

# Govt. J.M.C. Mahila Mahavidyalaya, Mandla, Madhya Pradesh

**AISHE Code: C-33429**

Accredited: Grade 'B' by NAAC

Phone: 07642-252536

E-Mail: [hegjcgcman@mp.gov.in](mailto:hegjcgcman@mp.gov.in)

Website: <https://gjmccgirlscollegemandla.in/>



## Institutional Best Practices



## Office-Principal

**Govt. Jagannath Munnalal Choudhary Mahila  
Mahavidyalaya, Mandla, Madhya Pradesh**

Phone/Fax: 07642-252536

Website: <http://www.gjmcgirlscollegemandla.in>

AISHE Code: C-33429

Email: [hegjcgcm@mp.gov.in](mailto:hegjcgcm@mp.gov.in)

College Code: 3502



Towards Excellence...

## Self-Declaration

I hereby declare that the information provided below, and the enclosed documents, are true to the best of my knowledge and belief and nothing has been concealed therein. I understand that if the information given by me is proved not true, I will have to face punishment as per the rules and regulations.

  
Principal  
Govt. Jagannath Munnalal Choudhary  
Mahila Mahavidyalaya, Mandla (M.P.)

Govt. J.M.C. Mahila  
Mahavidyalaya,  
Mandla, M.P.



## Office-Principal

**Govt. Jagannath Munnalal Choudhary Mahila  
Mahavidyalaya, Mandla, Madhya Pradesh**



Towards Excellence...

Phone/Fax: 07642-252536

Website: <http://www.gjmcgirlscollegemandla.in>

AISHE Code: C-33429

Email: [hegjcgcman@mp.gov.in](mailto:hegjcgcman@mp.gov.in)

College Code: 3502

# **Institutional Best Practices**

## **Best Practice-01**

### **Title of the Best Practice: Health and Well-being.**

Women being nurturer and builder of families and societies their health is considered as an asset by the college. The college in the form of Health and Well-being Policy translates this noble thought, which is one of the most important practices of the college. To improve health and well-being of the students who are young women college has formulated this policy under which a lot of good practices have been earmarked to spread awareness and to educate all the students so that they feel safe and learn the benefits of having sound health on Women's Day. College establishes collaborative activities with the support of health departments like Women and Child Development Department, Govt. of Madhya Pradesh to inculcate health and wellbeing related value among students. The idea of good health for all is well understood by the college, therefore, such programs are organized for the faculty and office employees as well.

#### **Context:**

The policy of Health Well-being covers the personal health of each student that includes physical, emotional, social, spiritual and intellectual leading to their holistic well-being. The student profile of the college consists of the students who are mostly from rural, low- and middle-class backgrounds. Struggling to fulfill their basic needs, they are not adequately aware of the notion of health and wellbeing. Hence it becomes the responsibility of the institution to make them aware of the benefits of having good health and overall development.

#### **Practice:**

Programs informing nutritious food, importance of vitamins and minerals is also decimated, discussions and lectures were organized. Students are made aware of the use of the latest technology and its negative effects on health, and lifestyle. They are also made aware of lifestyle disorders and how to avoid them and improve our style. Nasha Mukti rallies are also organized by the NSS Unit of the college, AIDS and Cancer awareness programs are also organized in the form of lectures, poster competition by the NSS unit.

