

DYAL SINGH COLLEGE, KARNAL



BEST PRACTICES 2023-2024

BEST PRACTICE-I



**Well-Being 360:
Towards a Healthier You**

Best Practice I

Well-Being 360: A Step Towards a Healthier You

Objectives

1. To promote a holistic approach to health and wellness among students, faculty, and staff.
2. To raise awareness about public health issues such as vector-borne diseases, deworming, and environmental conservation.
3. To equip students with life skills, entrepreneurial knowledge, and physical fitness techniques for a balanced lifestyle.

Context

Dyal Singh College, Karnal, has always been committed to fostering academic excellence and personal growth. Recognizing the growing health challenges such as vector-borne diseases, lifestyle disorders, and environmental concerns, the college initiated **Well-Being 360**, a comprehensive program aimed at addressing these issues. This initiative also aligns with national and global efforts to promote health, hygiene, and environmental sustainability, ensuring a healthier campus community.

The Practice

The health and hygiene initiatives at Dyal Singh College, Karnal, are multifaceted and focus on creating a safe, healthy, and informed campus and community environment. A critical component was the **Sensitization of Maintenance Staff**, where the cleanliness staff and gardeners were trained to identify and eliminate mosquito-breeding sites, such as stagnant water in waste materials. The **Dengue Awareness Drive 2023** was a two-day event, with student volunteers inspecting potential breeding sites on October 4, 2023, under the guidance of Dr. Shweta Yadav, and creating informative posters. On October 5, 2023, these volunteers visited classrooms, the library, and the canteen, sensitizing 1009 individuals about dengue prevention. Additionally, permanent water bodies on campus were maintained with larva-eating fish (*Gambusia sp.*) introduced with the support of the Chief Medical Officer, Karnal, while spraying and fogging were conducted across the campus for mosquito control.

The college also aligned with **Government Health Initiatives** like the **National Deworming Day & Mop-Up Day 2024**, where Albendazole tablets were distributed to 500 students, coupled with guidance on preventing soil-transmitted helminth infections. Furthering this health-centric approach, the college organized several **Workshops and Awareness Programs** to promote health and safety. Yoga and strength training were conducted by CA Manisha Saluja, a certified nutritionist, focusing on physical well-being and resilience. Certified instructor Ruchika led an engaging yoga workshop, emphasizing mindfulness and flexibility. In the adopted village of Dabri, Dr. Vivek Gakhar, an anesthesiologist, conducted a vital CPR training session, equipping participants with life-saving techniques for emergencies.

In terms of **Community Service**, the college adopted the village of Goghadipur, marking a historical milestone under the Women Development Centre. On September 9, 2023, the college hosted a **Blood Donation Camp** in memory of Late Sardar Dyal Singh Majithia, with 62 units of blood donated. Following this, on October 6, 2023, a one-day health awareness camp was organized in Goghadipur. The camp provided free eye check-ups to 400 villagers

by a team of doctors led by Dr. Sanjeev Arora, who emphasized regular eye health. Dr. Archana Bharti from Kalpana Chawla Medical College addressed women's health issues, including menstruation, PCOD, and breast cancer. Students added a creative touch with a presentation and a street play titled "*Bus Aur Nahi*", raising awareness about disease prevention among women. The event, graced by village Sarpanch Mrs. Sangeeta Rani and supported by college Principal Dr. Ashima Gakkar, was a resounding success. The convener, Dr. Anita Agarwal, expressed gratitude to the guests and villagers, reinforcing the college's commitment to community well-being.

