



BEST PRACTICES- I

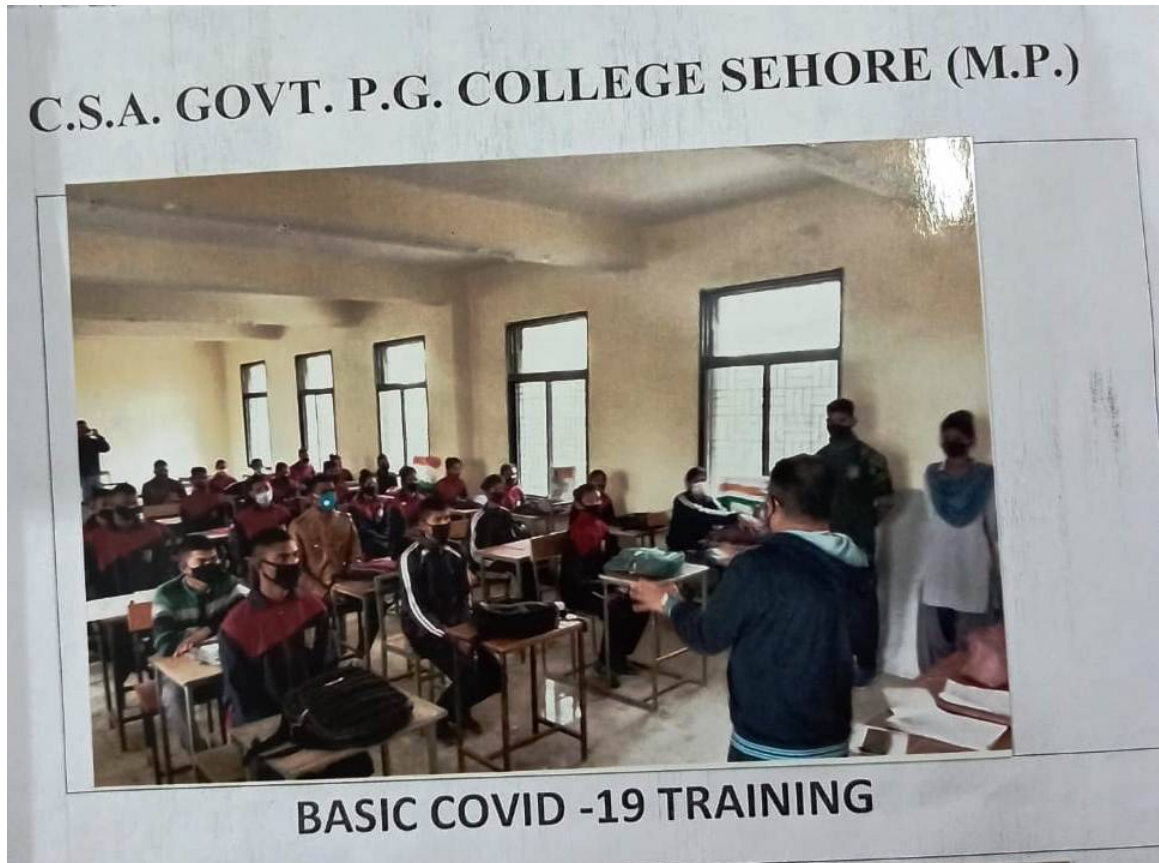
Session 2020-21

Title of the practice: COMBATING THE COVID CRISIS-UNITED WE FIGHT

"We are in this together- and we will get through this together"

~U.N.O Secretary General

OBJECTIVE: - To increase awareness on the Covid-19 pandemic in the Sehore region, with an enhanced focus on the rural and semi rural regions of the city, take vigilant steps to combat its spread and to strengthen people's participation in the vaccination drives.

