

BEST PRACTICE 1

1. **Title of the Practice:** *Sustainable Environment: Go Green, Go Clean, Go Fit.*

2. **Objectives of the Practice:**
 - Mount Olive College has adopted this practice intending to educate students on the core values of conservation and protecting the environment.
 - The College strives to promote a mutual sense of responsibility and belongingness to the environment, where he or she lives.
 - To instil a culture of environment-friendly practices and to make stakeholders –students and teachers co-partners in making a clean and healthy campus.
 - To explore all possible issues and to actively participate in the protection of our surrounding environment and beyond and adopt corrective measures to preserve our natural resources.

3. **The Context:**
 - Today humankind is faced with innumerable issues caused by environmental effects. It is pertinent for every individual and institution to make concerted efforts to contribute towards protecting our environment and preserving our natural resources.
 - Therefore, Mount Olive College is also committed to educate and creating awareness of Environment protection to its students as best as possible.

4. **The Practice:**
 - Mount Olive College has been conducting programs and activities to create awareness on promoting a healthy environment within and outside the institution.
 - The Eco & Beautification Club, Campus Maintenance, Hygiene and Sanitation Committee (CMHSC), the NSS and NCC units take the lead in organizing various programmes.
 - Mass social works for students are held to clean up the college campus and the surrounding areas.
 - Clogged drainages are cleaned manually while College Waste/Garbage are segregated into biodegradable and non-degradable wastes and they are disposed of through the Colony Garbage trucks which are run by the Kohima Municipal Council.
 - Green plants and flower plantations are conducted by Eco and Beautification Club. Here pure organic manure is used for planting.
 - The students are taught to imbibe a sense of responsibility to maintain a clean and beautiful campus.
 - The College observes World Environment Day by conducting a plantation drive, mass cleaning of the Campus wherein the college NSS and NCC actively participate in such activities at the college level and state level as well.
 - The College uses solar energy as well as rainwater harvesting facilities.
 - For waste management, the college is developing a compost pit to convert the biodegradable waste to organic manure to grow plants and flowers.
 - E-waste is minimal as proper maintenance is practised. However, the unusable ones are collected and given away to scrap dealers for the recycling process.
 - The NSS Unit renders social service to its adopted village- Phesama where volunteers clean up the homes and surroundings of Elderly people. While the small children are tough to plant flowers and to keep their school clean.
 - The College encourages its staff and students to use Eco-friendly LED lightings to save electrical power at home.

- On World Skill Day, Students are encouraged to reuse and recycle old newspapers, empty plastic bottles and old clothes into useful household items and furniture.
- Competitions are held on essay writing, drawing posters etc.
- An awareness programme on the Protection of the environment was held in the college where a group of five (5) Canadian cyclists and environmentalists who called themselves “Echo Explora” shared their experiences of their world tour. They also gave a clarion call to all to protect and conserve our natural environment by adapting healthy and innovative ideas.
- As per the Nagaland University Curriculum, Environmental Studies is one compulsory subject for B. A/B. Com 5th and 6th Semester. The students are imparted comprehensive teachings on the environment.

5. Evidence of Success:

- The College is provided with a clean water supply.
- The Campus is much cleaner and greener.
- The water harvesting practice and Borewell water supply buying and expenses of the college to a large extend.
- Waste bins that are kept at various spots are cleaner as compared to previous years.

6. Problems Encountered and Resources Required:

- The college plans to install more Solar lights on the Campus however procurement from the Government agency is a long wait while purchasing from the private agency is very costly.
- The Solar lights are less durable and irreparable.
- The habit of chewing tobacco and spitting at the wrong places remains a matter of serious concern despite repeated reminders about its bad effects on health as well as on the Environment.
- Due to limited space on the Campus, tree plantation or maintenance of green lawn /garden cannot be undertaken
- The use of single-use plastic continues to be another serious challenge.
- The Lockdown caused by the COVID-19 has been put on hold for all activities on the campus for the last 2(two) years.

7. Notes:

- Students are to be encouraged and motivated to be genuine agents of change.
- They must be strongly committed to taking up effective measures to protect the environment and preserve our natural resources through healthy and constructive practices.
- Plantation drives, Exposure trips to factories/industries/agricultural lands, green parks etc., needs to be encouraged.

BEST PRACTICE 2

1. **Title of the Practice** - *Holistic Health: A Requisite, an Asset.*

2. **The objective of the Practice:**

- Mount Olive College strongly advocates the adage “Health is Wealth”.
- The objective is to build up a healthy and vibrant society with positive attitudes, knowledge and life skills.
- It aims to motivate the students and staff to maintain (1) Good Physical health, prevent diseases and be free from risky behaviours; (2) Sound mental health, and (3) Spiritual health.
- The college also endeavours to uphold the three pillars of Health promotion as propounded by the World Health Organization (WHO) viz- (1) Community participation (2) Partnership (3) Empowerment and equity.

