



# Govt. College Kharkhara, Rewari, 123106

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## 7.2 Best Practices

7.2.1 Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.

### Response

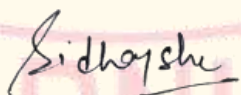
**Best Practice 1: Stitching Sustainability – Page No. 02-14**

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**Future Planning- Page No. 26**



NAAC Coordinator



IQAC Coordinator



Principal  
Govt. College, Kharkhara  
(Rewari)

Principal

# Stitching



SUSTAINABILITY

## **Stitching Sustainability: Promoting Eco-Friendly Practices at Government College, Kharkhara**

### **Title**

Stitching Sustainability: Promoting Eco-Friendly Practices at Government College, Kharkhara

### **Objective**

The primary objective of the "Stitching Sustainability" initiative is to reduce the use of single-use plastics by encouraging students to create cloth bags from leftover fabric. This program aims to promote environmental stewardship, resourcefulness, and eco-friendly habits among students.

### **Context**

In response to the growing environmental concerns caused by single-use plastics, Government College, Kharkhara, has embarked on a mission to foster sustainable practices within its community. The initiative aligns with global efforts to minimize plastic waste and encourages students to participate actively in environmental conservation.

### **Practice**

Recognizing the detrimental impact of single-use plastics on the environment, the college launched a project where students stitch cloth bags using leftover materials from their homes. This practice embodies the concept of "best out of waste," where discarded fabrics are repurposed into useful products. The initiative involves both male and female students, fostering a sense of responsibility and encouraging them to adopt eco-friendly habits in their daily lives.

### **Exhibition cum Sale on Environment Day**

To celebrate and showcase the students' efforts, an exhibition cum sale of the stitched cloth bags was organized on World Environment Day, June 5th, 2024. The event aimed to raise awareness about reducing plastic use and demonstrate the significant impact of simple, everyday actions on environmental conservation. The exhibition featured a variety of uniquely designed and meticulously crafted cloth bags made from leftover fabrics. The event saw enthusiastic participation from the college community, including students, faculty, and staff.

## Evidence of Success

The "Stitching Sustainability" initiative is considered one of the best practices at Government College, Kharkhara, due to its numerous positive outcomes:

1. **Environmental Conservation:** By creating and using cloth bags, students contribute to reducing single-use plastics consumption, minimizing plastic waste and its harmful effects on the environment.
2. **Resourcefulness:** The practice of using leftover fabric teaches students to be resourceful and find value in materials that would otherwise be discarded. This approach promotes a circular economy, where resources are reused and recycled.
3. **Skill Development:** The initiative provides students with opportunities to develop and enhance their stitching and crafting skills, fostering creativity and innovation as they design and create unique bags.
4. **Community Awareness:** The exhibition cum sale event raised awareness among the college community about the importance of sustainable practices, demonstrating how collective efforts can lead to significant environmental benefits.
5. **Empowerment:** By involving both boys and girls, the initiative promotes gender equality and empowerment, encouraging all students to take active roles in environmental conservation efforts.

## Problem

Students stitching cloth bags to save the environment is a commendable initiative. However, they might face some challenges, such as:

1. **Limited durability:** Cloth bags may not be as durable as plastic bags, requiring more frequent replacements.
2. **Higher cost:** Cloth bags can be more expensive to produce than plastic bags, making them less accessible to some.
3. **Time-consuming production:** Stitching cloth bags can be a time-consuming process, especially if done manually.
4. **Scalability:** Meeting high demand with handmade cloth bags can be challenging.

5. **Awareness and adoption:** Encouraging people to switch from plastic bags to cloth bags can be difficult.

