sports activities and games such as Kabbadi, Kho-Kho, Badminton, Table Tennis, Wrestling, Football, Volleyball, Yoga etc.
- The college arranges special coaches to train the students in these games so that they can bring laurels for the institute.
The college provides free boarding and lodging to the players along with all sports equipments.
The students are motivated to participate in various cultural and heritage related activities. The students are selected on the basis of trials and talent hunts.
- The college arranges special coaches and classes for the activities related with drama, folk dance, fine arts, literary and music.
- Various forums such as clubs, societies and committees organize activities such as poster making, speech, essay writing, painting, slogan writing and singing competitions on various national and state level occasions.



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- The birth anniversaries of martyrs, social workers, religious personalities and national leaders are celebrated by organizing the above said activities to make students aware about our culture and heritage.
- The college students participate in various social, moral and religious activities and competitions conducted by other institutes.
- All the departments conduct numerous activities to celebrate important days such as Women Day, Independence Day, Mother's Day, Youth Day, Yoga Day etc to make students aware about social and moral responsibilities.
 - The institute has established a Spiritual Library and park to inculcate social and moral values among the students. The spiritual library is well stocked with books of different religions and biographies of religious persons.
- Various lectures, workshops and exhibitions are organized by the departments to make students aware about the Indian culture, to promote sports and social values among the students.

Evidence of Success:

- The college students participate in university, state and national level Youth Festivals and won Gold, Silver and Bronze medals in numerous activities.
- It is worth mentioning that Guru Nanak College was declared Drug Free campus by the State Government 6 March, 2020 and the reward was given by the District Administration.
- The departments arrange charity events and the students along with faculty visit local Awdut Ghar and other places to distribute clothes, eatables, shoes etc. among the needy. This type of visits and charity events make students aware about the problems of other people.
- The institute has remain overall winner of Zonal youth festival continuously since the last six years. The college has been remained overall winner of Khalsai Sports Festival, a National Level Sports Event organised by the college management SGPC Sri Amritsar Sahib, continuously since the last 8 years.

Best Practice I Awareness for Environment Conservation and Preservation:

Goal:

To aware the students and people about environment and contribute in maintaining environment friendly atmosphere and conserve and preserve natural resources.

Context:

The survival and sustainability of all the human beings and other creatures depend upon the environment as earth is a home for different living species. As the environment is being deteriorated day by day with unnecessary humans interventions in nature and with careless activities that have resulted in many types of pollutions like air pollutions, soil pollutions, water pollutions, sound pollution etc. Moreover the man has also exhausted natural resources carelessly and various types of pollutions have been damaging the environment. Hence, it is the need of the hour is to do efforts to make people aware about the conservation and preservation of environment. Guru Nanak College, Budhlada has taken a big initiative in this regard. The college has made a sound plan and strategy to initiate a move to curb all kinds of pollution as well as conserve and presence all required natural resources. The college has involved students and faculty through different clubs and committees which make their own program and activities related with the conservation and



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preservation of environment.

The Practice:

- The environment awareness programmes and activities are included in the Academic Calendar of the college.
- Plantation drives have been organized by NCC, NSS and Nanhi Chhan Cell of the college in the area.
- College was made Covid Isolation Centre by the administration during the Covid-19.
- The college students and staff distributed free masks and food to the needy during the tough times of Covid-19.
- NSS, Nanhi Chhan Cell, Women Empowerment Cell, Equal Opportunity Cell and all the departments organized awareness activities in the rural areas to make people aware about sanitation and hygiene.
- Department of Agriculture arranges awareness drives, workshops, expert lectures etc to make people ware about the production of highly paid crops, tissue culture, proper use of pesticides, organic farming, paddy straw burning, and preservation of water in farming.
- The Department of Food Processing conducted workshops and other awareness programmes to make students and people aware food processing methods that play a significant role in reducing food wastage and improving food quality and preservation by reducing the harmful impacts of food industry on environment.
- The Department of Fashion Technology and Home Science conducted numerous lectures, workshops, crash course etc. to spread awareness about use of waste material in homes, the wastage of food and food resources in day to day life.
- The college organized Tech Fest to make people aware about the E-wastage, Cyber Security, and use of IT gadgets in daily life.
- College celebrated Environment Day by planting more trees in the college campus and students awareness activities such as lectures by environmentalists, poster making, slogan writing and essay writing competitions have been conducted by various departments.
- Stakeholders are motivated and guided to use tote bag or cloth bags in place of polythene bags for shopping. It is worth mentioning that college campus has been declared polythene free campus by administration.
- The college participates in the cleanliness drives of the Swachh Bharat Abhiyan.
- The college motivates students and the people of the area to save water by conducting awareness activities on the importance of water.
- Dept. of Agriculture has already started various projects in college such as waste management by Bio- Mass Residue composting, solid Waste Management by Vermi Composting, Agriculture Residue Management by Mushroom Cultivation and Liquid Waste Management by preparing Bio enzymes/Bio fertilizers.
- The Institute has conducted various surveys on Paddy straw burning by the farmers in this rural belt of Punjab and suggested alternative measures to protect environment. Every year college visits for villages and inform the farmers regarding new agricultural techniques for the procurement of environment.



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Evidence of Success:

- The College has reduced consumption of Electric Energy during the last four years.
- College has planted more than 1000 plants in college and in area.
- The use of Bicycles and Public transport has been increased by the college students and staff.
- Various projects of Department of Agriculture have helped students and faculty in understanding the various ways to reduced waste management.