



St. Bede's College Shimla

BEST PRACTICES

1. Title of the Practice: "NURTURING ENVIRONMENTAL RESPONSIBILITY AND SUSTAINABILITY"

OBJECTIVES:

The adopted best practices for protecting the environment have the following objectives:

The objectives of our environmental best practices are:

- (a) Educating students about environmental issues and the importance of conservation.
- (b) Supporting Sustainable Development Goals related to the environment by conserving natural resources and biodiversity.
- (c) Addressing ecosystem degradation through campaigns and activities involving students and faculty.
- (d) Encouraging eco-friendly measures to prevent environmental harm.

THE CONTEXT:

In the backdrop of Himachal Pradesh's susceptibility to natural calamities, such as monsoons, landslides, and floods, resulting in significant human and financial losses, St. Bede's College consistently shines as a model of environmental responsibility and sustainability in its community. The college is unwavering in its commitment to raise awareness about ecological challenges and nurture environmental consciousness among its students, aligning with the United Nations Sustainable Development Goals (SDGs). These initiatives not only instill a profound sense of community service but also prioritize the cultivation of responsible and compassionate individuals dedicated to safeguarding the environment and ensuring a sustainable future. St. Bede's College demonstrates a robust commitment to environmental conservation, both on and off-campus, through educational campaigns and seminars. The college serves as a shining example of how education and environmental stewardship can lead to a sustainable future, crucial in a region prone to environmental challenges.

THE PRACTICE

The following sustainable practices of the college underscore its commitment to environmental responsibility and a greener future.

Wastepaper Recycling: The college has established a dedicated wastepaper recycling unit on campus to repurpose cardboard, newspapers, and torn papers. The recycled paper is used for creative activities, reducing waste and promoting sustainability.

Organic Waste Composting: The college employs a layered composting method to transform organic waste into nutrient-rich compost known as "Black Gold Compost." This compost serves as organic manure for nurturing plants on campus and is also available for sale, encouraging recycling and sustainable gardening.



St. Bede's College Shimla

Rainwater Harvesting: The college actively practices rainwater harvesting with two dedicated units. This harvested rainwater is used for gardening and other non-potable purposes, contributing to water conservation and sustainable water management.

Ban on Polythene Usage: St. Bede's College is a pioneer in banning the use of polythene within its campus, reducing plastic pollution and promoting eco-friendly alternatives.

Smoke-Free Campus: The college prioritizes the health and well-being of its community by maintaining a smoke-free campus, creating a clean and healthy environment.

Solar Lighting and Water Heating: Approximately 30% of the classrooms are equipped with solar lighting, and around 25% of the hostel premises use solar water heating systems. This transition to solar energy reduces reliance on conventional sources and promotes sustainability.

Paperless Communication and E-Assignments: Digital communication methods, including bulk messaging and WhatsApp, are used to connect with staff and students. E-brochures, e-certificates, and e-assignments minimize paper usage, promoting environmental responsibility.

Medicinal Garden: The Department of Botany has initiated the creation of a medicinal garden on the campus, featuring various medicinal plants properly identified and labeled with their botanical and common names. This initiative supports botanical research and promotes the use of these plants for medicinal purposes.

Waste Management: Waste management practices have been implemented, including segregating waste into biodegradable and non-biodegradable categories. Sanitary pad incinerators in female washrooms ensure proper disposal of sanitary waste, and the sewage system is well-maintained to prevent environmental pollution.

Environmental Activities: The college emphasizes environmental education and awareness through student engagement in tree plantation drives, door-to-door waste management campaigns, cleanliness rallies, and the promotion of alternatives to single-use plastics.

NCC, Environment Cell, and NSS Activities: These units conduct various activities dedicated to environmental protection, such as Swachhta Pakhwada, foot patrolling, cleaning of water bodies, actively involving students in practical efforts to protect and preserve the environment.

EVIDENCE OF SUCCESS

[VIEW FILE](#)

The evidence of success across sustainability initiatives is substantial, reflecting a profound commitment to environmental conservation and education.

