

# THAKUR PANCHANAN MAHILA MAHAVIDYALAYA

## COOCH BEHAR

### OFFICE OF THE PRINCIPAL

[A Govt. Aided Degree College permanently affiliated to the Cooch Behar Panchanan Barma University and enlisted under Sec. 2(F) and 12(B) of the UGC Act]



### COOCH BEHAR (WB) INDIA

PIN : 736101

Phone No. & Fax No. : 03582-222695

E-Mail : [tpmm\\_cob@rediffmail.com](mailto:tpmm_cob@rediffmail.com)

Mobile : 6295861623 (Principal)

## Best Practice 1

### Title: Clean and Green Campus

#### Objectives:

To create awareness among students for environment protection.

To make campus eco-friendly.

To sensitize the students towards responsible living by planting trees and conserving energy for a better future.

To propagate a healthy and sustainable way of living based on traditions and values of conservation and moderation.

To practice **TRUE (Total Resource Use and Efficiency)** for efficient and ethical utilisation of water and energy resources.

To initiate, inculcate and reinforce 'green' habits in our students through **5Rs- Refuse, Reduce, Reuse, Recycle** of 'waste' and **Respect Nature**.

#### Context

Environmental degradation has become a global threat today. This necessitates the creation of mass environmental awareness to minimize the damages done to the environment. At the schools and colleges, the inclination in taking self-responsibility to protect the environment begins for the young students. Educational institutions have taken the opportunity to hone this awareness and motivate the students to obtain a sense of promoting clean and green campuses and protect the environment from human induced damages. Green campus initiative mainly focuses on the efficient use of energy and water; minimizing waste generation and reduction of contribution to emissions/ pollution, conservation of energy and also economic efficiency. Clean and green campus promotes personal action to reduce the institute's energy and water consumption, preserve the green cover of the campus, work towards creating clean, bright and airy classrooms for the development of healthy minds and increase their level of performance. It integrates environmental consciousness into all contracts and services considered to have significant environmental impacts.

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### Practice

- The students are made aware of the basic idea that cleanliness does not only mean cleaning but most importantly, it means not making dirty in the first place. Littering is prohibited in the campus. Wastebins for different types of waste are placed in different key locations. All stakeholders are asked to use the right wastebins meant for the disposal of a specific type of waste. This practice enables the students and faculty members to inculcate the philosophy of nurturing, cleaning and saving the environment.
- A number of commemorative days like World Environment Day, World Ocean Day are observed especially by NCC. Awareness about the environment is spread through rallies.
- NSS and NCC regularly organize “Swachhta Rally,” Workshop, Poster making competition, and Cleanliness Drive in and outside the campus.
- College maintains a herbal garden of medicinal plants and a seasonal flower garden. There are a number of big trees in the campus, most notably the heritage tree with its green canopy shading a significant portion of the whole campus.
- The policy on energy conservation highlights on developing a proactive and progressive approach to providing energy efficient, responsible, and cost-effective operations on campus. Tube lights and bulbs are gradually being replaced with LED lamps. Optimum power utilization is practiced through this. Posters are also pasted beside the switch boards urging the students to stop wasting electricity by the Eco Club of the college.
- Save water posters are also created by students and pasted beside the drinking water facilities.
- So far as E-Waste is concerned the college always prioritizes to repair the electronic devices as much as possible. Otherwise, the waste electronic scrap devices are disposed through by selling the same to local scrap dealers.
- Use of plastic in the campus has been banned and the students are encouraged to use paper and cloth bag.
- The NSS unit of the college deserves a special mention for organizing regular campus cleaning campaigns, plantation drive, as well as making and distributing shopping bags as a token in and outside the campus to motivate students, shopkeepers and strangers.
- Bird watching session is also organized to develop love of nature among the students.
- Seminar on Microplastic and workshop on water conservation are also organized.