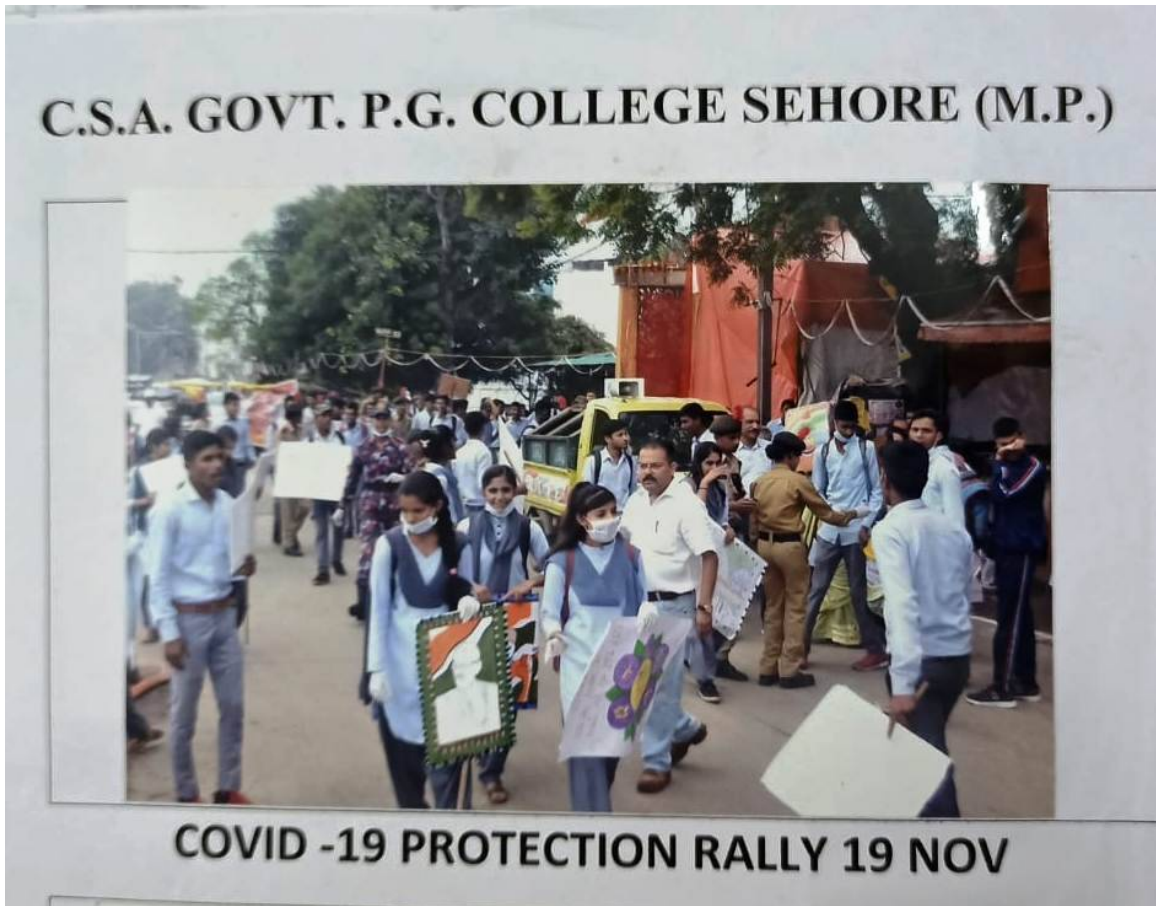


CONTEXT:-The College is aware of its duties towards the society and is a cauldron of churning out socially responsible youth who foray into the real world talking the problems inflicting human society. Amidst the unprecedented pandemic that has battered the world, the college and the students felt it proper to perform their duties towards alleviating the effects of the outbreak. The Sehore city being an educationally backward region, reels under a lack of awareness and education on the covid-19 protocol and on the indispensability of the vaccine. The students took the onus of mitigating the crisis's effect on people's lives by taking consistent and multitudinous efforts in this direction.

THE PRACTICE: Activities and programs were organized at regular intervals to raise awareness on the issue at the initial stages of the onset of the pandemic. The students of the college marked an active participation in the battle against the corona virus registering as volunteers under the 'Mai bhi Corona Volunteer' campaign. These students conducted many awareness rallies and campaigns with the local population being the focus group. They held posters and placards which pictured the awareness messages and chanted slogans. In these rallies, they spread awareness on the importance of donning face masks, using hand sanitizers, frequently washing hands, and maintaining adequate social distancing.



