

BEST PRACTICES

Practice 1

Promoting Mental and Physical Fitness

Mental health and physical fitness are essential to foster a supportive and healthy campus environment. These services aim to address the emotional, psychological, and social well-being of students, helping them manage stress, anxiety, and other mental health challenges. By offering counseling, workshops, and wellness programs, the college ensures that students have access to the tools and resources needed to maintain balance in their academic and personal lives, promoting overall well-being and success. A programme on mental health was organized with Bramha Kumaris Center Mandi, and recently an MOU is signed with Brahma Kumaris for five years to organize mental health and wellness programmes. The college promotes sports activities and Yoga programs to improve the physical fitness of students.



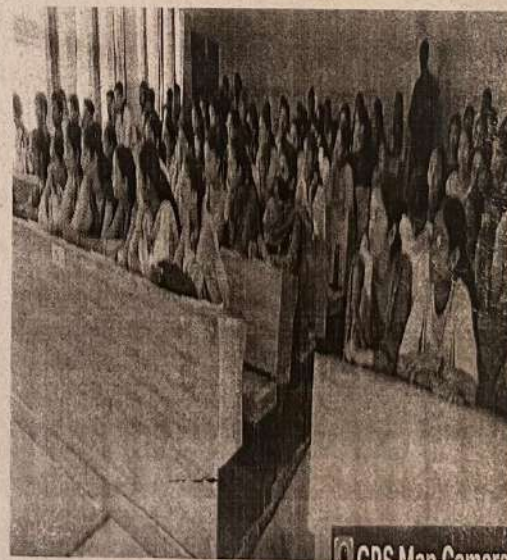
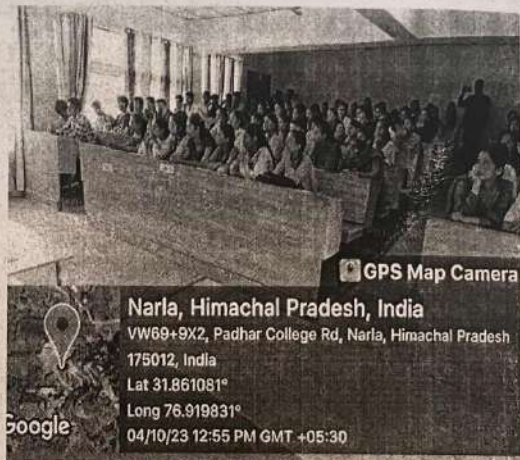
https://www.gcdrang.ac.in/Sports_club.aspx

A Lecture on Adolescent Health Issue & Nutrition on dated 4th October 2023

A lecture on adolescent health issue and nutrition was organized by Red Ribbon Club in collaboration with Women Cell on dated 4th October 2023. Mrs. Rupa health educator spoke on the subject of teenage diet and health in college campus. Counselor Jagriti, the Mamta Project organization and Zonal Hospital Mandi presented health related information and awareness lecture.

किशोरावस्था स्वास्थ्य पर किया जागरूक

पढ़र। राजकीय महाविद्यालय द्रंग स्थित नारला में प्राचार्या बंदना वैद्य के निदेशानुसार रेड रिबन क्लब के द्वारा बुधवार को किशोरावस्था स्वास्थ्य संबंधित जागरूकता कार्यक्रम का आयोजन किया गया। इस कार्यक्रम में स्वास्थ्य विभाग से काउंसलर रुमा, जागृति प्रोजेक्ट, ममता संस्था जोनल अस्पताल मंडी ने विद्यार्थियों को किशोरावस्था में आने वाली स्वास्थ्य एवं पोषण संबंधित समस्याएं उनके बचाव व निवारण के बारे में महत्वपूर्ण जानकारी दी। विद्यार्थियों को स्वस्थ जीवन शैली अपनाने के लिए प्रोत्साहित किया तथा उन्होंने शराब एवं नशीले पदार्थों से होने वाले दुष्प्रभावों के बारे में भी अवगत करवाया। साथ ही उन्हें सोशल मीडिया को सतर्कता से उपयोग करने के बारे में प्रेरित किया। अंत में विद्यार्थियों से यह अनुरोध किया की इस महत्वपूर्ण संदेश को घर परिवार एवं समाज में भी साझा करें और जागरूकता अभियान को आगे बढ़ाएं।



K. Lander
Principal
Govt. Degree College Drang
at Narla Dist. Mandi (H.P.)

Practice 2

Book Bank: Fostering Knowledge Sharing and Resource Accessibility for Economically Disadvantaged Students

Book Bank is the best practice adopted by the college to promote education accessibility, financial sustainability to economically disadvantaged students.

Objective of the Practice

1. Ensure equal access to academic resources for students those from economically weaker sections.
2. Reduce the financial burden of purchasing textbooks and reference materials.
3. Encourage a culture of sustainability and resource sharing within the institution.
4. Provide uninterrupted access to essential academic material to support student success.

Key Features of the Book Bank:

1. Resource Collection: The institution collects used textbooks, reference books, and study materials from teachers, graduating students, donors, and publishers.
2. Accessibility: Students can borrow books for an academic term or year at no or minimal cost.
3. Equitable Distribution: Priority access for underprivileged students.
4. Wide Availability: Books for all courses, from core subjects to electives, are included.
5. Sustainable Model: Students are encouraged to return borrowed books in good condition to sustain the program.

Evidence of Success

1. Increase in the number of books borrowed and returned each semester.
2. Positive feedback from students regarding reduced educational expenses.

3. Growth in community participation through donations and volunteering.
4. Inclusion of additional resources, such as guides, competitive exam books, and reference material.

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