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## Evidence of Success

- The green and clean campus initiative orchestrated by the college helps to create a pollution-free ambience. Wastebins are kept in corridor, porch and college premises for maintaining cleanliness. All the stakeholders use them accordingly. Cleaning staffs are employed to manage the waste properly. NSS and NCC also conducts cleanliness drive in the campus. Students have been inculcated the habit of keeping their classes neat and clean.
- The college community has become more conscious and involved in environmental preservation and cleanliness. NSS and NCC have organized cleanliness drive in a number of significant landmarks of Cooch Behar namely Cooch Behar Rajbari, Madan Mohan Temple, MJN Hospital, Salbagan, Cooch Behar Panchanan Barma University and Cooch Behar College.
- At least 5 Swachhta rallies have been organized by NSS and NCC in the last five years.
- NSS organized a workshop on the reduction of plastic usage and conducted a survey on the usage of plastic usage. The volunteers also distributed shopping bags to poor residents to reduce the tendency of using plastic during shopping.
- A significant percentage of the old electric lights/bulbs has been phased out. It is a policy of the college to purchase only LED or other energy efficient electrical devices in future.
- Green Audit is conducted.
- The Campus is declared a Plastic-free Zone. Use of single use plastic is strictly prohibited.

## Challenges

- Financial constraints are a major drawback in taking many green initiatives like installing solar panels, installing rain water harvesting mechanism and recycling machines.
- The new installation on the old building is also not viable.
- The penetration of plastic pollution in modern world is overwhelming. An inadequate supply of plastic alternatives increases their cost which makes them less popular in society.

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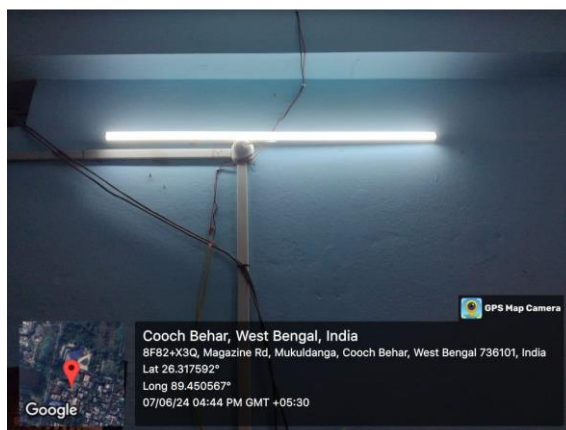
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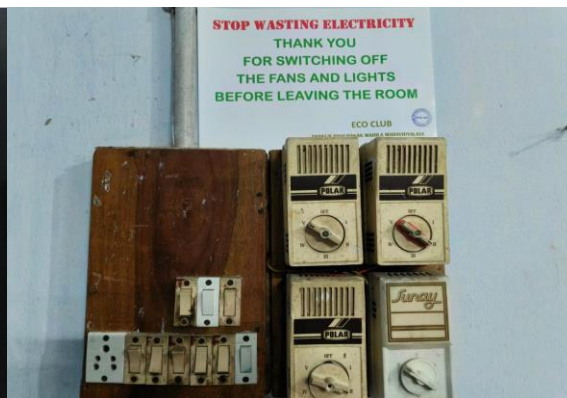
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## Sample Photographs:



**LED lights are installed as a measure for energy conservation**



**Stop Wasting Electricity Poster in the Classrooms**



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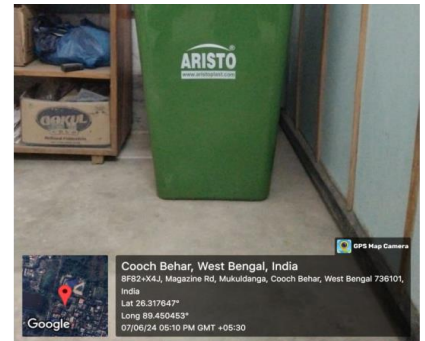
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**Wastebins at different locations for efficient management of degradable and nondegradable waste**



