

# कार्यालय प्राचार्य, शासकीय टी.सी.एल. स्नातकोत्तर महाविद्यालय, जांजगीर



जिला जांजगीर-चांपा (छ.ग.)

शहीद नंदकुमार पटेल विश्वविद्यालय रायगढ़ (छ.ग.) से संबद्ध

**Grade - 'B' Accredited by NAAC**

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महाविद्यालय कोड-307

वेबसाइट-<https://www.govttcpgcollege.ac.in>

UGC CODE - 201050

AISHE CODE - C-22319

Mobile No. - 9826186337

## 7.2.1 Best Practice (1)

Title of the practice: Deaddiction Program

Objective of the practice: to spread awareness among students.

The context: to improve overall health of students.

The practice: Program on the topic of Deaddiction.

Evidence of success: Students became more aware about the problem.


Problems encountered and resources required – students were hesitant to share their problems, requirement of professional counselors.

Excessive use of psychoactive substance such as alcohol, pain medications, illegal drugs etc. is called substance abuse; which leads to physical, social, emotional damages. The Ministry of Social Justice and Empowerment conducted a survey on 'Addiction of drugs' in 2018, which yielded the result that children and adolescents (10-17 years) are caught in various types of substance use.

Children are the foundation of the future of any society and country; it is crucial to educate them about what is right and what is wrong. In addition to academic performances, consumption of ill substances causes adverse effects on physical and psychological condition, it may lead to retardation of mental growth too.

In an effort to foster a healthy lifestyle and eliminate drug use in student's life, the NSS unit of the organisation hosted a programme on "De-addiction." The program's main goals were to spread awareness about substance abuse and promote de-addiction. It was discovered during the program that students are most influenced by their surrounding environment, family members and social media. As most of the students are from rural areas; where consuming of alcohol is considered as an indifferent behavior among males, which impacts children negatively. Additionally, the students are very much invested in Mobiles and Social Media, where humungous number of videos containing such contents (use of alcohol, tobacco, drugs etc.) are found, this triggers this kind of behaviors worsening the situation. With the help of program students are familiarized with the adverse impacts of alcohol and how to stay away from these hideous substances. Sometimes students shy away to express about their habit but want to give up it, considering such situation students were introduced

to the helpline numbers of- National toll-free no. 14420, Narcotics Anonymous NA Helpline Number 011-23341245, Alcoholics Anonymous Helpline Number 011-23366666. Students were enlightened with the importance of exercise and yoga for better lifestyle.

  
PRINCIPAL  
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## 7.2.1 Best Practice (2)

### **Title: Promotion towards building a Sustainable and Green-Clean Campus**

#### **Objectives of the Practice**

At college, we always place the highest priority on Environmental sustainability. Keeping the campus clean serves as a positive model for students, who are encouraged to feel proud of their college are less inclined to litter and may therefore put out greater effort to preserve their surroundings.

- We want to create a campus that is plastic-free, generates little trash, preserves biodiversity, lowers total carbon footprints, and uses natural resources like electricity and water sustainably.
- We also want to cultivate eco-friendly cultures among the staff and students. All parties involved must work together to achieve this, which can be done by putting eco-friendly facilities and procedures into place.
- The institution's endeavor will undoubtedly guarantee a healthier atmosphere for everyone.

#### **The Context**

Given the numerous environmental issues that we are confronting, conservation is desperately needed today. The primary reason of these issues is that human consumption of natural resources is outpacing their replenishment. The college has long been a lover of the outdoors, preserving the best possible vegetation in its little open area. It always strives to keep an eco-friendly atmosphere, take action to lessen carbon footprints, and protect biodiversity. The college has put in place systems for composting, water conservation, waste management, and solar energy generation in order to achieve this.

#### **The Practice**

The College is dedicated to develop a sustainable and environment friendly campus. The college follows various environmental sustainability strategies, including:

- College students are at the forefront of green initiatives. NSS and NCC have a large number of active students. To increase public awareness of environmental issues, this cell planned numerous activities.
- An effort to discourage the usage of single-use plastics. In its small area, the college boasts a verdant campus with a wide range of potted plants and trees. NSS, NCC and other Departments run a number of social media awareness-raising projects.

- Student volunteers also engage with the public to raise awareness and consciousness about the need to maintain the environment and natural resources by using them responsibly.
- There have been programs to raise awareness and collect e-waste, and rubbish is gathered and disposed of through certified paper channels.
- Newspapers and waste paper are gathered and distributed to vendors for recycling.
- The college hosts workshops, seminars, and webinars on a range of environmental topics and concerns in order to involve the broader community of students, industry professionals, non-governmental organizations, administrators, and academicians.

### **Evidence of Success**

- A greater number of classrooms are using LED lights instead of the outdated lighting technology.
- Because to the aforementioned efforts, the college is able to save a significant amount of money on electricity expenses.
- The use of water-saving techniques contributes to the upkeep of campus green spaces and gardens.
- The use of eco-campus practices produced one of the area's most attractive and hygienic colleges. As a result, more pupils have been drawn in.
- A lot of e-waste was collected, and it was recycled via the appropriate method. A lot of green manure has been prepared.


### **Problems encountered and Resources Required**

- Making the switch to renewable resources is expensive, and government funding is required. Inadequate recurring funding makes it difficult to maintain solar installations effectively.
- Alternatives to plastic are more expensive and less readily available, which reduces their social acceptance.
- Plant health and prevention necessitate extensive human resource planning. Drip irrigation solved the issue of water scarcity. We have to deal with a lot of water scarcity throughout the summer. Therefore, we must employ water tankers to meet requirements.

### **Notes**

In order to preserve the college environment and their neighborhood, IQAC's future green program seeks to inspire students to become agents of change.

- The public must be increasingly informed and inspired to support environmental sustainability. To bring about a general change in the mindset of the public, employees, and students, ongoing environmental consciousness initiatives are needed.
- Through rallies, campaigns, contests, and social media posts, a sustainable lifestyle must be adopted through the prudent use of natural resources.
- Regular correspondence and communication on paper are declining. It promotes and exercises email and social media communication.

  
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 Govt. T.C.L. P.G. College  
 Janjgir (C.G.)





GPS Map  
Camera Lite

XHPH+574, Khokhra, Chhattisgarh 495668, India

Latitude

21.98482398°

Local 08:37:21 AM

GMT 03:07:21 AM

Longitude

82.57813244°

Altitude 275 meters

Monday, 02.10.2023