The Red Ribbon Club of Dyal Singh College, in collaboration with the Haryana AIDS Control Society, organized a series of activities to celebrate the International Youth Day Fortnight Campaign (January 16-31, 2024) under the theme "Green Skills for Youth: Towards A Sustainable World." The campaign included awareness lectures on HIV/AIDS, a signature campaign, display of informative posters and banners, and promotion of National Toll-Free Helpline 1097 and the NaCo AIDS App. Social media campaigns further spread awareness from January 29-31, 2024. College also organized wellness and skill-building sessions to promote health and safety. Yoga and strength training were conducted by CA Manisha Saluja, a certified nutritionist, focusing on physical well-being and resilience. Certified instructor Ruchika led an engaging yoga workshop, emphasizing mindfulness and flexibility. In the adopted village of Dabri, Dr. Vivek Gakhar, an anesthesiologist, conducted a vital CPR training session, equipping participants with life-saving techniques for emergencies.

Evidence of Success

1. Dengue prevention efforts resulted in a noticeable reduction in mosquito-breeding sites.
2. Over 1000 students and staff were sensitized about health and environmental issues.
3. More than 500 students benefited from the National Deworming Drive.
4. Health camp beyond the campus (In Adopted Villages).

Problems Encountered

1. **Logistical Challenges:** Managing multiple activities across diverse domains required meticulous planning.
2. **Resource Constraints:** Ensuring availability of sufficient materials like Albendazole tablets and cotton bags.
3. **Awareness Gaps:** Some resistance from individuals in adopting health and environmental practices.
4. **Sustainability of Initiatives:** Maintaining consistent efforts like water body upkeep and regular spraying.

Conclusion

The **Well-Being 360** initiative exemplifies Dyal Singh College's holistic approach to health, wellness responsibility. Through a blend of awareness, skill-building, and community engagement, the program fosters an inclusive and sustainable campus environment. It serves as a benchmark for other institutions to replicate, ensuring well-rounded development for students and staff alike.

CPR: HANDS ON, HEART SAVING



HEALTHY BITES, VIBRANT LIFE



YOGA: THE ART OF PEACE



DONATE BLOOD: CREATE MIRACLES



YOUR HEALTH: OUR CONCERN



DENGUE PREVENTION IS PROTECTION



WORM FREE: WORRY FREE



कृमि से छुटकारा, सेहतमंद भविष्य हमारा

राष्ट्रीय कृमि मुक्ति दिवस कार्यक्रम

1-19 साल के सभी बच्चों और किशोर-किशोरियों को कृमि नियंत्रण की दवाई (एल्बेंडाजोल) सभी स्कूल और आंगनवाड़ी केंद्रों पर नि:शुल्क खिलाई जाएगी।

कृमि संक्रमण की रोकथाम आसान है:

कृमि से संक्रमण	आस पास कागजें रखें	सबो नौ	लान की	कृमि का	कृमि का
कृमि से संक्रमण	आस पास कागजें रखें	सबो नौ	लान की	कृमि का	कृमि का

जो बच्चे छूट जाएं, उन्हें सॉप अप दिवस के दिन दवाई जरूर खिलायें।

क्या आप जानते हैं कि कृमि संक्रमण से बच्चों और किशोर-किशोरियों में:

- कुपोषण और खून की कमी (अनीमिया) होता है, जिसके कारण हमेशा थकावट रहती है।
- संपूर्ण शारीरिक और मानसिक विकास नहीं होता।

