

## 1. Refurbishing of College Stadium:

**Introduction:** Sound mind resides in a sound body .Hence games and sports have huge value in the life of the people especially the youngsters. So the college graduates need to be engaged in this environment so that a balanced growth and development occurs during their career development. This requires sports infra and related facilities.

**Objectives :** The objectives of this best practice are:

1. To develop the sports skills among the learners
2. To ensure their balanced growth and development
3. To ensure mass participation in sports of different types

**Status:** Sports have the power to inspire and unite the people strengthening social and cultural bonds among them. It speaks to youth in a language they understand well. The college has refurbished the college stadium constructing a pavilion of about 1000 seats capacity .The stadium has been demarcated by chain link fencing from the surroundings .The ground has been leveled with an improving the cricket practice pitch. Flood lights have been installed in and around the stadium. The college also has constructed an access road to the stadium. The stadium has adequate toilets /washrooms. The college organizes inter and intra college sports events as per the college sports calendar .The students are given an ample opportunity to take part in sports and to develop sportsmanship. The local sports bodies also organize sports events after seeking permission from the college or in collaboration with the college. The college stadium is thus an interface between the students and the community .It has become a place of participation where the students learn the skills of social and community services and a sense of belongingness to the society. The refurbished stadium has also become a source of revenue for the college. Apart from sport functions, cultural activities ,community functions also take place in the college stadium. The college physical director engages the students in rehearsals and practice exercises to prepare them for games and sports such as cricket, Volley Ball, Kabbadi, Kho-Kho, Bad Minton etc. The outcome of such practice exercises is reflected in several achievements of the students in the field of games and sports. Our students have won state level Kabaddi Match organized by 4 RR Bhaderwah.

**Problems:** The problem faced during implantation of this practice is lack of awareness among the learners and their poor motivation, inadequate budgeting to cater the needs of the learners, ensuring adequate participation of the female students .

**Impact:** The college stadium become a place of participation where the students learn the skills of social and community services and a sense of belongingness to the society. The refurbished stadium has also become a source of revenue for the college. Apart from sport functions, cultural activities ,community functions also take place in the college stadium. The college physical director engages the students in rehearsals and practice exercises to prepare them for games and sports such as cricket, Volley Ball, Kabbadi, Kho-Kho, Bad Minton etc. The outcome of such practice exercises is reflected in several achievements of the students in the field of games and sports. Our students have won state level Kabaddi Match organized by 4 RR Bhaderwah.

## **2.Green/Eco Friendly Practices:**

**Introduction:**Climate change and global warming are global issues facing human kind. Anthropogenic factors are mainly responsible for these problems .Industrialization, fossil- fuels, destruction of natural habitats and damage to biodiversity are aggravating the damage to ecosystem and environment .Hence the students ,staff and the citizens need awareness on the environment issues and green initiatives.

**Objectives:**The objectives of this best practice are:

- 1.To sensitise the staff and the students
- 2.To aware the masses on green initiatives
- 3.To make the instituion as model for others

**Hard Facts:**The climate change can have devastating effects for the planet earth putting human survival under threat. Desertification, melting of glaciers ,rising of sea levels, extinction of species are some of the direct outcomes of global warming and climate change. Each one of us has a responsibility to conserve the environment and mitigate the climate related disasters. Modern economy needs to be planned in a sustainable manner balancing out the damage to the environment. Colleges have essential role in carrying out awareness campaigns for the conservation of biodiversity and environment as well as their management. Degree college Bhaderwah has incorporated environmental science as a compulsory course in different semesters at Under Graduate level. We have a full-fledged Department with an office and Laboratory for Environmental studies. The topics included in the curriculum of Environmental Science are based on both local and global environmental issues. GDC Bhaderwah is located in a temperate mountainous region with rich biodiversity .There are plenty of natural resources including forests, fresh water springs and streams. This place is an attractive tourist spot. The students are given projects on activities such as Tree plantation, conservation of Forests, Solid Waste Management,vermi-composting,study of tourism related concerns etc. This region receives a considerable rain fall round the year. The college has demarcated its peripheral boundary by channel fencing to protect our natural vegetation, Herbal/Botanical garden plan and the plants raised by the plantation drives.

**Problems Encountered:** Various problems we do faced are :

1. Poor socio-economic back ground
2. Changing habits and motivating people to go for ecofriendly practices
- 3.Changing/minimizing unnecessary consumerism

**Impact:** The faculty concerned with Environmental studies has carried out many programs related to green and ecofriendly practices during the year .They include Swatch Abhiyan, Swatchta Hi Sewa,World Environment Week. The whole of the college staff and students carried out cleanliness drives in various departments ,corridors ,interior roads, college central lawn ,library, canteen and parking area etc. Students took part in poster making and slogan writing competition on themes related to campus green practices. The students also participated in essay writing and carrying out rallies to spread awareness about the protection of the environment. The college has banned single use plastic in the form of carry bags and water bottles inside the campus.

