

# Government Degree College, JAMMIKUNTA. Dist. KARIMNAGAR

## Best Practices Academic Year 2019-20

### Best Practice -1

#### Title of the Practice: SELF DEFENSE TRAINING

#### . The context that required the initiation of the Practice:

- Self-defence training programme for girls is considered as the need of time as there are atrocities on girls are rising country wide and the state of Telangana also witnessing such cases. A gruesome incident occurred in Shamshabad, Hyderabad where in a lady veterinary doctor was raped by a group of young lorry drivers and burnt her to ashes.

The right of self-defence is the right of people to use reasonable force or defensive force for the purpose of defending one's own life or the lives of others. In the present-day context when society is facing so much violence against women, it is a must that every girl child be trained in self-defence technique.

#### GOAL:

- To train the girl students in self-defence so as to counter immediate threat of violence

#### Objectives of the Practice:

- 1.To prevent the atrocities on girls
- 2.To make girl students physically and mentally fit
- 3.To boost the self confidence of the girl students

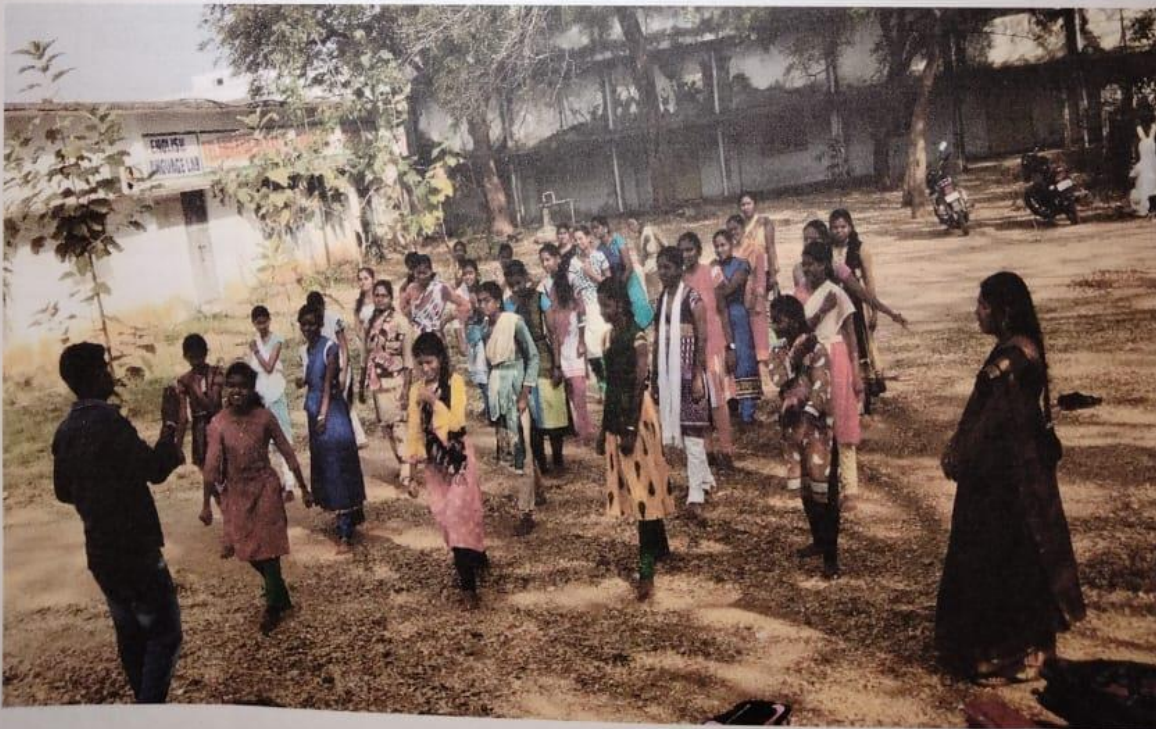
To make realise the need for the self defence training

THE PRACTICE: • Training in Self-defence was imparted to the students. • 40 Girls students received the training. Mr.Mahamood la local karate instructor volunteered to train the students.

Obstacles if any , strategies adapted to overcome them:

In the beginning the girl students hesitated to join the training, but after the motivation given by the lady faculty the programme continued successfully. Sometimes it was difficult to convince the parents

## KARATE CLASSES TO GIRL STUDENTS FOR SELF PROTECTION



Impact of the Practice: ●

The students developed a sense of self confidence.

## Best Practice-2

### Title of the Best practice: Environment-friendly Campus

#### The context that required the initiation of the Practice:

There have been several initiatives taken by the college for the benefit of all stakeholders and also to contribute to society at large. An educational institution can play a vital role in societal and environmental reforms besides its various academic pursuits. Keeping the growing ecological concerns and a dire need for immediate action to carry out and promote eco-friendly practices is the need of the hour. The college firmly believes that, when it comes to environment conservation, awareness must be followed by sustainable practices. In this endeavour, different departments along with various clubs and committees have undertaken several initiatives and organized different activities to reduce the carbon footprint and inculcate greener practices.

#### The Practice:

- **Tree Plantation:** Regular plantation drives were organized in the college in collaboration with different departments, cells and committees. Teaching and non-teaching staff members in association with the students take active participation in these tree plantation drives. College also has been following the practice of greeting guests with potted plants for all functions and activities organized in the college for several years now. It is also a step in the direction to promote green practices and spread awareness at the same time.
- **Infrastructural Additions:** In a constant endeavour to make the college campus increasingly environment-friendly and follow sustainable practices, certain infrastructural additions were carried out and further are being worked upon. College has two functional rain water harvesting pits. Another step in the pursuit of adopting clean and green practices,
- **Waste Management:** College has banned the burning of leaves and branches. Compost pits were prepared in the college premises. These compost pits are used for dumping organic waste/green waste for future reuse as manures. College uses vermi compost pits to create compost from bio-degradable waste. The compost pits rely on the natural decomposing, accelerated by earthworms and bacteria that break down organic matter into manner. Digitisation and automation of several academic and administrative activities have reduced the usage of papers manifold.
- **Environmental Science as Ability Enhancement Compulsory Course (AECC):**  
The Satavahana University mandated to choose Ability Enhancement Compulsory Course paper on Environmental Science for 1<sup>st</sup> Semester.

#### Impact of the Practice: •

The students got awareness on benefits of environment friendly campus; campus green coverage enhanced.