राष्ट्रीय स्वास्थ्य मिशन, स्वास्थ्य विभाग, हरियाणा

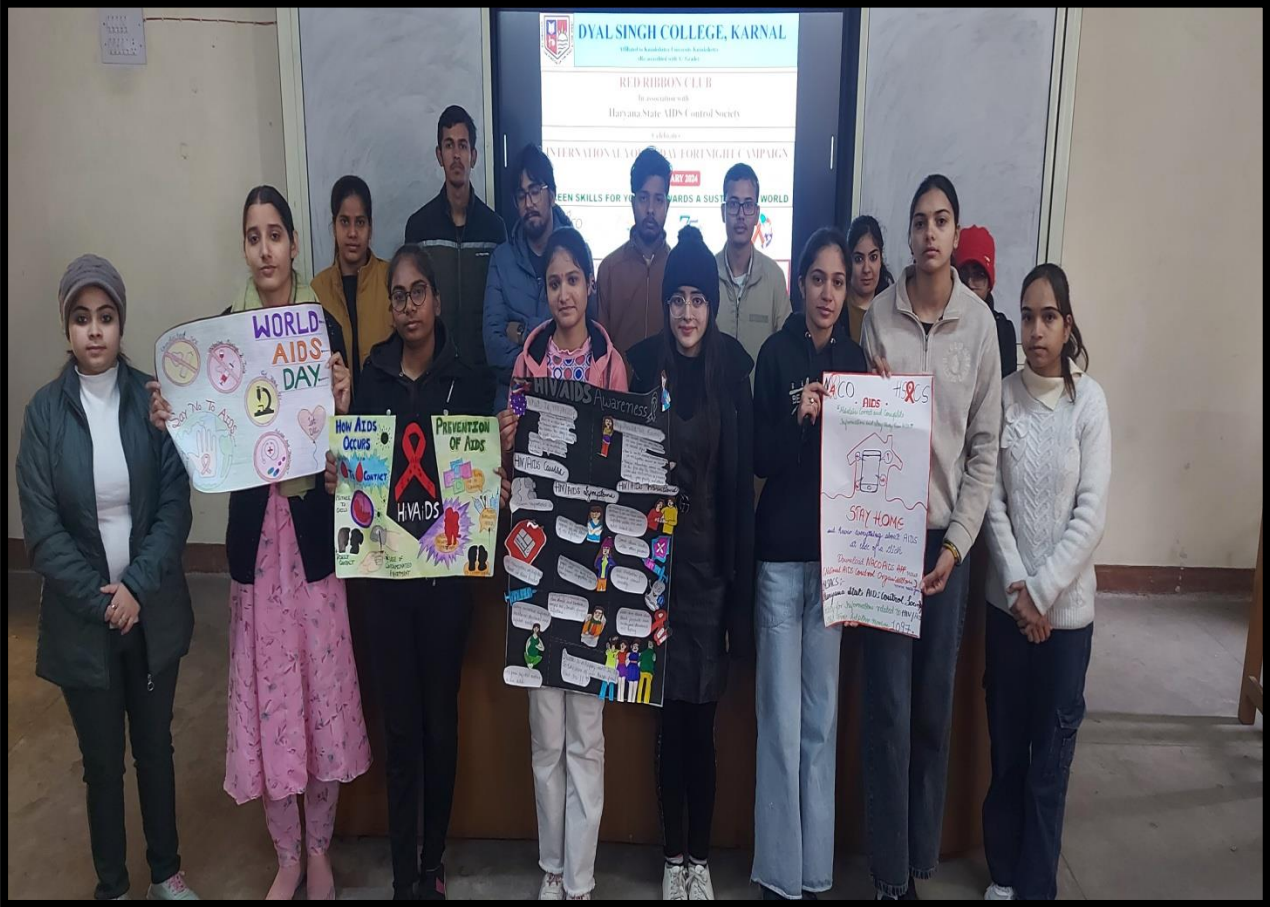
MXRQ+VCW, Dyal Singh Colony, Karnal, Haryana 132001, India

Karnal
Haryana
India

24°C
75°F

2024-02-12(Mon) 12:01(pm)

HIV: AWARENESS SAVES LIVES



BEST PRACTICE-II



**Building Bridges:
Inclusivity Through Community Service**

Best Practice-II

Building Bridges: Inclusivity Through Community Service

Objectives:

The primary objective of this initiative is to nurture a sense of social responsibility among students and staff while promoting inclusivity and contributing to the welfare of the community. The initiative aims to involve students in meaningful community service projects, encourage active citizenship, and foster awareness about societal issues, such as environmental conservation, public health, road safety, and disaster relief.

Context:

Dyal Singh College has long been committed to social responsibility, with a focus on creating an inclusive and supportive community. As part of this commitment, the college has actively engaged in various community service programs designed to address local and national challenges. These programs are a collaborative effort, with active participation from students, faculty, and local partners, to create a positive impact and build stronger ties between the institution and the community.

