



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

Title of the Practice 1: Promoting Heritage, Culture, Sports and Social Values among the Students:

Objectives of the Practice: 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.

The 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.

The Practice 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 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 college has formed Youth Welfare Department, Department of Sports and 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 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 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. 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. The college students participate in various social, moral and religious activities and competitions conducted by other institutes. The college students participate in university, state and national level Youth Festivals and won Gold, Silver and Bronze medals in numerous activities. 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 participants of the activities are rewarded in various college functions.

Evidence of Success:

- 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.



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- 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.
- College was made Covid Isolation Centre by the administration during the Covid-19.
- P. G. Department of Computer Science organized one day trip to Sri Amritsar Sahib for students and faculty to promote cultural and social awareness among them on 20 March 2021.
- P. G. Department of Computer Science organized online seminar on “Universal Values and Diversities” to promote moral and social ethics among the students on 22 March 2021.
- Department of Food Processing conducted an online lecture on “Promoting Heritage and Culture” on 1 Oct 2020. The lecture was delivered by DR. Harjinder Kaur.
- P. G. Dept of English organized a lecture on “Human Values in Society” on 20 Nov 2020 and the resource person was Prof Ramandeep Kaur.
- Students of P. G. Dept of English visited Awdhoot Ashram and provided free food to the needy on 25 Feb 2021.
- P. G. Department of Punjabi organized an online discussion on “Importance of Values in Student Life” on 28 Sept 2020. Prof Gurdeep Singh discussed the basics of human values in detail with students.
- P. G. Department of Punjabi organized online discussion on “Major Efforts to Control the Effects of Covid-19” on 7 Sept 2020. The faculty discussed with students the effects of Covid-19 on economic, social and cultural life of common man.
- P. G. Department of Punjabi has started a movement “Main Imandar Han” (A free books service) in March 2021 to promote the importance of honesty, ethical, moral and social values among the students.
- Department of Agriculture organized an orientation to promote socio-economic diversities entitled “Regional and Socio-Economic Diversity” on 18 Feb 2021.
- Department of Agriculture organized awareness programme during Covid-19 and made people aware about the preventive measures for covid-19 and why to wear masks. Free masks were distributed at the villages Tahlian and Chular Khurad by the students and faculty. The objective of the programme was to make students aware about our social responsibilities.
- Department of Agriculture organized an online lecture “Role of Sports Activity in Life” to motivate students’ participation in sports. The lecture was delivered by Astd. Prof. Ramandeep Singh.
- Department of Agriculture organized one day webinar “Changing Social Norms and Values in life” to promote Social Values among the students. The lecture was delivered by DR. Nisha Mann on 27 Sept 2020.
- Department of Agriculture conducted one day Interdepartmental visit in collaboraton with P. G. Dept of History to spread awareness regarding the traditional agricultural tools under the title “Cultural and Heritage Awareness Programme” on 6 March 2021.
- P. G. Dept of Music organized a workshop on Thumri Gayan- Concept and Forms on 26 Feb 2021. The resource person of the workshop was DR. Kamal Rani.



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- A lecture on “Need and Significance of Youth Welfare in Preservation of Classical Musical Arts” was organized by P. G. Dept of Music on 24 Oct 2020 to promote classical music among the students.
- “Keertan Darbar on Gurburab of Sri Guru Nanak Dev Ji” was organized by P. G. Dept of Music to promote the philosophy of Sri Guru Nanak Dev ji in the present day life.
- P. G. Dept of Music organized Singing Competition dedicated to Gangu Bai Hungal on 5 March 2021.
- P. G. Dept of Music conducted two days workshop on Classical Music Instruments to make students aware about the role of classical music in culture preservation.
- P. G. Dept. of Commerce and Management conducted webinar on “Heritage Preservation and Development” on 23 Oct 2020.
- P. G. Dept. of Commerce and Management organized a guest lecture on Sports Injuries and use of Supplements in Sports. The Lecture was given by Astt Prof Gurpreet Kaur on 1 March 2021.
- Students of P. G. Dept of Fashion Designing and P. G. Dept of English along with NSS distributed free masks in the area and the students felt the significance of social responsibility.
- Faculty and Students of P. G. Dept of Fashion Designing distributed free food among the needy to promote moral and ethical values.
- P. G. Dept of History conducted online lecture “Punjab Heritage: History of Folk Dance Bhangra” by DR. Jasmer Malik on 6 Oct 2020.
- College NCC wing Department of Physical Education and Sports celebrated “Fit India Movement” to promote physical fitness and Sports among students.
- Department of Physical Education and Sports organized an interdepartmental guest lecture on “Sports Management” on 23 Feb 2021. The lecture was delivered by Astt Prof Simranjit Singh.
- Department of Physical Education and Sports organized Intramural Tournament in college campus for the game SEPAKTACRAW on 27 March 2021.