**Sanitary pad vending machine and Incinerator in Students' Washroom**

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**Campus Cleaning by NSS Volunteers**



**Campus Cleaning by NCC**



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**Workshop on Reduction of Plastic Use organised by NSS**



**Awareness Campaign and Poster-making Competition on Water Conservation**

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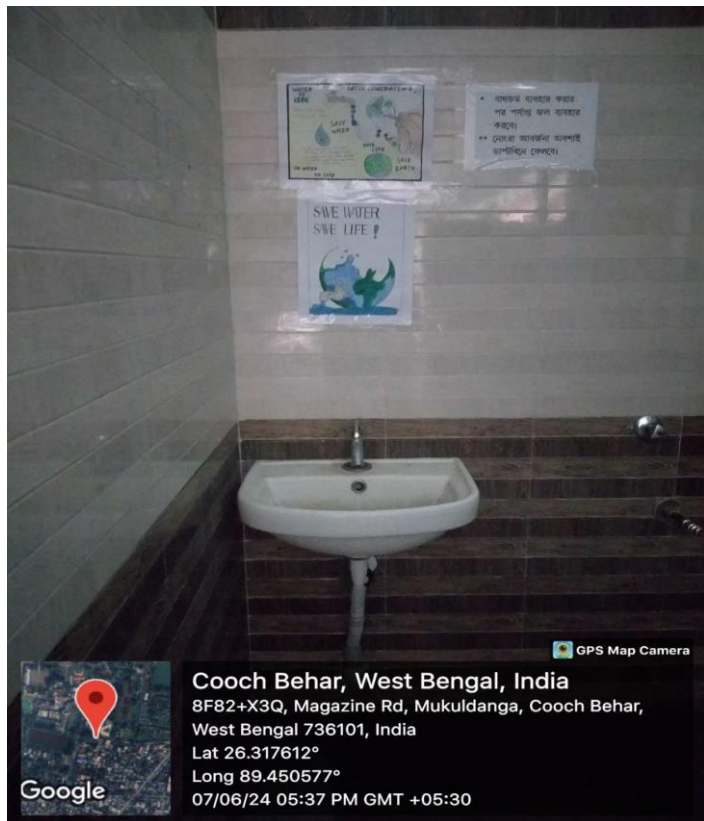
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“Save Water” poster created by students is pasted beside drinking water facility



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**Green cover of the Heritage Tree in the campus**



**Herbal Garden of medicinal plants**



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**Cleanliness Drive at Salbagn by NSS**



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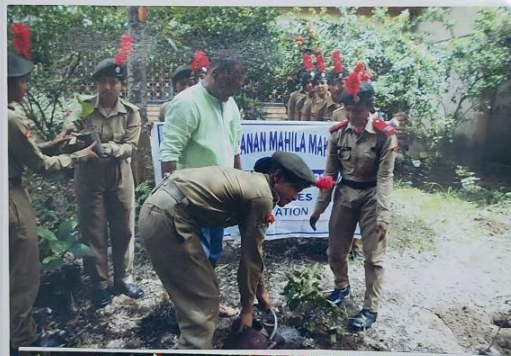
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AUTHENTIC  
Babu  
20/06/23  
Principal  
Thakur Panchanan M.  
Cooch B.

Tree Plantation by NCC

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**Swachh Bharat Abhiyan by NCC**



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## Best Practice 2

### Title: Fostering health and well-being

#### Objectives:

- To foster health and well-being
- To make students aware of the health hazards posing threat to social hygiene.
- To develop in students a spirit of social service and encourage them to participate in community health movement.
- To create a healthy teaching-learning environment.
- To educate on the techniques of maintaining good health.

