



TARANATH SHIKSHANA SAMSTHE'S

SOMA SUBHADRAMMA RAMAN GOUD WOMEN'S COLLEGE

Station Road, Raichur - 584101

(Affiliated to Akkamahadevi Women's University, Vijayapur)

Re-Accredited by NAAC with "B" Grade



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Soma Subhadramma Raman Goud Women's college two best practices successfully implemented by the Institution.

Best Practice-1

1. Title of the Practice: "CLEAN CAMPUS GREEN CAMPUS"

2. Objectives of the Practice.

S.S.R.G.Women's college is an environment friendly institution.

1. To maintain the college campus clean and pollution-free environment.
2. To create the green campus of the institution.
3. To maintain beautify lush green all around the campus.
4. To utilize the 'Use me' Dry and Wet Dust Bins on the college campus to maintain it clean.
5. To enhance environment policy awareness among students and Teachers.

3. The context:

Following will help us to implement the green initiatives in order to implement the green initiatives.

1. The initiatives are only possible by Cooperation for those involved. Motivation of staff and students implement green initiatives like minimal use of plastic, minimal use of air conditions, switching of lights, fans, use. Eco-friendly methods of moving is very important.
2. Since, our college is non-residential campus, the faculty members and staff members come her on their own vehicles.

4. The Practice:

Campus - wild initiatives at reducing, reusing and recycling are helping it active a green code of leaving which induced use of renewable energy installation of living which includes.

1. Use of renewable energy: Installation of a modern and hi-tech roof solar system. The plant generates in huge units of power, the same is consumed every day. Thus, The college saves an amount (In thousands).
2. Energy Conservation:- The policy on energy conservation highlights on developing a pro-active and progressive approach to cost effective operation in college LED lights, false ceilings to reduce heat, as well as abundant natural light makes the building energy efficient.
3. Creating an environmental awareness through NSS programmes to enable the students to realize their full potential for learning and solving their problems independently.
4. Water harvesting: Rain water harvesting system with pipes.
5. Plantations: Lush Green gardens all around the campus.
6. E – Waste management: Disposal of e-waste is an emerging global environment and public health issue. All loosely discarded e- waste is collected at the college & handed over to external vendors.

6. Evidence of Success:

The College has conducted “Swatch Bharath Abhiyaan” to maintain cleanness in college, city & country.

The institution organise tree plantation programmes in the campus.

6. Problems Encountered & Resources Required.

1. Frequent Power cuts force the College to use power generator which are very polluting to the environment.
2. College needs public support for taking many green initiatives like installing more solar panels, installing automatic switches for saving electricity, equipment for measuring air quality & Recycling machines.
3. Motivation amongst students and faculty to not use plastic, hence awareness programmes need conducted.

Best Practice-2

1. Title of the practice: “FREE MEDICAL AND FITNESS CHECK-UP”

2. Objectives of the Practice:

- i) To create awareness regarding potential health hazards & problems among the campus people.
- ii) To arrange guidance & counselling by experts in the field of health fitness & medicine.
- iii) To provide free medical check-up and advice to campus & Staff.
- iv) To enhance the fitness & health consciousness among the people of campus.

3. The Context:

Being healthy and fit in simple terms implies taking care of the body. It is a well-known fact that a healthy mind resides in healthy body. Wellness of body and the mind helps you to maintain the energy level to achieve success. We all need to strive to accomplish health. Safeguarding your body from the consumption of substances, doing regular exercises, taking balanced diet etc. are some of the important ways for attaining & maintaining good health & fitness. Obtaining healthy life style empowers us to perform our jobs without being or lethargic. Being happy is associated with fostering health and performing one's best. So happiness could be termed as the consequence of healthy and wholesome lifestyle. Every individual needs to take decent care of the health on a priority basis such as generating efforts on preserving physical and psychological fitness and ensure timely and routine medical checks and fitness tests. Notwithstanding the importance of medical check-ups & fitness tests yet it is an undeniable fact that such check-ups are often a bit too costly and sometimes even a financial burden to the people with limited financial resources.

4. The Practice:

Taking into account the importance of fitness & health and the economic strain it contains as mentioned to promote health& fitness awareness among the people in this program College arranges free medical and fitness tests for the students,

members of administrative, teaching & non-teaching staff as well. It is emphasized that the Physical, Physiological variables that are checked would cost 800 to 1000 rupees in medical hospitals that are provided free of cost here. All students are extended open invitations to seek benefit from this fitness campaign.

All the participants have to get registered at, the registration table. The variables done by experts and the health personnel. All the noting's of the performances are recorded to prepare a final health & fitness report. On the basis of the findings of the overall report, the participants are given expert medical advice and counselling. The Health & Fitness report gives the participants a clear idea about the area of concerns regarding the health issue and also areas of their strengths. This enables the participant to take appropriate and timely measures to correct the faults and boost their sense of fitness and wellbeing. It makes them aware of the factors that are harmful or helpful in maintaining their health & fitness. The participants are given a copy of the report and their feedback is taken for further improvements.

5. Evidence of success:

The initiative taken by the Medical Unit in this it met with overwhelming response from the students, college teachers & Nonteaching staff including class 3 & class 4 employees. Formal and oral requests are received from the participants for carrying on this practice on consistent basis. The growing number of participants every year indicates the huge success of the programme. The Medical Unit to encourage and cover more and more community people to take the benefit of the camp through various modes of publicity. It is a service to the community that the college takes pride in as it ensures concrete relationship between the college and society. With the aim to taking concrete positive measures in promoting health & fitness awareness among the people of the country, this small initiative taken by the college goes a long way in achieving the target of improving 'the nation's general wellbeing and fitness ensuring improved performances in various domains of life. This can ensure the overall growth in country's progress & prosperity index.

6. Problems Encountered and Resources Required:

In general the Health & Fitness Campaign has met with huge popularity and success among various groups of people. However, with increasing number of participants, there is a demand that such camps be-organised on consistent basis. The staff crunch is also the problems as is paucity of funds. To bring in more categories of testing and to cover more and more participants, naturally more test and testing's equipment's are needed and more funding as a result.