3. **The Context:**

- Promotion of Health in the development of the individual, group, institutional, community, and strategies to improve health, knowledge, attitudes, skills and behaviour.
- Accordingly, the sole purpose of Health promotion is to positively influence the health behaviour of individuals and communities as well as the living and working conditions that influence one's health.

4. **The Practice:**

- The practice is largely carried out according to the schedules which are incorporated in the academic calendar or sometimes when any opportunity is received from other organizations, Government departments etc.
- The College conducts health-related programs and activities through its Health Committee, Red Ribbon Club (RRC), Youth Red Cross (YRC), Anti-tobacco Cell, Anti Ragging Cell, Women & Anti-,Sexual Harassment Cell, Assembly & EU Committee, NSS, NCC and Campus Maintenance, Hygiene and Sanitation Committee(CMHSC) which conducts a cleanliness drive by mobilizing students to clean up the classrooms, compound and toilets.
- The Committees encourages the maintenance of personal hygiene, mental health and spiritual health through special talks in the assembly.
- The Anti-Tobacco cell is responsible for educating the students in developing a healthy lifestyle by keeping themselves free from harmful habits like substance abuse in the form of Tobacco and its products.
- The Cell is actively campaigning for a Tobacco-Free Campus.
- The Cell observes *World No Tobacco Day* by conducting awareness talks/workshops on the harmful effects of Tobacco in any form. Such programs have been held under the aegis of the National Tobacco Control Programme.
- Students have been participating in competitions on Essay writing, posters, drawings etc. at the college level and state level. The faculty had also attended state-sponsored Orientation/workshop programs.
- The Health Committee monitors the overall functions and activities relating to the physical, social and mental health of the staff and students. The Committee has organized workshops/free health camps in collaboration with the State Department of Health and Family Welfare under the flagship of the National Urban Health Mission, Nagaland.

- The Red Ribbon Club is involved in spreading awareness to students on the prevention and control of HIV/AIDS.
- The NSS, NCC, YRC, RRC and Health Committee has been participating in Blood Donation Camps and they are rendering humanitarian service as voluntary blood donors to critical patients in the hospitals.
- The College Disaster Management Cell is also active in the fight against Covid-19. This Cell has been taking up precautionary and safety measures to keep the staff and students safe.
- The mentoring programme also plays an important role in the development of mental health among the students. This programme serves as a channel to build better relationships between teachers and students through guidance and counselling.
- Mentoring class is held once a week. The teacher-student ratio is 15-20 students per teacher. The Mentor keeps track of the Mentee through a logbook which enables them to help them according to their needs.
- The College Chaplaincy plays an important role in developing the Moral and Mental health of the Students through Morning assemblies. At the same time, the Chaplain is a trained Counselor who gives effective Counselling to students who need her help.
- On World Mental Health Day, awareness programs have been held and professionally trained Counselors are invited to college as resource persons.
- Apart from organizing physical activities, providing a gymnasium, indoor stadium, *Jacob's Ladder* has 201 steps. This serves as the entrance and exit of the college as well as the neighbouring residents. Residents make use of these long footsteps for physical exercises.

5. Evidence of Success:

- It is observed that students are actively participating in all the college activities.
- In recognition of the College Campaign against the use of Tobacco and its products, the District Tobacco Control Program which functions under the Chief Medical Officer has declared Mount Olive College as a "Tobacco-Free Campus" on 26th September 2017.
- The Institution is located at a strategic point where people can get easy access, therefore the State Department of Health and Family Welfare under the Rashtriya Kishor Swasthya Karyakram (RKSK) launched a Health Kiosk in the College.
- On 13th and 14th June 2019, the NUHM, Nagaland conducted a 2 (Two) day training for Lecturers on Peer Education to equip the teachers with comprehensive knowledge about adolescent health and its correct ways of implementation.
- An MOU was signed between the Nagaland State AIDS Control Society (NSACS) and the College on 1st September 2017, thus strengthening the morale of the Red Ribbon Club to be more active. Teachers and Students have been helping the sick by voluntarily donating blood in times of emergency.

6. Problems Encountered and Resources Required:

- Total prohibition of the use of tobacco and its products poses a big challenge especially due to the challenge of monitoring the vendors and the geographical location of the college.
- The Main drainage which runs behind the College is a big problem because of the stagnant waste and unhealthy stench, especially during the dry season.
- The College launched Health Kiosk through the Department of Health and Family Welfare, Government of Nagaland, on 13th of June, 2019, and Training of Lecturers on Peer Education on 13th - 14th of June, 2019, under National Urban Health Mission (NUHM) programme.

7. Notes:

- The World Today is challenged with innumerable health issues due to the lifestyle of people and Environment Conditions. Therefore, there is a huge urgency to tackle these issues with concerted efforts from all individuals.
- The College Health Programmes and activities are held to spread awareness to develop healthy ways of living and to protect our environment from further destruction.

The first wealth is Health - Ralph Waldo Emerson