Problems Encountered: Due to Covid-19 no offline sports and cultural programmes and events were conducted by State/Center organizations and universities. So the college students couldn't participate in many sports and cultural activities during the session 2020-21, even then the institute tried to conduct these activities in online and offline mode at college level.

Title of the Practice: Awareness for Environment Conservation and Preservation:

Objectives of the Practice:

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



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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 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.
- 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.
- College celebrates Environment Day, Water Day, International Sikh Environment Day etc. 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.

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, public and sharing transport have 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.
- 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.
- P. G. Department of English organized a guest lecture on "Global Warming" to make students aware regarding the challenges of global warming and its effects on environment. The lecture was organized on 24 Nov 2020 and it was delivered by Dr. Sarvan Kumar (Dept of Agriculture)
- P. G. dept of English organized plantation drive in Budhlada to celebrate Spring Season on 17 Feb 2021.



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- P. G. Department of English conducted a guest lecture on World Cancer Day to make students aware about the environmental effects on the increasing cases of cancer on 2 Feb 2021. The lecture was given by Dr. Jatinder Singh.
- 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.
- P. G. Department of English organized poster making competition on “Save Water Save Life” to spread awareness on preservation of water on 22 March 2021.
- P. G. Department of Computer Science organized a seminar on “Health Hazards” to spread awareness on the connection between health and environment on 18 March 2021. The eminent speaker of this event was Asstt. Prof. Geetu Singla.
- P. G. Department of Computer Science and P. G. Department of Punjabi organized guest lectures to celebrate World Sikh Environment Day.
- The college has been teaching a qualifying paper entitled “Environment and Road Safety” to students of all UG courses as per university guidelines. The course content of this paper has been designed by university to make students aware regarding preservation of environment.
- P. G. Dept. of Science organized a guest lecture on 26 Feb 2021. The topic of the lecture was “Natural Products”. In this lecture Dr. Inderpal Singh, NIPER Mohali guided the students on the use of natural and organic products for the preservation of environment.
- P. G. Dept. of Science organized a demonstrative lecture on Municipal Waste Water Treatment. In this lecture DR. Surinder Singh made students aware that management of waste water is helpful for the preservation of environment.
- An online debate on “Environmental Issues” was organized by P. G. Department of History on 11 Sept 2020. Dr Dinesh Kumar specifically focused on the current challenges of environment conservation during the debate.
- Department of Food Processing organized an online lecture on “Minimization of waste in Food Industry”. In this lecture Dr. Garg focused on the significance of minimization of waste in Food Industry to save natural resources and environment.
- Department of Food Processing, Department of Fashion Technology and Home Science organized exhibitions and workshops to guide the students and stakeholders about the waste management of food and other daily use articles to save resources.
- P. G. Department of Commerce and Management organized Plantation Drive on 10 Feb 2021.
- P. G. Department of Commerce and Management conducted a guest lecture “Save Trees Save Earth” to make students aware about the significance of saving trees to save environment.
- Department of Agriculture conducted lecture entitled “Current Status of the Ground Water in Punjab and India” on 9 March 2021. In this lecture Er. Dilip Kumar focused on



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the upcoming crisis of ground water in Punjab and he spread light on the preventive measures to reduce the use of ground water.

- Department of Agriculture organized one day field activity for the water conservation on mulching techniques with agriculture residue on March 15, 2021.
- Department of Agriculture organized plantation drive to celebrate International Day of Forests on 21 March 2021 to spread awareness among students on the various types of plants and their importance in human life and environment conservation and preservation.
- College NSS units have received appreciation form the Gram Panchayat's of Biroke Kalan and Atla Kalan for the plantation drives in these villages.
- NCC, Nanhi Chhan and NSS units organized plantation drives during 2020-21 in campus and area.
- Health and Hygiene Cell organized a lecture "Effects of Pollution on Health" to celebrate World Environment Day in collaboration with P. G. Dept. of Computer Science.
- Nanhi Chhan and Green Brigade Cell organized a special lecture on Herbal Gardening to aware students about its effects on health and environment.
- Nanhi Chhan and Green Brigade Cell organized an online slogan writing competition on the occasion of World Earth Day.