#### The Context

In the modern era, there has been a great threat to the physical and mental health of the people. This is largely due to the life styles of the people. It is well said that prevention is always better than cure. This theme has necessitated for the maintenance of keeping oneself fit. The college believes in the adage 'A healthy mind in a healthy body.' People who are physically fit are also healthier and are able to carry out their daily activities in an effective manner. The inventions of electronic devices and mobiles have taken away the physical and mental health of everyone, be it children or the elderly. The college takes utmost care to create awareness among the faculty, the students and the community about their wellness. Health awareness programmes enable the institution to establish an environment where health and well-being are recognized as critical components of the individuals' ability to learn, work and contribute to pedagogy.

#### The Practice

- To foster health and well-being among the students and staff, health awareness programmes are organised at regular intervals.
- As this locale has a high rate of Thalassemia, Thalassemia Detection Camp is held.
- Aids Awareness Programmes is organised on World Aids Day.
- In times of crisis like shortage of blood in the blood banks, Blood donation camps are also organised.

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- There is a well-equipped gym in the campus. A trainer was also appointed. Students are encouraged to practice physical exercises in the gym.
- Students are provided with facilities for indoor and outdoor games.
- Students are encouraged to take part in Inter College sports Competitions and other similar events.
- Awareness about the significance of yoga is spread among students through organising camp on International Yoga Day especially by NCC. NSS conducted yoga session as part of special camp.
- As part of Special Camps organised by NSS, awareness campaigns on personal health and hygiene, vector borne diseases are also organised. They also spread awareness among the little school children about healthy food habit.
- NSS performed a drama on Mobile Addiction to spread awareness among the students and parents of a school about the evil effects of excessive use of mobile by the children.
- During Covid-19 pandemic, NSS volunteers attended training session on the Prevention of Covid-19 in online mode and registered themselves as Covid warriors. They spread awareness about preventive measures like social distancing etc. through poster making and even videos disseminated through social media platforms.
- As part of Students' Week Celebration, the students organised rally to spread awareness about Covid-19 and also distributed facemasks.
- Covid-19 Vaccination drive was organised in the college.
- Special care regarding sanitization was taken during pandemic times.
- Psychological counselling was also provided to students during lockdown period to ensure their mental health.
- Awareness campaign on the evil effects of tobacco is also organised by NSS and NCC.

### Evidence of Success

Health Awareness Programmes and camps turned to be truly fruitful both for the students and staff of the college.

- The camp on Thalassemia attained a huge success. More than one hundred students and the members of teaching staff and non-teaching staff attend the camp. Students assisted the medical team and come forward for Thalassemia detection test.



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- Students, alumni and members from the teaching and non-teaching staff spontaneously participate in the Blood Donation Camp.
- Covid-19 vaccine doses were administered to the students and the staff in the Covid Vaccination Camp organised in our institution by the Department of Health, Govt. of West Bengal. The students of the college, especially the volunteers of NSS and NCC did a commendable job during the pandemic period.
- A student from the Department of English secured First position in State Level Body Building Championship in the year 2019.
- Students of this institution have won awards in different sports and game at district level and inter college competitions.

### Challenges

- The space inside the college premises does not allow a huge playing area. The college conducts the annual sports in MJN Stadium but it is not viable to use it throughout the year.
- The constraints of fund are a huge obstacle in the renovation of the gym and sports facilities.
- More organised initiatives on Yoga should be taken.
- A permanent gym instructor has yet not been appointed.

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## SAMPLE PHOTOGRAPHS



## THALASSEMIA DETECTION CAMP BY NSS



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**SWACHHTA AWARENESS PROGRAMME BY NSS**



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**COVID-19 AWARENESS DRIVE**



