



OFFICE OF THE PRINCIPAL GOVT. DEGREE COLLEGE RAMNAGAR

Best Practices 2021-22

Practice No. 1

TITLE OF THE BEST PRACTICE: Adoption of Thaplal Village (Thaplal, Ramnagar) for the betterment of health and hygienic condition of the people.

GOAL: Objective of the practice was to aware the people specifically the children of the village about healthy living, who could be the future students of the college. Another goal was to expose the students of GMS Thaplal to college environment and other high-tech resources so as to inspire them to achieve good academic grades with all-round development of the child. In addition, to this college also had an aim to shoulder the social responsibility.

CONTEXT: The challenging issue was to upgrade the quality living and to improve the healthy life style of students belong to weaker sections of the society. The NSS volunteers told the students and children that healthy and nutritive food could be the medicine for the healthy living and motivated them to stay apart from the junk food. The NSS volunteers generally visit the adopted village mostly in working hours of the college, which moderately effects the study of these students. However, these challenges were dealt with efficiency by the college administration and no stone was left unturned to achieve the desired objectives.

THE PRACTICE & THE EVIDENCE OF THE SUCCESS: The College adopted village Thaplal (Thaplal, Ramnagar) for a focused intervention in the area of hygienic and healthy development of students has been recorded. The peculiarity of the GM school was that maximum of its enrolled students belonged to poor families. The college intended to overcome the limitations of the school and to provide the necessary facilities to such students. The NSS volunteers interacted with the young minds and donated them notebooks, stationary materials and healthy eatable products. The college organized one-day camp at the adopted village and distributed free mask, soap and sanitizers during the Covid-19 pandemic. The practice was found to be successful as the financial burden for purchasing of such items was found to vanish.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED: The resources and funds required to improve healthy and hygienic conditions of the adopted village. They need clean drinking water and healthy diet. The availability of these resources in particular was a challenging task for the college due to financial constraint. The NSS volunteers approached and ensured the supply of clean drinking water.

Practice No. 2

TITLE OF THE BEST PRACTICE: Intoxication free Campus.

GOAL: To aware the students about intoxicant items by promoting the importance of health and wellness in the life. The topics on harmful effects of intoxicants maybe be incorporated in the curriculum of degree courses for healthy impact on students.


CONTEXT: Todays the youth indulged in consuming the intoxicants and drugs that directly affect the health and economic condition of their family. It's very important in today's scenario that we transmit a message "quit drug and choose life" in order to make a healthy and intoxicant free society.

PRACTICE: NSS Unit of the college has organised many activities and rallies to aware students and local youth about the practice. The discipline/examination committee randomly check the students not to carry any type of intoxicant in the campus. The committee remains vigilant in and outside the campus so that the students don't involved in such ill practices. Banners/Posters and Paintings regarding ban on intoxicants have been displayed on various locations inside and outside the campus to aware the students as well as the passers-by.

EVIDENCE OF SUCCESS: Proud to say that none of the students has been found using tabacoo/alcohol or others types of intoxicant in the campus. Students voluntarily took part in the activities and rallies related to awareness against use of intoxicants. The NCC Cadets & NSS volunteers remains vigilant in and outside the campus. Many of the times the NCC Cadets and NSS Volunteers pay visits to the surrounding area of the college to aware the common masses so that they can also take care of their dears not to involve in such ill practices. The college has got success in this endeavour.

PROBLEMS ENCOUNTERED: Although it is totally ban in the campus but the risk remains there for the students to fall prey to the nexuses exist in the society. There are many hurdle for the committee to control consumption of intoxicants outside the campus. The authorities have also been approached to control over the illegal sale and punishment for such people who lure the innocent young lads.


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