

Best Practice - 1

1. Title of the Practice: “Yellow Line Tobacco Free Campaign”

2. Goal: The Cigarettes and Other Tobacco Products Act, 2003 or COTPA, 2003 is an Act of Parliament of India enacted in 2003 to prohibit advertisement of, and to provide for the regulation of trade and commerce in, and production, supply and distribution of cigarettes and other tobacco products in India. The College had resolved to implement this Act effectively within 100 yards of the College premises, to create awareness of the effects of tobacco and substance abuse among the College community and the surrounding community.

3. The Context: The resolution to initiate this campaign is in the context of a dire need to provide effective and stringent awareness of the certainty of fatal consequences of the use of tobacco products and substance abuse. Even with such statutory warnings, such products are easily accessible leading to rampant usage. The College therefore, responded to this higher calling by implementing the Government regulations strictly in and around the campus.

4. The Practice: Mere observation of anti-tobacco programmes or events seems casual and ineffective in creating effective awareness and addressing the issue. Hence, the College in collaboration with the district authority for tobacco control the Dimapur District Tobacco Control Cell, Nagaland Tobacco Control Programme and National Oral Health Programme launched the Yellow Line Tobacco Free Campaign on 14th February 2019, and became one of the first Colleges in the district to launch the campaign. This campaign ensured that no tobacco products would be allowed entry beyond the yellow line. The College put up signboard outside the gate that stated no tobacco related products would be sold within 100 yards of the perimeter of the College.

In addition to the campaign. The students’ council conducts anti-tobacco drive around the shops and stalls within 100 yards and confiscate such products and burn them publicly to create awareness to the society. The students are also frisked within the College to maintain total ban of tobacco in the campus.

5. Evidence of Success: Although it is still difficult to quantify the success of this campaign at this present stage, however, there is evidence to prove that no shops and stalls within 100 yards of the College campus sells tobacco products. The community have also sensed the importance of this campaign and has extended full cooperation to this initiative.

Another big achievement towards realizing our goal is the fact that the College has been enlisted among the first College in the district to have taken up such initiatives, resulting to the appreciation and commendation from the district authorities.

6. Problems: The dream of realizing total tobacco-free society seems ideal, but it is indeed a challenging task, which the College is coping with every moment. We have just seemed to conquer the tip of an iceberg. Underneath lies the mammoth menace, which, the College continues to strive to conquer with its limited resources and authority.

Best Practice – 2

1. Title of the Practice: Preserving our environment through energy saving measures.

Goal: As an effective effort to protect the environment from further degradation and thus preserve it for the future generation the College has adopted and implemented certain measures to minimise the consumption of scarce energy resources. Through these measures the College strives to achieve the following aims.

- (i) To cut down the consumption of energy while performing its functions since energy saved is energy generated.
- (ii) Through these measures the College aims to in still in the minds of the younger generation the

importance of energy conservation in the course of environmental protection.

- (iii) To set an exemplary practice worth emulating in the greater interest of the human civilization.
- (iv) To cut down expenditure in the area of energy consumption thereby enabling the College to invest in other relevant and significant academic activities.

2. The Context: The 21st century global community is facing an imminent threat to the survival of the human population and ecosystem due to the large scale degradation of the environment by the application of science and technology. One of the major factors that contribute immensely to the environmental degradation is the emission of “Green House gases” in the process of energy generation for human consumption. Understanding this critical situation the IQAC with the active cooperation of the Governing body devised this unique measure to contribute our ideas and effort towards environmental protection and preservation.

3. The Practice: i. Energy conservation

a) The College has ensured the electrical wiring of the College campus based on the prescribed code to prevent ‘transmission loss’ of energy due to inferior quality of electrical wires and appliances.

b) Non-use of incandescent lamp within the campus. 90% of the Lamps are either energy saving fluorescent (T5, T8), compact fluorescent lamps (CFL) or LED. Incandescent bulbs are almost done away within the campus.

c) Automation to control outdoor lightning: Automated light sensitive switches control the out-door lightening which switch off at dawn and switch on at dusk, thereby saving and conserving energy.

d) Harnessing wind Power: The College has installed ‘Wind Turbine Exhaust’ on the roof top of the College auditorium which brings to a drop in the room temperature by using wind power. The principal followed being based on simple everyday science-the hot air being lighter rise up to the roof, which is then suck out by the wind turbine, thereby bringing down the room temperature as well as enable fresh air to come in the auditorium through the windows.

e) Maintaining the cooler room temperature without consuming more energy: The following measures initiated by the College have enabled a comfortable environment in the new office building and the new class rooms block without using ‘energy-hungry’ air conditioning appliances.

f) Solar control glass. The entire window glass panes are ‘solar control glass’ which reflects up to 70% of the sunrays thereby prevent excessive build-up of heat in the rooms and making the rooms cool without using energy hungry Air Conditioning Devices.

g) Solar Reflective Emulsion paint: The exterior portion of the College new buildings for administrative section and for the class rooms are painted with ‘Sun Reflective Technology’ emulsion paint. This makes the exterior walls of the buildings highly solar reflective thereby minimising the build-up of heat. It keeps the surface of the exterior walls up to 5 degree cooler due to its high Solar Reflectance Index (SRI) Value.



4. Evidence of Success: The energy consumption is relatively lower than the other institutions of similar nature.

This unique practice has created considerable impact in the psyche of the students regarding the importance of planning and implementing effective measures towards cutting down energy consumption and thus protects our environment.

5. Problem: Problems Encountered and Resources Required.

i) Initially there were few hiccups in the form of procuring necessary appliances for cutting down energy consumption, but that was taken care of by the management by seeking requisite appliances in the metros.

ii) The need to install solar panels and energy storage devices for further curtailment of energy consumption. This measure involves substantial, financial expenditure which the institution cannot afford at the present juncture.

7.3 Institutional Distinctiveness

Provide the details of the performance of the institution in one area distinctive to its vision, priority and thrust
Provide the weblink of the institution in not more than 500 words:

The vision of the College includes aims to provide knowledge of the highest standard and achieve excellence. To foster the spirit of love, compassion, universal brotherhood and patriotism through the ideal of tolerance of diversities within the society and thus fulfil the institution's motto, "Learn and Shine". To facilitate holistic development of the younger generation, which includes physical, mental and spiritual well-being; moral values are taught and practised in the College campus. The students get requisite lessons that keep their minds ignited for seeking knowledge and are motivated to do well in every sphere of their life. One distinctive practice of the College is the daily morning assembly which is taken up for 15 minutes before the classes commence. It is an effective mechanism for maintaining discipline, nurturing leadership abilities, exposing hidden talents of the students and punctuality.

Extra-curricular activities are conducted in the College which gives a platform to the students to display their talents and potentialities. And in this regard, clubs based on variety of activities have been formed. Each student has been assigned a club based on his/her preference so as to encourage their interest besides the academic. The College also consists of various committees which look after the welfare of the students and cater to their needs.

The Mentoring Programme that has been initiated by the College has also made a positive impact especially on the personal development of the students. The close relationship formed between the mentor and the mentees has helped the students to feel connected to the College as a member of the fraternity and not just as a mere student with a daily class routine. In the process of the mentoring, the mentors are able to learn more not only about their personal interests but also about the challenges that they face both as a student and as a member of the society. And accordingly, the respective mentors try their best to offer their guidance and if necessary, they are also referred to the College Counsellor.