Our student volunteers visited remote villages and made an attempt to connect with the people and clear their apprehensions about getting the vaccination. A street play was also organized at the Bhopal Naka. The college students visited the villages of Avantpura and Sewaniya to exercise the Cleanliness Campaign to fight the deadly virus. The students also took a pledge and administered an oath to others to be alert, vigilant and responsible in the war against Covid-19 and abide by the necessary protocol.



Taking cognizance of the changing scenarios in the virus infested world and keeping in mind the new-normal, the college chalked out a plan for the college activities and conduct. The faculty members of the college were trained at the local CHMO centre. The college students were also trained in small batches in a two month long training program. Sanitizer machines were placed at different spots in the campus. A thermal scanner was placed at the college entrance gate and personnel employed to check the temperature of the students, staff and other visitors. Sanitizer bottles were kept in every teaching department and the administrative office.

The NCC and NSS cadets provided the necessary leadership to the college students and participated in managing the Covid-19 related extension activities.

A Corona Rescue Team was constituted in the college which was entrusted with the task of carrying out covid-19 awareness and protection measures especially catering to the local city population.

Medicinal and immunity boosting herbs like Giloy, Aloevera and Tulsi were planted in the college campus to enhance self-care practices to fight Covid-19.

In a program organized in the college, the students were encouraged to indulge in yoga and meditation practices to enhance emotional control and keep stress, anxiety and depression at

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bay. The Hand Wash Day was celebrated on 9th December to increase awareness towards maintain hygienic practices to check the spread of infections.