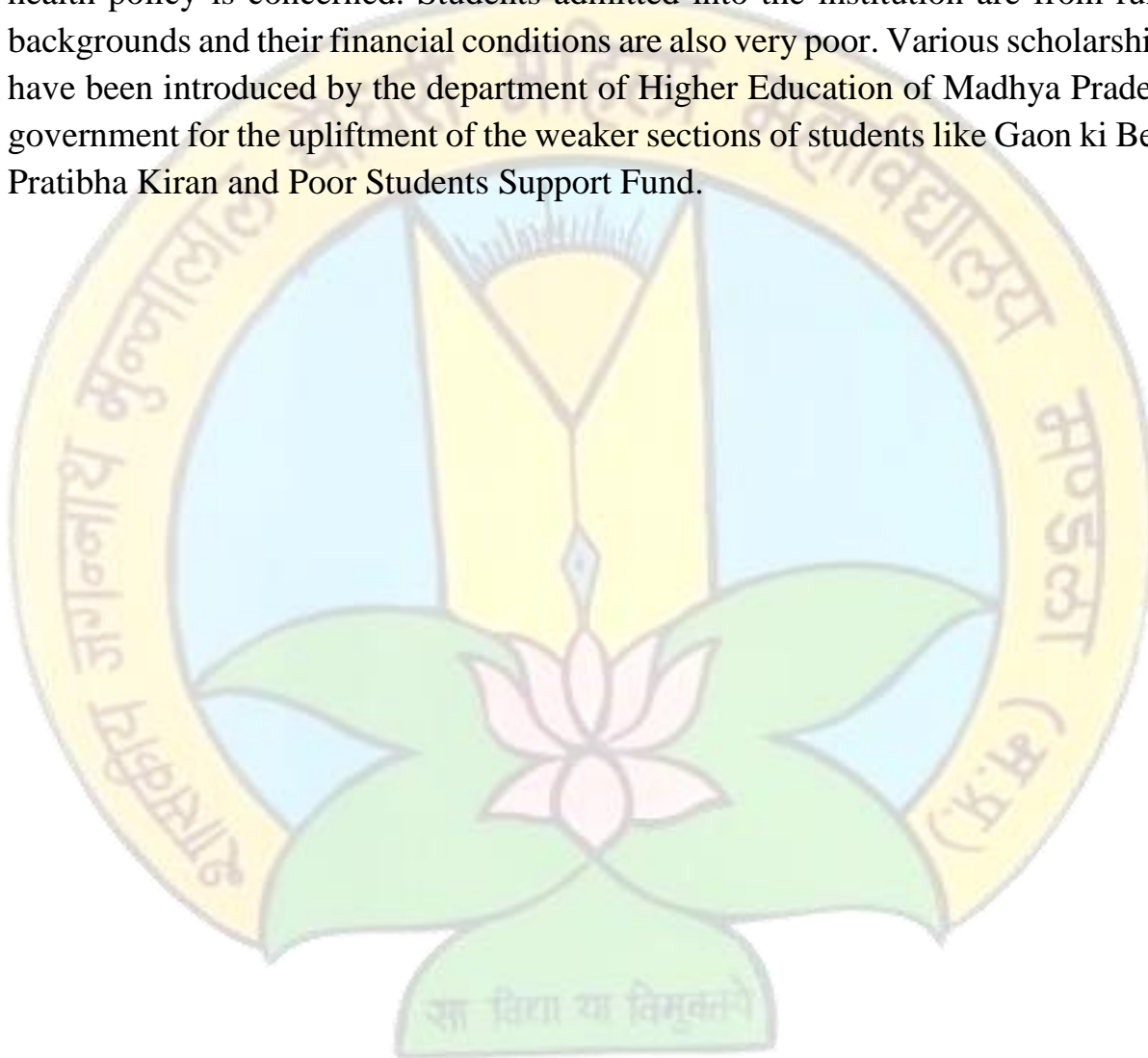


**Evidence of Success:**

NSS arranges programs targeting the health and well-being of students. Cleanliness drives/camps are also organized to fulfill the above needs. Women Development Cell also focuses on women's health, and they organize lots of programs related to their safety.

**Problems Encountered and Resources Required:**

There are some problems encountered by the college as far as implementation of health policy is concerned. Students admitted into the institution are from rural backgrounds and their financial conditions are also very poor. Various scholarships have been introduced by the department of Higher Education of Madhya Pradesh government for the upliftment of the weaker sections of students like Gaon ki Beti, Pratibha Kiran and Poor Students Support Fund.



## **Best Practice-02**

### **Title of the Best Practice: Environmental Awareness**

Govt. J.M.C. Mahila Mahavidyalaya, Mandla, Madhya Pradesh is committed to protecting and improving the environment and environmental conditions surrounding its campus and nearby areas. One of the most evident problems which the world faces today is environmental pollution. It feels that it is a primary duty of everyone including the students, faculty, visitors and guests to work in this direction to maintain ecological balance which is an important area to be taken care of. Man has exploited nature excessively, hence, there is an immediate need to make people aware about environmental degradation. The college feels that Educating students through public participation may change and improve the quality of environment. Moreover, according to the Government of India it is the duty of every citizen of India to protect and improve the natural vegetation including forests, lakes, rivers and wildlife and to have compassion for living creatures. Therefore, the college is dedicated to improving its surroundings so that its effects are transferred largely well in the society.

#### **Context:**

It is extremely important for everyone to conserve natural and man-made heritage including biological diversity of ecosystems. To spread awareness regarding the same amongst students to make them understand the link between environmental development for the healthy environment becomes imperative. To teach them how to prevent and control degradation of natural resources like land, water and vegetation becomes a subject of utmost importance. The main objective is to conserve natural resources and the natural environment where it is possible to repair damage and reverse trends. Since long time environmental movements have created much needed awareness and dealt with multiple environmental problems but still a lot is to be done. For this reason, the college has made Environmental Awareness its one of the best practices and works under the policy to improve all the major concerns by the implementation of measures suggested in the policy.

#### **Practice:**


To keep healthy flourishing environment students at the college are constantly motivated. To achieve this goal, they are informed regarding the advantages of tree plantation. Environment Club organizes lectures. Students are motivated to plant trees in their gardens and nearby whereby they live. Also, rallies are organized for environmental protection and awareness.

**Evidence of Success:**

In the syllabus at UG level compulsory paper on Environmental Awareness imparts knowledge to students regarding environmental issues. Students and faculty members of college are encouraged to plant trees on their birthday and on special occasions. Disposal of garbage is done properly to make the campus clean and green. Awareness campaign is organized by the NSS students to get rid of pollution. Green zone is developed in the college which ensures good health and green surroundings for students and the faculty.

**Problems encountered and resources required:**

Ignorance is one of the major problems encountered by the college. Sometimes students leave the class without switching off the lights. In washrooms they also leave the tap on, in this way they misuse the resources provided to them by the college.



**Principal**  
Govt. J.M.C. Mahila Mahavidyalaya, Mandla (M.P.)  
Govt. J.M.C. Mahila Mahavidyalaya,  
Mandla, M.P.