

Title:- Virksha Raksha Sutra

Trees are an important part of human life and deserve attention of today's youth. Eco-club of our college encourages college students to take care of trees and plants that are in the campus. Young students should understand the value of green cover and take initiative to protect trees. The benefits that trees and shrubs offer the environment come back to us. It nurtures healthy mind as well as healthy body.

The context:-

The managing committee of the college is always desirous to provide green healthy environment to the students. They take keen interest in plantation of trees as well as saplings. After plantation of trees they need care and nurture. It was decided that students should be involved in this activity. So, that they may develop interest in nurturing healthy environment.

The Practice:-

ON 7<sup>th</sup> August, 2019, the Eco club of the college under the theme 'Save plantation' got 250 plants of Ficus and Bottle Palms planted in the college campus. The students of the Eco-Club were voluntarily asked to take care of newly planted plants. 50 students of Eco-club adopted the plants by tying the knot on the plants as 'Raksha Sutra' and also took oath to take care of these plants during the college hours in their vacant periods. Students regularly look-after these plants. They water them and put manure in them. They take help of gardeners if they find them withering or not growing. They develop attachment towards the young plants.

Evidence of success:-

The trees that were adopted by the students turned out to be healthier than other trees planted. Other students have also shown

keen interest in adopting the trees. It has created an emotional bond between the students and nature.

Problems Encountered and resources required:-

The incharge of Eco-club had to constantly motivate students to take interest in adopted plants. Sometimes due to busy academic schedule, students were not able to take care of these plants but gradually habit was instilled in them.

## Best Practice 2

Title:- Use of Parallel Bars for exercises

Objective of the practice:-

The ancient Roman proverb 'healthy mind in a healthy body' holds good in today's modern world. Regular exercise helps us to keep fit and at the same time maintain an alert mind. Regular exercise helps prevent chronic diseases and long term illness. It makes us feel good and increases our self-esteem and self image.

The context:- Women need health care and access to means of improving health. The college offers plethora of sports that girls can join. Parallel Bars were installed as it is both fun and a good way to improve physique. Parallel Bars are available for both the use of staff, students and outsiders (after college timings). It is also a good community initiative taken by college for the local people living around the college.

The Practice:- Three set of parallel bars were installed in the college lawn, which are easily accessible to the students and teachers. Mr. Sajjan Singh (Rtd. Inspector) Haryana Police who is an expert in exercising on Parallel Bars and has been working as a coach in community centre for the past 15 years trained students and teacher in physical education. These students were deputed to guide students and teachers who wanted to exercise on parallel bars. A

register has been maintained to keep record of students and teachers who use these. The exercises on parallel bars are based on the concept of Acu- pressure. It unblocks nerves and cures chronic diseases such as obesity, blood-pressure, diabetes, stomach ailments and problems of kidney and prostate.

Various exercises were performed on parallel bars such as

- a) Bicycle walks
- b) Travelling Dips
- c) Push-ups
- d) Polymetric push-ups
- e) Push-ups with knee drive
- f) List pendulum
- g) Bar to Bar rotation

Evidence of success:-

Exercising on parallel bars has helped many athletes to remove pain and correct their problems due to over exercising. It has also cured ailments of students, staff and common people and keep them fit.