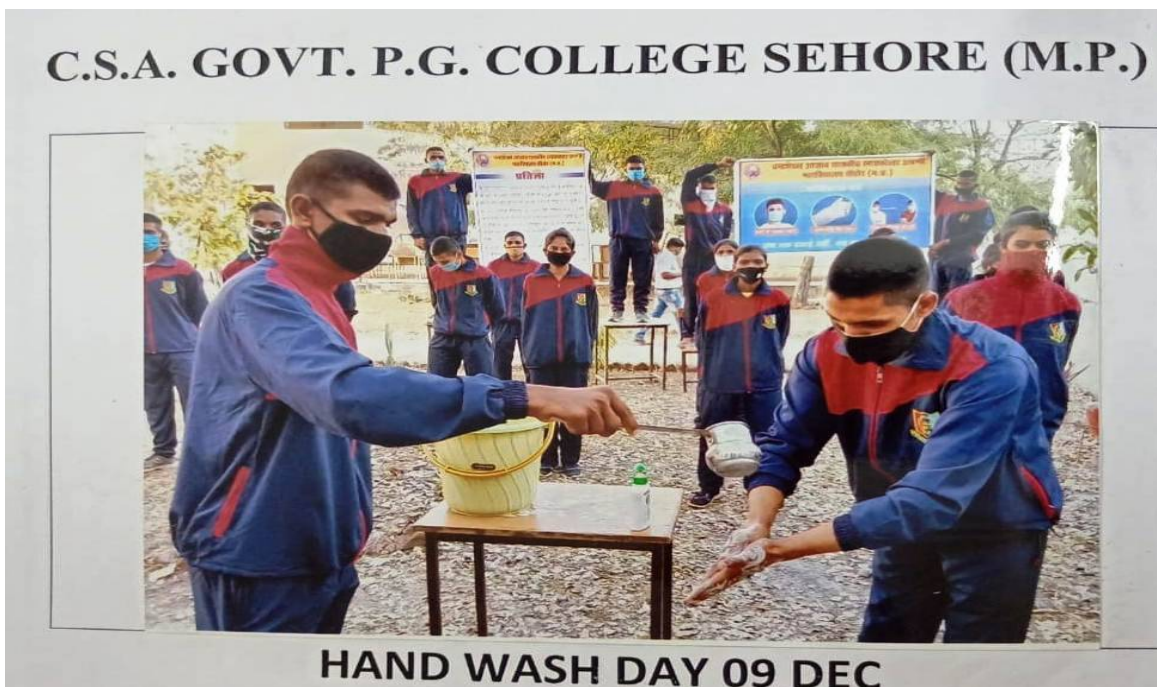
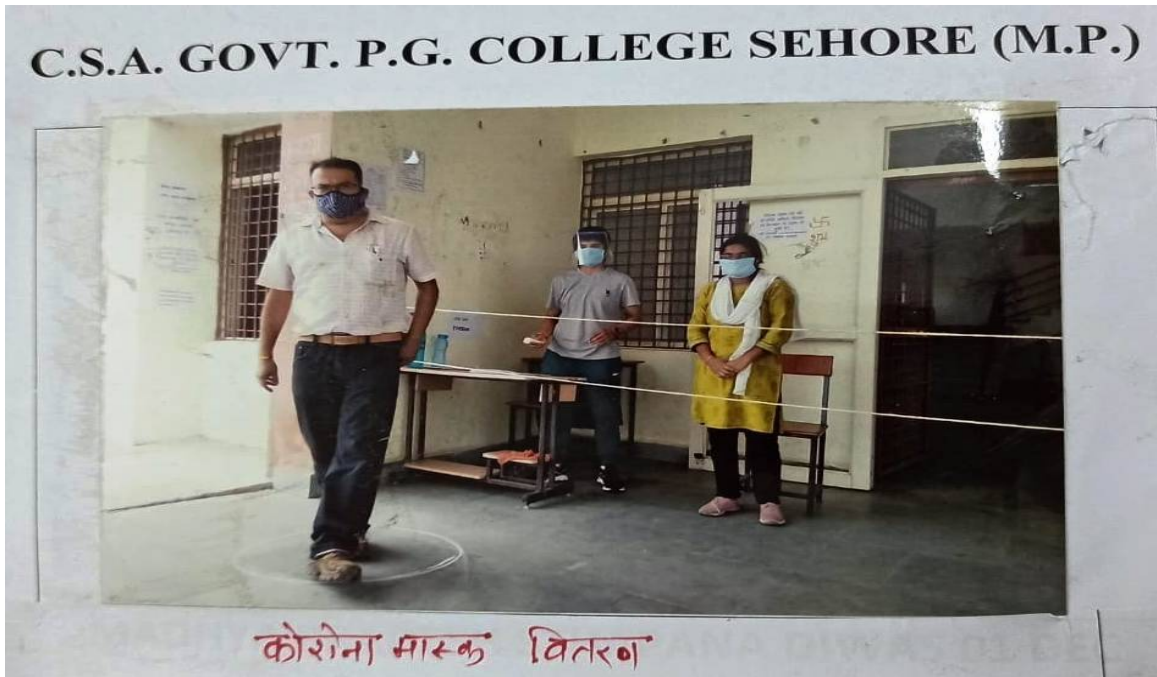
The college is also designated as a Covid vaccination centre. Fortnightly, vaccination drives are organized in the college wherein a team of doctors from the district hospital visit the campus. The college employees, both teaching and non teaching staff, support staff, students and the kith and kin of the students and staff and the local population were administered the vaccine in these camps. Masks were distributed in the college campus to engender covid protection behavior in the people.

EVIDENCE OF SUCCESS: The turnout at the college vaccination camp was considerable. It's a sheer sign of the program's success that the relatives of the students, staff and other members from the local groups participated in the the impressive numbers in the vaccination

camp. Also, as people were encouraged to take tests if they turned symptomatic, the average test rate in the city increased.

PROBLEMS ENCOUNTERED:

It was a task to quell the fears and myths associated with Covid-19 in the remote, rural areas of Sehore district. It was difficult to mobilize resources - masks, sanitizers, hand washes to be distributed at a large scale to the students, staff and society.



