

# THAKUR PANCHANAN MAHILA MAHAVIDYALAYA

COOCH BEHAR (West Bengal)

NAAC ACCREDITED

[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 U.G.C. Act]

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## BEST PRACTICES

Best Practice – 1

Title of the practice: No Vehicle Day

The Context:

To live a healthy life, a healthy environment is a must. But now a days it has become next to impossible as getting a day without any traces of pollution is unimaginable. A lot of harm has been done to the environment and to us too. We all know that pollution is one of the burning issues which should be fought unitedly. A small step can lead to a giant leap. So, in this context to become worthy at least for some cause for the sake of nature, ourselves, locality, society, nation we must do something rather than nothing. Our Institution has set its foot to start something on this field. So, in a bid reduce pollution caused by vehicles, Our College has taken an initiative to observe a “No Vehicle Day” once a month since 2018.

Practice

On the 1st day of every month, No Vehicle Day is observed in our College.

Objectives of the Practice:

To raise environmental sensitivity and awareness among students and staff about vehicular pollution.

To create awareness about global warming caused by fossil fuel burn and its impact on Indian economy.

To encourage for using the bicycles and public transportation systems in reducing carbon footprints.

Evidence of Success

The outcome of this practice has turned to be positive as since 2018 it is observed that on the very 1st day of every month not a single individual reaches the college with their vehicle. It reflects the consciousness and duty of an individual towards their environment as doing something is better than nothing. Thus, our College in a unique way has started to observe the “no vehicle day” as a practice in favour of all and foremost for the nature.

*P. Singh*  
Teacher-in-Charge  
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## Best Practice 2

Title of the Practice: 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

### The Context

The college believes in the adage 'A healthy mind in a healthy body.' 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

We have conducted health awareness programmes, Thalassemia Detection Camp, Aids Awareness Programmes on World Aids Day to foster health and well-being among the students and staff.

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

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