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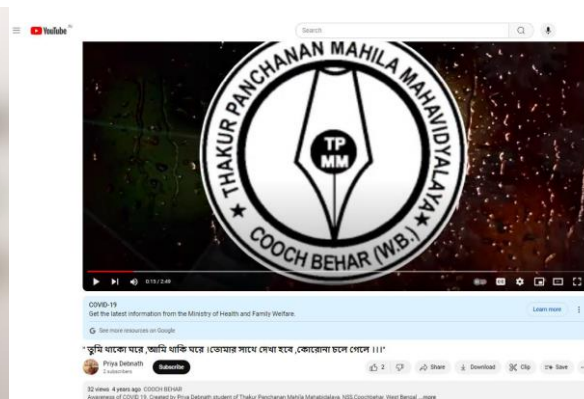
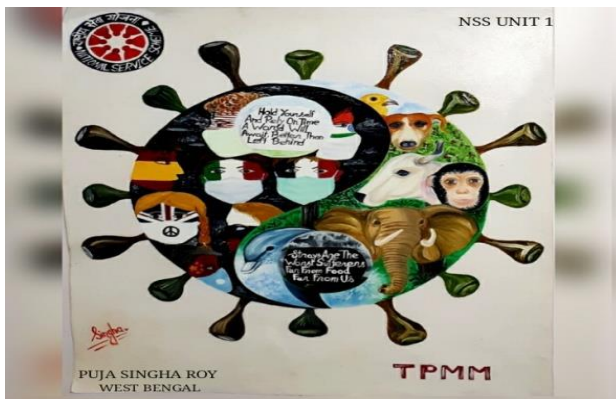
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## Covid-19 Awareness Campaign by NSS



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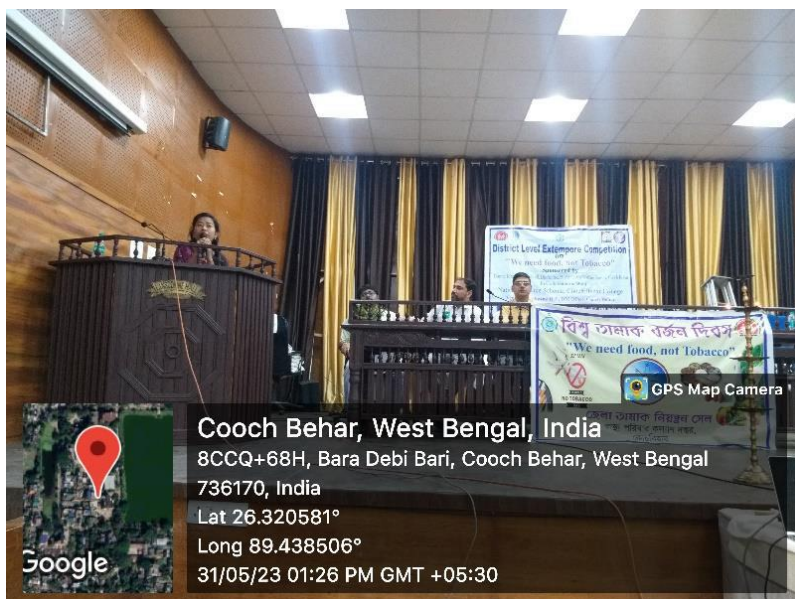
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**EXTEMPORE COMPETITION ON ANTI-TOBACCO DAY**



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**AWARENESS CAMPAIGN OF PERSONAL HYGIENE, PREVENTION OF MOSQUITO-BORNE DISEASES AND HEALTHY FOOD BY NSS**

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## COVID-19 VACCINATION CAMPS



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**Gym facility**

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**7 Bengal Girl's Bn NCC**

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA, COOCH BEHAR, WEST BENGAL

PIN NO.-736101.

Ref.No./Sl. No. 07/21-22 (Date 21/06/2022)

Picture Report of the International Yoga Day



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**AUTHENTICATED**  
Principal  
Thakur Panchanan Mahila Mahavidyalaya  
Cooch Behar

Activity - International Yoga Day.

Time :- 8.30 am

Place - TPM Mahavidyalaya, Cooch Behar.

Participate of the Cadets - 25

## YOGA DAY CELEBRATION BY NCC



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