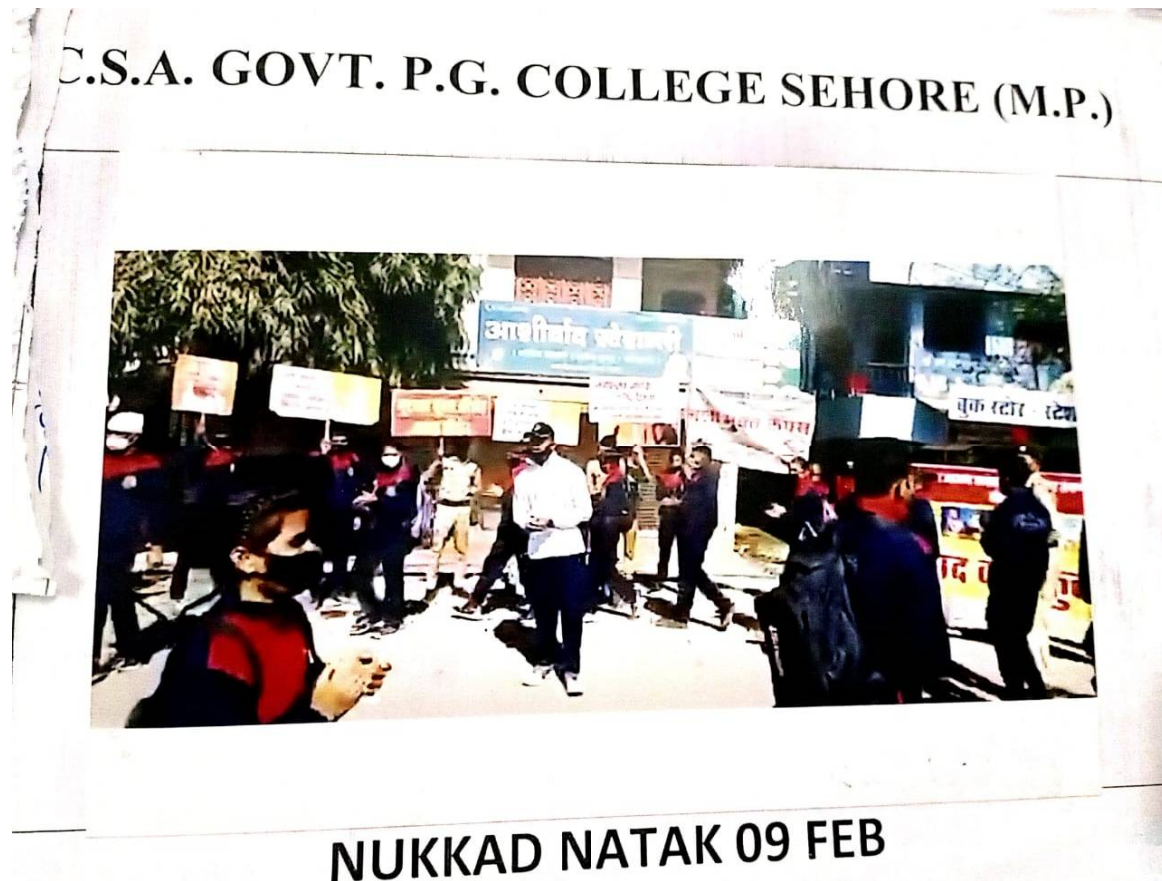


BEST PRACTICES- II

TITLE OF THE PRACTICE: BATTLE AGAINST BOTTLE

*"I have seen in so many cases that liquor has not only robbed men of their money, but of their reason."
~ Mahatma Gandhi*

OBJECTIVE: The objective of the practice is to curb/ check intoxication and addiction problems pervasive in the local community of the Sehore region.



CONTEXT: Only 15% of Indians over the age of fifteen drink, but they out-drink the world's biggest drinkers, an analysis shows. Also, approximately 14 million people in the country meet the diagnostic criteria for alcohol disorder. The problem is more striking in the rural/ semi-urban regions of the country and really acute in places like Sehore. Many families suffer the effects of this practice as it damages families and relationships. Students/ Children who come from such families are at an increased risk for cognitive, behavioral and emotional disorders. It is also alarming that the youth of the country is drawn towards alcoholism and drug addiction and thus are degenerating the valuable human resource of the country. It is in this context that the college stands committed towards eradicating this physiologically and socially cancerous practice from the society with the youth of the country being the focus group.

