

BEST PRACTICE -I

1. Title of the Practice: “**Holistic Wellness Program**”

2. Objectives of the Practice:

- To promote physical, mental, and emotional well-being among students and staffs.
- To provide comprehensive health and wellness resources and support services.
- To create a campus environment that encourages healthy lifestyles and stress management.

3. The Context:

The increasing academic pressures, along with personal and social challenges, necessitated a comprehensive approach to health and wellness. Recognizing the critical importance of a well-rounded wellness program, the institution aimed to address not only physical health but also mental and emotional well-being.

4. The Practice:

The Holistic Wellness Program encompasses a range of activities and services designed to support the overall well-being of the campus community. Key components include:

Fitness and Recreation: Regular fitness classes, yoga sessions, and sports activities are organized to encourage physical activity. The campus gym is equipped with modern facilities and is accessible to all students and staff.





Mental Health Support: A dedicated counseling center offers confidential psychological services, including one-on-one counseling, group therapy, and workshops on stress management and emotional resilience.



Work-Life Balance Initiatives: Programs such as time management workshops, mindfulness sessions, and relaxation zones help individuals manage stress and maintain a healthy work-life balance.

5. Evidence of Success:

- Increased participation in wellness activities, with a significant rise in the number of students and staff utilizing the gym and attending fitness classes.
- Positive feedback from counseling services, indicating improved mental health and reduced stress levels among participants.
- Enhanced overall campus atmosphere, with a noticeable shift towards a more health-conscious and supportive community.

6. Problems Encountered and Resources Required:

- Initial resistance due to lack of awareness about the importance of holistic wellness.
- Need for continuous funding to maintain and expand facilities and services.
- Resources required include qualified fitness trainers, mental health professionals, medical staff with campus medical, and infrastructure development.

BEST PRACTICE -II

1. Title of the Practice: **“Sustainable Campus Initiative”**

2. Objectives of the Practice:

- To integrate sustainability into all aspects of campus life.
- To reduce the institution’s carbon footprint and promote environmental stewardship.
- To educate and engage the campus community in sustainable practices.
- To develop and maintain a green campus with enhanced biodiversity and eco-friendly infrastructure.

- To promote sustainable transportation options, including bicycle use, public transport, and electric vehicles.

3. The Context:

With growing environmental concerns and the pressing need for sustainable development, the institution recognized the importance of adopting sustainable practices. The Sustainable Campus Initiative aims to transform the campus into a model of environmental responsibility.

4. The Practice:

The Sustainable Campus Initiative involves multiple strategies to promote sustainability:

Energy Conservation: The College has undertaken significant measures to conserve energy. This includes energy-efficient lighting systems such as LED bulbs, and smart meters to monitor and reduce energy consumption. Additionally, energy-efficient gadgets have been installed in labs, offices, and other areas. These include energy-efficient computers, printers, and other electronic devices that reduce overall energy usage.

Waste Management: Our institution, has implemented comprehensive recycling programs, composting facilities, and waste reduction campaigns. The institution actively promotes the use of reusable materials and reduces the reliance on single-use plastics. Additionally, to maintain a clean campus environment, the college has partnered with the Municipality Corporation of Bargarh. These initiatives reflect the institution's commitment to best practices in environmental stewardship and community collaboration.

Green Infrastructure: Development of green spaces, rainwater harvesting systems, and sustainable landscaping to enhance biodiversity and manage water resources efficiently.





Sustainable Transportation: Promotion of bicycle use among students and staff, as well as the encouragement of public transportation and electric vehicle (EV) use to reduce carbon emissions.

Sustainability Education: Integration of sustainability into the curriculum with workshops, seminars, and guest lectures on environmental issues. Student-led sustainability clubs and projects further drive engagement.

5. Evidence of Success:

- Significant reduction in energy consumption and lower utility costs.
- Increased recycling rates and reduced waste generation.
- Enhanced campus biodiversity and improved management of natural resources.

- Positive behavioural change among students and staff, with greater awareness and participation in sustainability initiatives.
- Increased use of bicycles, public transportation, and electric vehicles on campus.

6. Problems Encountered and Resources Required:

- Initial investment in sustainable infrastructure and technology.
- Need for continuous engagement and education to sustain momentum.
- Resources required include funding for green projects, expertise in sustainability, and ongoing community outreach and education efforts.

Through these best practices, the institution has successfully fostered a healthy and sustainable campus environment, setting a benchmark for holistic well-being and environmental stewardship.



Principal

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