- The dedicated recycling unit has significantly reduced paper waste on campus, promoting sustainable practices among students and staff. Creative reuse of recycled paper for various craft activities has become a common practice.



St. Bede's College Shimla

- The layered composting method has successfully transformed organic waste into nutrient-rich compost, benefiting the college grounds and supporting sustainable gardening practices. The sale of compost at a nominal price encourages recycling.
- The practice of rainwater harvesting has contributed to water conservation and reduced reliance on external water sources, setting an example of responsible water management.
- Proactive polythene ban reduces plastic pollution and promotes eco-friendly alternatives.
- Smoke-free policy creates a healthier environment, fostering cleanliness and well-being.
- Solar lighting and heating reduce energy dependence, contributing to a cleaner campus.
- Paperless practices minimize paper usage and promote environmental responsibility.
- Medicinal garden supports biodiversity and traditional knowledge preservation.
- Waste management prevents environmental pollution through segregation and incineration.
- Student participation in tree planting, waste campaigns, and educational webinars highlights environmental conservation.
- NCC, Environment Cell, and NSS initiatives engage students in practical environmental protection.
- Cadets' recognition for plastic waste reduction inspires sustainability in Shimla.

Problems encountered and resources required:

Promoting a balance between academic pursuits and extracurricular activities, while maintaining student motivation, can be a demanding task. In some instances, parents may express reluctance in allowing their children to participate in extension and outreach programs. Furthermore, the transition to 100% green technology, particularly in a hilly terrain like Shimla, poses financial challenges for the institution. The reliance on solar energy sources can also be hindered by adverse weather conditions, including frequent overcast skies in the region. To address these challenges effectively, the college is actively working to raise awareness about environmental degradation, its underlying causes, and the importance of eco-friendly measures. Additionally, given the hilly terrain, it is crucial to consider innovative solutions for sustainability, such as micro-hydro power generation or wind energy harnessing, to ensure a more reliable and diverse renewable energy supply.

Please add any other information that may be relevant for adopting/implementing the Best Practice in other Institutions.

The recent environmental challenges faced by Himachal Pradesh underscore the urgency of taking proactive steps to protect the state's ecology. It is imperative that these environmental initiatives become a standard practice in every educational institution across the state. The young generation, as future policy makers and leaders, holds the key to preserving the delicate ecology of Himachal Pradesh.

Furthermore, these practices not only contribute to environmental conservation but also align with the United Nations Sustainable Development Goals (SDGs). By integrating such initiatives into the curriculum and daily operations of educational institutions, Himachal Pradesh can nurture a generation of environmentally conscious citizens who are equipped to address pressing ecological challenges.



St. Bede's College Shimla

By embracing these best practices in every educational institution, we can instill a sense of environmental responsibility in the youth and empower them to be catalysts for positive change in safeguarding Himachal Pradesh's natural beauty and resources.

2. Title of the Practice: “PROMOTING SOCIAL RESPONSIBILITY AND COMMUNITY ENGAGEMENT FOR SUSTAINABLE DEVELOPMENT”

OBJECTIVES:

1. To encourage students to engage with local communities by participating in various outreach programs.
2. To increase awareness among students and the community on critical social issues, including health, education, and social inequalities.
3. To provide opportunities to students to develop leadership skills.
4. To promote creativity among students, by organising competitions, and campaigns that encourage students to think critically and come up with innovative ideas.
5. To encourage a sense of inclusivity and bridging the gap between urban and rural communities.

CONTEXT:

In alignment with the Sustainable Development Goals (SDGs) of Promoting Public Health and Community Well-being, Empowering Communities and Bridging Disparities the students actively support good health and well-being by engaging in activities like assessing the nutrition of pregnant and lactating women, providing langar meals to cancer patients, and spreading awareness about issues like HIV/AIDS and drug abuse. Blood and clothes donation drives, distributing food grains, and providing support to earthquake victims in Turkey are all initiatives aimed at helping those in need. The students engage with local schools to promote literacy, assess the health of children, and promote cleanliness and personal hygiene. They celebrate Christmas with inclusivity and diversity, conduct interactive programs to bridge urban-rural disparities, and actively participate in awareness campaigns, disaster management events, and cleanliness drives.