PRACTICE:

On 30th January, the staff and the students took a pledge of absolute abstinence from alcohol. A seminar was organized in the college on the ill-effects of alcohol consumption wherein the students were cautioned about the pernicious impact the baneful activity.

प्रतियोगिता के बाद विद्यार्थियों को नशामुक्ति का संकल्प दिलाया



नशामुक्ति का संकल्प लेते हुए विद्यार्थी। ● नवदुनिया

सीहोर (नवदुनिया न्यूज)। शनिवार को चंद्रशेखर आजाद शासकीय स्नातकोत्तर अग्रणी महाविद्यालय सीहोर में 30 जनवरी को शहीदी दिवस प्राचार्य डॉ अनिल राजपूत की अध्यक्षता में सम्पन्न हुआ। कार्यक्रम के प्रारम्भ में सुबह 11 बजे 2 मिनट का मौन धारण किया गया। इसमें महाविद्यालय में सभी वरिष्ठ प्राध्यापक, सहायक प्राध्यापक, कर्मचारी तथा विद्यार्थी उपस्थित रहे। महाविद्यालय परिसर में स्थापित गांधी प्रतिमा पर माल्यार्पण किया गया इसके बाद प्राचार्य ने महाविद्यालय के सभी प्राध्यापक व कर्मचारियों, विद्यार्थियों

को नशा विरोधी संकल्प और मद्यनिशेध की शपथ दिलाई। उपस्थित जनों को शहीदी दिवस के महत्व के बारे में बताया गया। साथ ही प्राचार्य के नेतृत्व में एक नशा विरोधी रैली निकाली गई। इस रैली में महाविद्यालय के समस्त प्राध्यापक, कर्मचारी और छात्र-छात्राओं ने भाग लिया। रैली में शामिल एनसीसी के कैडेट्स ने भोपाल नाके पर मद्यनिशेध पर एक नुक्कड़ नाटक भी खेला। कार्यक्रम की अंतिम कड़ी के रूप में महाविद्यालय के सभागार में मद्यनिशेध पर एक निबंध, भाषण एवं पोस्टर प्रतियोगिता भी सम्पन्न हुई।

Rallies were organized in the college which started from the college gate and moved towards the vicinity chanting slogans and flashing placards on the prohibition of alcohol consumption and addiction.

A street play was also organized on the same theme to catch the eye of the audience and make them aware of the need to plunge into society. Several competitions - Speech, Poster making, Essay writing were organized to motivate people to abstain from / quit smoking, drinking or substance abuse.

No Drug Abuse Week and International Drug Abuse Solution Day were celebrated in the campus and the message of de-addiction was circulated. The purpose of such programs is to raise awareness on the negative consequences of drinking - psychological, physiological and social disturbances that ensue from alcohol and drug consumption.



People are also made aware of the constitutional directives against illicit drugs and drinks. The constitution of India under act 47, enjoins that

“The state shall endeavor to about prohibition of the consumption of intoxicating drinks and drugs which are injurious to health.”

The NSS and NCC students provide just the right leadership to other students in carrying the movement ahead.

PROBLEMS ENCOUNTERED:

At some places in the local villages and neighborhoods, people were unwelcoming and were adamant about continuing the practice as intoxication is too deeply embedded in their lives. Presence of shops selling tobacco and wine near the college campus also poses a problem.

EVIDENCE OF SUCCESS:

As it is difficult to bring about a change in the long formed habits, the success results of such programs appear slow. But it is heartening to see that the students not only themselves get aware of the fall-outs of alcohol consumption, but also enlighten others in their homes, neighborhoods, society, and villages to abstain from indulging in intoxication practices. As the college students have been asked to complain to the Principal/ concerned authorities when they notice anyone in the campus taking drinks, drugs, or tobacco, they in a way act as watch-police within the campus and curb the spread of this practice.

