

5. Best Practices, Innovation and Institution Distinctiveness (Score 80)

Sr. No.	Activity	Distribution of Scores	Total Score (80)	Total Score Claimed (80/80)	
1	Best Practices Description & Outcome of Best Practices (at least two):	10 points per best practice. 1. Promoting Physical Fitness and Mental Well Being (10 points)	20	2x10=20	View File
		2. Promoting Community participation and Awareness (10 points)			View File
2	Special Initiatives Taken for: <ul style="list-style-type: none"> i. Energy conservation/ use of solar energy ii. Solid waste Segregation/Management iii. Rain water harvesting and its use for gardening and cleanliness iv. Plastic free campus v. Blood donation camps vi. Adoption of village/ educational institutions 	4 points per initiative 1. Energy conservation/ use of solar energy (4 points) The old girl's hostel has been equipped with a solar geyser system, a significant step towards improving energy efficiency, decreasing electricity consumption, and promoting sustainability. This installation not only enhances the facilities available to the hostel residents but also demonstrates the institution's dedication to implementing renewable energy solutions. The system, requiring minimal maintenance and boasting a long lifespan, has a profound impact on the energy consumption of the hostel.	24	6x4=24	View File

**2. Solid Waste:
Segregation/Management
(4 points)**

a) The National Service Scheme (NSS) Unit of Vallabh Government College Mandi launched the 'To Heal Mother Suketi' campaign from 27 November 2023 to 4 December 2023. To ensure a coordinated effort, 100 volunteers and local authorities, including municipal bodies and environmental agencies, participated in this campaign. The team successfully collected 15 tons of plastic waste. This effort was crucial for mitigating environmental degradation and promoting a safer and cleaner Suketi region.

b) For the convenience of our students and staff, we have placed dustbins for different waste categories (dry and wet waste) in the girls' toilets, staff toilets, girls' hostel, library, and canteen area. Additionally, marked dustbins are placed in the girls' toilets to dispose of sanitary pads and newspaper sheets. Students are encouraged to wrap the used pads before disposing of them, making waste disposal simple and responsible. This process ensures that waste is disposed of in a hygienic and accountable manner, contributing to the commitment of our

institution to responsible waste management.

3. Rain water harvesting (4 points)

Our college has implemented two rainwater harvesting units to promote sustainable water usage. The first is a 1,000-liter capacity tank at the new girls' hostel, collecting rainwater from the roof for non-potable use. The second is an experimental low-cost unit near the main entrance gate, featuring a 4x6-foot cavity lined with a plastic sheet to prevent water seepage. This system demonstrates an economical approach to water conservation. These initiatives aim to raise awareness about water management among students and staff while contributing to a greener, more sustainable campus environment.

4. Plastic free campus (4 points)

The Eco club of the college organized a plastic-free campus campaign to reduce plastic within the college premises. It was organized on 24 March 2024, and students were assigned different areas to collect plastic waste. The students searched for plastic waste like wrappers, bottles and plastic bags. The Drive was successful, as much plastic was removed from the campus.

		<p>5. Blood donation camps (4 points)</p> <p>a) The Yuva Tourism Club of the college organized a blood donation camp on 21 March 2024, at the Department of Tours and Travels, Vallabh Government College Mandi. Almost twenty-three students and five teachers donated their blood; twenty-eight blood units were collected during this camp. The camp aimed to raise awareness about the importance of blood donation, foster community service, and help save the lives of needy patients.</p> <p>b. The National Cadet Corps (NCC) Air Wing and Army Wing of Vallabh Government College Mandi participated in the National Cadet Corps Raising Day at Kullu on 29 November 2023 and donated blood at Regional Hospital Kullu. 31 Air and Army Wing Cadets and Flying Officer Dr. Chaman Premi actively participated in the celebrations. They contributed to the blood donation drive, showcasing their commitment to social responsibility and service to the nation. Dr Chaman Premi, Assistant Professor in the Department of Journalism and Mass Communication, made history by donating blood for the nineteenth time.</p>			
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3	Social impact of Extension Activities: (On the basis of Community Feedback)	<p>Minimum three activities=10, 2 activities=8, 1 activity=5</p> <ol style="list-style-type: none"> 1. Cleanliness drive "To Heal Mother Suketi" by NSS Unit, w.e.f. 27th November to 4th December 2024. 2. Capacity Building and Livelihood Promotion for SHGs and Farmers through Wild Food Plants (WFPs) (Throughout the session 2023-2024.) 3. Nsha Mukh Abhiyan "Nishchaya: Beyond Addiction – A Drug-Free Vision" by Bharat Scouts and Guides, Himachal Pradesh, w.e.f. 4th November 2023 to 21st march 2024. 4. Traffic Management during "International 	10	10	View File1 View File2 View File3 View File4 View File5

		<p>Shivratri fair 2024" by NSS Volunteers. w.e.f. 8th to 14th March</p> <p>5. Excursion to Sahyog - A residential school for Special Children, on 6th November 2023.</p>			
4	<p>Special New Innovative Initiatives Or Ideas adopted in the College. (Other than at Sr. No. 5.2 above):</p>	<p>4 points each initiative (max.=16)</p> <ol style="list-style-type: none"> 1. Two Weeks Capacity Building Training Programme for Laboratory Staff from April 02, 2024 to April 13, 2024. 2. PLASMA Science and Innovation: A Training Program for future scientists. w.e.f. 14th October to 20th October 2023. 3. Medicinal Plant Distribution Activity. 5th August 2023. 4. Capacity Building Workshop: "Weaving Connections: Engaging Practices for Higher Education" on 8th May 2024 5. Under the DEST-awarded project focused on wild food plants (WFPs), Innovated value added recipes with herbs, filed patent for 5 recipes, out of 	16	16	<p>View File1</p> <p>View File2</p> <p>View File3</p> <p>View File4</p> <p>View File5</p>

		<p>these 4 got published. These publications aim to disseminate knowledge about WFPs, their nutritional value, and their role in sustainable agriculture. w.e.f. 29th December 2023 to 27th May 2024.</p>			
5	<p>Collaborations:</p> <ul style="list-style-type: none"> i. With Peer Educational/Research Institutions ii. Other Government Bodies/Industry 	<p>5 points each (Max. 10 points)</p> <ol style="list-style-type: none"> 1. MoU between Vallabh Government College (VGC) Mandi, Himachal Pradesh, and the Sophisticated Analytical Instrumentation Facility (SAIF), Punjab University (PU) (5 Points) 2. MOU between Additional Principal Chief Conservator of Forests (APCCF) for Research and Training, Sundernagar, and Vallabh Government Degree College (VGC) Mandi, Himachal Pradesh. (5 Points) 	10	2x5=10	View File