The Practice:

1. **Flood Relief Campaign:** In response to the devastating floods in nearby areas, the college organized a flood relief campaign to collect essential supplies such as food, clothing, and medical aid. Students and faculty rallied together to gather resources and support relief operations.
2. **Donation for PM CARES Relief Fund:** The college took part in national solidarity by organizing a donation drive for the PM CARES Relief Fund, which supports the government's efforts in providing relief during national emergencies, such as the COVID-19 pandemic.
3. **Drive Licence Drive:** To promote responsible driving and raise awareness about road safety, the college organized a drive to help students and staff members obtain their driving licenses. This initiative aimed at encouraging safe road practices and legal compliance among young drivers.
4. **Cotton Bag Distribution:** In an effort to reduce plastic usage and promote sustainability, the college distributed eco-friendly cotton bags to students and local vendors. This initiative aimed at creating awareness about the harmful impact of plastic on the environment and encouraging reusable alternatives.
5. **Voter Awareness:** The college hosted a voter awareness campaign to engage students in the electoral process. Through workshops and seminars, students were educated about their voting rights and the importance of participating in elections, helping to foster responsible citizenship.
6. **Road Safety Campaign:** As part of its commitment to public safety, Dyal Singh College organized road safety workshops to educate students about traffic rules,

pedestrian safety, and responsible driving. These sessions were conducted by experts in collaboration with local authorities.

7. **Daan Utsav:** The college participated in Daan Utsav, a national initiative encouraging individuals to donate time, resources, or skills to those in need. Students and faculty collected and distributed food, clothes, and other essential items to underserved communities.
8. **Cleanliness Drives:** Several cleanliness drives were organized throughout the college campus and nearby areas to promote hygiene and environmental conservation. These drives helped in creating a cleaner, greener environment while encouraging students to take ownership of their surroundings.

Evidence of Success:

The success of these initiatives can be seen in the active participation of students and staff, as well as the positive impact on the community. The flood relief campaign, for example, resulted in the collection of over 500kg of essential supplies, which were distributed to affected areas. The donation for the PM CARES Relief Fund raised significant contributions, helping the college support national relief efforts. The cotton bag distribution led to a noticeable reduction in plastic use on campus, and the voter awareness program educated over 1,000 students about their civic responsibilities. The road safety campaigns contributed to heightened awareness among students, with many pledging to follow traffic rules more diligently.

Problems Encountered:

Despite the success, there were a few challenges encountered during the implementation of these initiatives. One major challenge was coordinating with external agencies for the donation drives and relief efforts, as logistics could sometimes delay the delivery of resources to those in need. Additionally, while there was high enthusiasm for the cleanliness drives, maintaining consistent participation and ensuring long-term behavioral change regarding environmental responsibility proved to be an ongoing challenge. Another challenge was ensuring that the drive license campaign complied with local regulations and effectively addressed the needs of a diverse student population with varying levels of knowledge and readiness.

Conclusion:

Through these community service initiatives, Dyal Singh College has successfully promoted social responsibility and inclusivity while making a tangible difference in the community. These programs not only contributed to various social causes but also empowered students to become more engaged, responsible citizens. The college remains committed to fostering a culture of service, awareness, and community involvement as part of its vision to create a positive societal impact.

FROM DEVASTATION TO RESTORATION



Contribution to PM Care Relief Fund



DRIVE SAFE, DRIVE LEGAL



COTTON BAGS: REUSABLE, RELIABLE, RESPONSIBLE



VOTING: A RIGHT, A RESPONSIBILITY

भारतीय जनता युवा मोर्चा
नमो नवमतदाता सम्मेलन
25 जनवरी, 2024
कार्यक्रम संयोजक
अमित ठाकुर
जिला महामंत्री युवा मोर्चा (भारतीय जनता पार्टी)



COMMIT TO LIFE, PLEDGE FOR ROAD SAFETY



CELEBRATE GENEROSITY: DAAN UTSAV



