

7.2 Best Practices

Two Best Practices:

1) TITLE OF PRACTICE

Process of making Black Gold (Composting)

OBJECTIVES OF PRACTICE

1. To utilize biodegradable waste generated in the College campus
2. To produce manure for herbal garden/college flower beds

THE CONTEXT

The garbage we throw away everyday is polluting the environment. A large part of the kitchen waste can be easily composted into a valuable manure. "Our waste is our responsibility" keeping these lines in mind the students joined in enthusiastically to transform the waste generated in the college into useful compost.

THE PRACTICE:

Third year students (2019-20) of B.Sc. (Honours) Department of Microbiology took an initiative to make compost i.e. (Black Gold) out of natural organic waste and food waste generated in the college. Composting Unit has been started under the able guidance of their teachers. Bio-degradable waste generated in the college was collected from the campus, canteen and hostel mess. It was processed at the composting unit to prepare manure for the plants.

Methodology Adopted:

Collection of Organic waste: Biodegradable waste collected from the college campus, canteen and hostel mess. College has many deciduous trees that shed leaves during the autumn season. These dry leaves and kitchen waste were utilized for making compost. Compost Pile: Composting process was carried out in composting unit of the college. The compost pile was prepared in layers. In the first layer of the pile, coarse materials (like twigs) were added to allow proper drainage and aeration. This layer was covered with leaves. Then alternate layers of green (Nitrogen rich) and browns (carbon rich) were added. According to the United States Environmental Protection Agency, a balance of carbon rich i.e. greens and nitrogen rich i.e. brown material is needed to create the proper environment for composting to occur. Layers of preformed compost and soil were added in the pile. Consortium of

microorganisms collected from the Department of Microbiology was added in layers. Proper moisture was maintained in the pile as moisture is vital for the health of the micro organisms.

Following brown and green materials were used:

Carbon Rich (Brown)	Nitrogen rich (Green)
Dried Leaves	Vegetable peels
Newspaper	Fruit peels
Paper egg carton	Tea leaves/ Bags
Cardboard (cut into small pieces)	Egg shells
	Green leaves
	Flowers

After filling the composting pit in layers, the compost was turned once a month for proper aeration.

EVIDENCE OF SUCCESS:



PROBLEMS AND RESOURCES REQUIRED:

Major problem faced by the students was in collecting the waste and bringing it down to the composting unit.

2) TITLE OF PRACTICE

Social Commitment

OBJECTIVES OF PRACTICE

St. Bede's College blends comprehensive teaching with community outreach activities through exposure and involvement of the students in various socio-economic and environmental programmes thus serving the local communities.

The main objectives of this practice are:

- To motivate students to work for the welfare of the community.
- To inculcate the spirit of voluntary work.
- To contribute to the goal of an inclusive society.
- To promote qualities such as team work and empathy.
- To motivate students to be responsible leaders.

THE CONTEXT

The aim of organizing on campus and off campus community outreach programs is to sensitize the students to their surroundings and also enable them to channelize their knowledge to humane ends. Through such programs the college motivates the students to get aware of the ground realities of life. The college believes that hands on training is important and should be supplemented with classroom instructions and teaching for the overall growth of the students.

THE PRACTICE

Through various voluntary programs the college substantiates its Motto 'Non Nobis Solum'- Not for Ourselves Alone. The college motivates the students to take up projects, organize workshops, talks, presentations and undertake field trips to sensitize them towards their surrounding environment and give them a better understanding of activities around them. The college NSS Unit enthusiastically tries to inculcate feelings of social and civic responsibility by trying to find practical solutions to community problems at the ground level. This academic year, the NSS Unit conducted many engaging activities ranging from tree plantations to organizing rallies, Nukkad Nataks and informative lectures of various eminent personalities. NSS volunteers planted tree saplings in collaboration with the Forest Department Himachal Pradesh, in the Chamyana area of Shimla to commemorate the Van Mahotsav. The college observed the Swachhta Pakhwada from 1 August to 15 August, 2019.

The NSS volunteers took the Swachhta Shapath, conducted a cleanliness drive in the college campus and surrounding areas and held a rally which was flagged off from the college and covered the entire Navbahar area. A total of 300 NSS volunteers witnessed the live telecast of the inauguration of “The Fit India Campaign” by our Honourable Prime Minister Sh. Narendra Modi, in the college auditorium. This was followed by the volunteers taking the Fitness Pledge.

Annual NSS camp is a special feature of the college social responsibility programme. During this week long program, volunteers participated in a campus cleanliness drive, and assisted the college librarians to settle the library before the end of the academic year. Blood donation camp was organized by the NSS Unit where the staff and students actively and generously donated blood for a noble cause. The NSS Unit conducted various activities like Nukkad Nataks, poster making competitions, awareness rallies to name a few. Yoga session was also organized for all the NSS Volunteers.

The NCC Unit of the college has been doing a commendable job. The cadets have participated in camps and expeditions all over India. The cadets actively participated in rallies, awareness programs, door to door campaigns, Swachha Pakhwada, Nukkad Nataks, Mega Population Pakhwada etc. The cadets of the NCC Unit Of 1HP Naval Unit NCC Bilaspur alongwith their CTO were felicitated for their Polybrick initiative by the Hon’ble Chief Minister of HP - Shri Jairam Thakur.

The Community Outreach is another endeavour of the college which helps to sensitize the students to their surroundings and also to the social issues. To help the underprivileged children in the neighborhood of the campus and also beyond Shimla City, the college has adopted a rural Govt. Middle School at Theog and a Government Primary School in Sanjauli. The NCC unit of the college has also adopted a village named Halog in the Dhami area of Shimla District. The students visit these schools and interact with the children intermittently through various activities like skits, storytelling, sports day, painting competitions, workshops, talks, presentations and field trips.

□ Nukkad Natak was organized by the students of the college to sensitize the schoolchildren about cleanliness and personal hygiene at Government Primary School in Sanjauli, Shimla.

□ Several games and activities were organized for the school children at the Government Middle school, Theog.

□ The NCC cadets conducted an awareness rally related on Swachhta, to sensitize people about cleanliness at the adopted village Halog.

□ The cadets of 1HP NCC unit Bilaspur of St. Bede’s College organized a poster making competition on the topic “Clean India of my dreams” at Dhami Public School and the students participated with great enthusiasm.

□ The cadets made people and Anganwadi workers of village Genich in Dhami area aware about cleanliness and also helped them in immunizations.

Being a Women's College, St. Bede's aims at empowering our students to face the challenges of life. Our girls are groomed into independent, outspoken individuals who are conscious of their rights. Emphasis is also placed upon awareness of women's legal rights through street plays, rallies, talks and essay competitions on the issue of Girl child.

□ The women cell of St. Bede's college organized a presentation on Gender Mainstreaming to highlight how empowerment does not only mean the empowerment of women but also of the LGBTQ.

□ Poetry recitation competition was held in the college based on the theme "Women Empowerment".

□ An assembly was conducted to spread awareness on 'I am Generation Equality: Realising Women's Rights' in the college.

A collage making competition based on the theme "Women in Science" was organized to celebrate the National science day.

EVIDENCE OF SUCCESS

Students have largely benefited from this practice. Girls have not limited themselves to the programmes organized by the college but they are also offering these services at the individual level through active engagements with various NGOs, living up to the college Motto 'Not for Ourselves Alone'.

PROBLEMS AND RESOURCES REQUIRED

The visits to adopted schools, hospitals, old age homes and orphanages are limited due to the paucity of funds. Availability of funds would help in making the social responsibility efforts by the college more effective and far reaching.