THE PRACTICE:

To address the Sustainable Development Goals of 'Good Health,' 'Curbing Poverty,' 'Providing Quality Education,' and 'Reducing Inequality through Inclusivity' the students of St. Bede's college took up following initiatives

Promoting Public Health and Community Well-being- Nutritional status of many pregnant, lactating women and children of Government Primary School Sanjauli was assessed by students of our college.

- The NCC cadets organized activities to raise awareness on AIDS, Drug Abuse in Portmore, Bharari schools and at adopted village Halog, Dhami.



St. Bede's College Shimla

- NCC unit and Zoology Department took a special initiative by creating a Blood Bank Database for donors to register their blood types, aiding nearby hospitals during emergency. Many Blood Donation Camps were also organized by NSS and NCC units.
- Community Outreach cell raised awareness in children to improve cleanliness and personal hygiene practices at GPS, Sanjauli.
- An awareness rally on Swacchhta and cleanliness drives were conducted at adopted village Halog.
- Yoga awareness campaigns for physical fitness were also organized through online mode.

Empowering Communities and Bridging Disparities:

- Clothes donation drive at Bangla Colony, distribution of stationery items to the children at Chotta Shimla and food grains' donation to 'Almighty Blessings' were remarkable initiatives of our students.
- Christmas was celebrated with students of G.P.S., Sanjauli in the college promoting inclusivity.
- A donation drive was carried out to help people of earthquake-stricken Turkey.
- The college students served langar to cancer patients and their attendants in Indira Gandhi Medical College, Langar Hall.
- Free ration packets were distributed to BPL families in adopted village at Mashobhra and Christmas was celebrated with great fervour at the adopted village Dhanan by NSS.

Community Engagement and Social Impact Initiatives

- On World Literacy Day, several educational activities were conducted at Government Primary School, Sanjauli.
- Many interactive programs at the Govt. Middle and Senior Secondary School, Theog and Portmore were conducted by college.
- The NCC cadets promoted "Be Vocal about Local" initiative through many activities.
- A Nukkad Natak on 'Significance of Elections' was performed by NSS unit at Dhalli Panchayat.
- The "Solidarity March for Disaster Risk Reduction" and an awareness camp at GMGSS School Portmore educated students about disasters and effective disaster management.
- NCC cadets made people aware about Janta curfew during covid through various social media platforms.
- The Computer Science department often approached government schools and imparted technical literacy to students.

EVIDENCE OF SUCCESS

[VIEW FILE](#)

Engagement of students in community service, to instil a sense of social responsibility, is a clear indication of the success of numerous awareness programs and activities that the college has undertaken.

- The Department of Nutrition and Health Education has played an active role in evaluating the nutritional status of pregnant and lactating women, leading to improved maternal health outcomes. The initiatives to serve langar to cancer patients and their attendants at Indira Gandhi Medical College have positively impacted the well-being of those in need.



St. Bede's College Shimla

- The rallies, presentations, and lectures on critical issues like HIV/AIDS and drug abuse, both locally and in adopted villages, have raised awareness and promoted healthier lifestyles. The engagement in yoga awareness campaigns aligns with the Fit India Movement's goals.
- Regarding 'Removing Inequality,' initiatives such as the Blood Bank Database creation, blood donation camps, altruistic clothes and food grain donations, and response to international disasters like the Turkish earthquake demonstrate the commitment of the college to addressing economic disparities and promoting humanitarian efforts.
- These collective efforts indicate a meaningful contribution to the SDGs, highlighting the dedication to promote a more equitable, sustainable, and healthier community and world.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:

The institution has been consistently encouraging students to engage in extracurricular activities while maintaining a balance with their studies, with the goal of creating socially responsible individuals. Although there have been some challenges in terms of collaborating with outside agencies and limited financial resources, the institution remains dedicated to carrying out impactful social and community services to the best of their abilities.