

## **Government Meera Girls College, Udaipur**

### **Institute Best Practices during the session 2019-2020**

#### **Best Practice 1: Wama Saksham**

Wama Saksham in Hindi literally means making women capable. The nomenclature owes its origin to our stated objective of empowering women. Its main objective is to train students for their self-defence, physical Mental wellbeing, personality development awareness about women rights laws. Wama Saksham commenced in the premises of Government Meera Girls College on 9th January 2014. Activities (2018-2019) Mr. Chaman Singh, Courage Beyond Skies Dr. Brij Kishore, physical fitness expert 'Fitness Profiling Mrs. Mala Sukhwal, Indian Railway, Success Story Of World Champion' Dr. Rakesh Dashora, 'Time Management During Exams Dr. Ritu Mehta, Advocate, Role Of NGOS In Uplifting Women' Dr. Yojna, Sr. Specialist, Aravalli Hospital, 'Personal Problems And Fitness' Dr. Ajay Choudhary, 'Hardness Training With Positive Attitude' Dr. Azad Khan, 'Fitness Through Dance' Sansei Harish Sanwaria, Martial Art Trainer, 'Martial Art Self Defence'

#### **Best Practice 2: Green Initiative**

Green initiatives within and outside the campus have been a significant contribution in raising environmental consciousness. Meera Girls College green initiatives encompass greening the campus, sweeping away wasteful inefficiencies, conservation of energies, correct disposal and handling of waste, purchase of environment friendly supplies and effective recycling program. Approximately 275 plants were planted in the campus and outside the campus. For ensuring the participation of students in developing the greenery and environmental consciousness, students are promoted to plant trees in the neighborhood of their houses. World Environment Day is celebrated in the college. Students and staff actively participate and extension lectures, quiz competitions, Green Oath, Monsoon Festival etc. have been organized. Waste disposal is being effectively executed. Separate bins for different types of waste are placed at appropriate places. Vermicompost unit is functional for disposal of biodegradable solid waste. The waste water produced from centralized RO plant is utilized for watering the plants, floor cleaning and mopping. The major liquid waste includes effluents from toilets and the laboratories. These are collected in the separate septic pits and allowed to settle into the soil and get filtered. The effluent pits are not located near the water bodies. The College is planning to implement a wastewater filtration plant and to utilize the filtered water for irrigation purpose. Rainwater harvesting systems are installed in a decentralized manner. During the Road safety week students are made aware about eco-friendly transportation, not only on campus, but also outside. These activities spur the interest of students towards a green lifestyle.