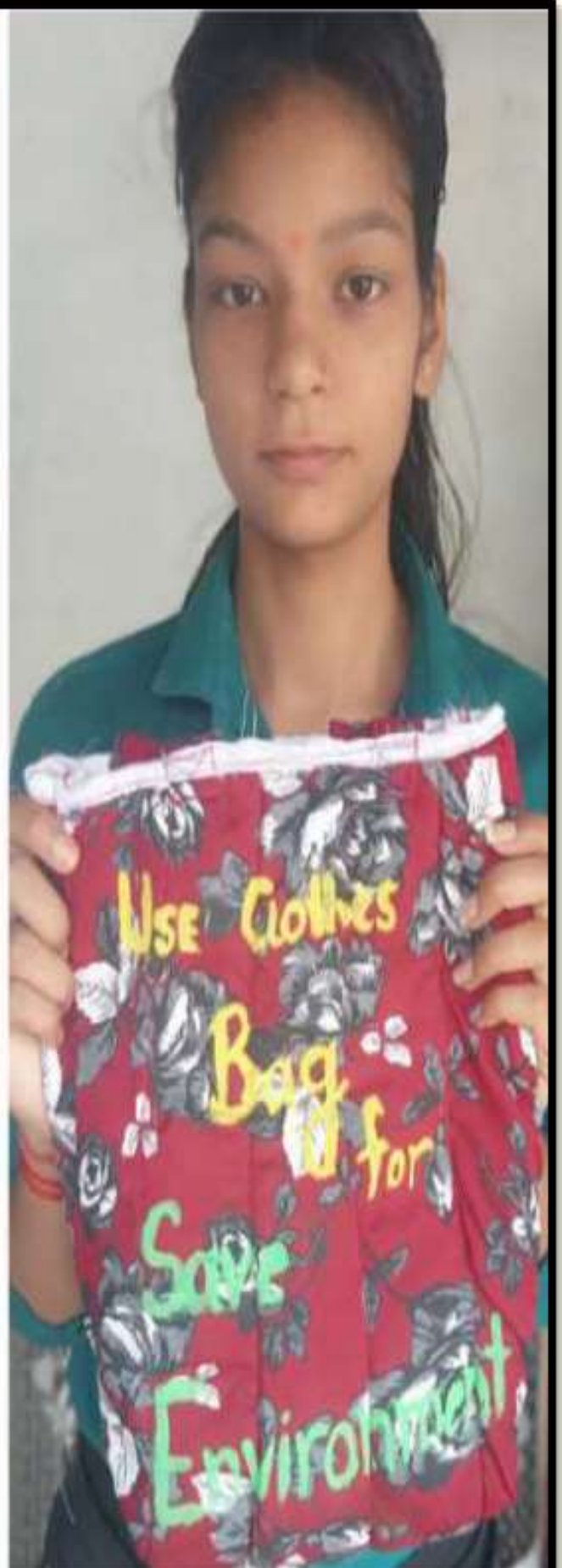
6. **Maintenance and washing:** Cloth bags require regular washing and maintenance, which can be inconvenient.

These challenges can be addressed with innovative solutions, like using affordable materials, simplifying designs, and promoting community involvement.

### **Conclusion**

The "Stitching Sustainability" initiative at Government College, Kharkhara, exemplifies the institution's commitment to environmental conservation and sustainable practices. By engaging students in creating cloth bags from leftover fabrics, the college fosters a culture of resourcefulness, creativity, and environmental responsibility. The success of the exhibition cum sale event on World Environment Day underscores the initiative's impact and potential to inspire broader community involvement in eco-friendly practices. Moving forward, Government College, Kharkhara, aims to continue and expand this initiative, encouraging more students to participate and further promoting the importance of sustainability. Through such efforts, the college hopes to make a lasting positive impact on the environment and instill a sense of environmental stewardship in its students.























## **Campus Shield for Girls: Ensuring Safety and Empowerment at Government College, Kharkhara**

### **Title**

Campus Shield for Girls: Ensuring Safety and Empowerment at Government College, Kharkhara

### **Objective**

The primary objective of the "Campus Shield for Girls" initiative is to ensure the safety and security of female students on campus while empowering them through self-defence and personal security programs. The initiative aims to create a secure, supportive, and empowering environment for girls, enhancing their confidence and overall well-being.

### **Context**

At Government College, Kharkhara, the safety of female students is of utmost priority. Recognizing that a secure environment is essential for academic and personal growth, the college has implemented several measures to ensure the safety and empowerment of its female students. The initiative aligns with the institution's commitment to providing a safe and nurturing space for all students, particularly female students, who may face unique challenges and threats.

### **Practice**

#### **Girls' Security Initiatives**

1. **Campus Surveillance:** The college campus is equipped with CCTV cameras strategically placed to monitor all critical areas, deterring potential incidents and ensuring quick action if necessary.
2. **Emergency Helplines:** Emergency helplines have been established for students to report incidents or seek help at any time.

#### **Self-Defense Training Programs**

1. **Regular Self-Defence Classes:** The College organizes regular self-defence classes for female students, covering basic to advanced techniques to equip them to handle physical threats.
2. **Taekwondo Training:** Expert trainers conduct Taekwondo training sessions, teaching students martial arts for self-defence, physical fitness, and mental discipline.



## Additional Support Systems

- **Internal Complaints Committee (ICC)/Anti-Sexual Harassment Committee:** In compliance with the POSH Act, the ICC addresses issues of sexual harassment, ensuring a safe and respectful environment for female students. The committee conducts awareness programs and provides a platform for students to report incidents without fear.

## Evidence of Success

### Achievements in Self-Defence Competitions

The effectiveness of the self-defence training programs is highlighted by the remarkable achievements of female students in various competitions. Students have participated in and won medals in several Taekwondo competitions at district and state levels, demonstrating the success of the training initiatives and the dedication of the students.

### Continuous Training and Empowerment

Self-defence training is an ongoing process at the college, with regular classes to keep students updated with the latest techniques and practices. Certified trainers focus on practical skills, situational awareness, and mental preparedness, ensuring that students are well-equipped to protect themselves in any situation.

## Problem

### Challenges

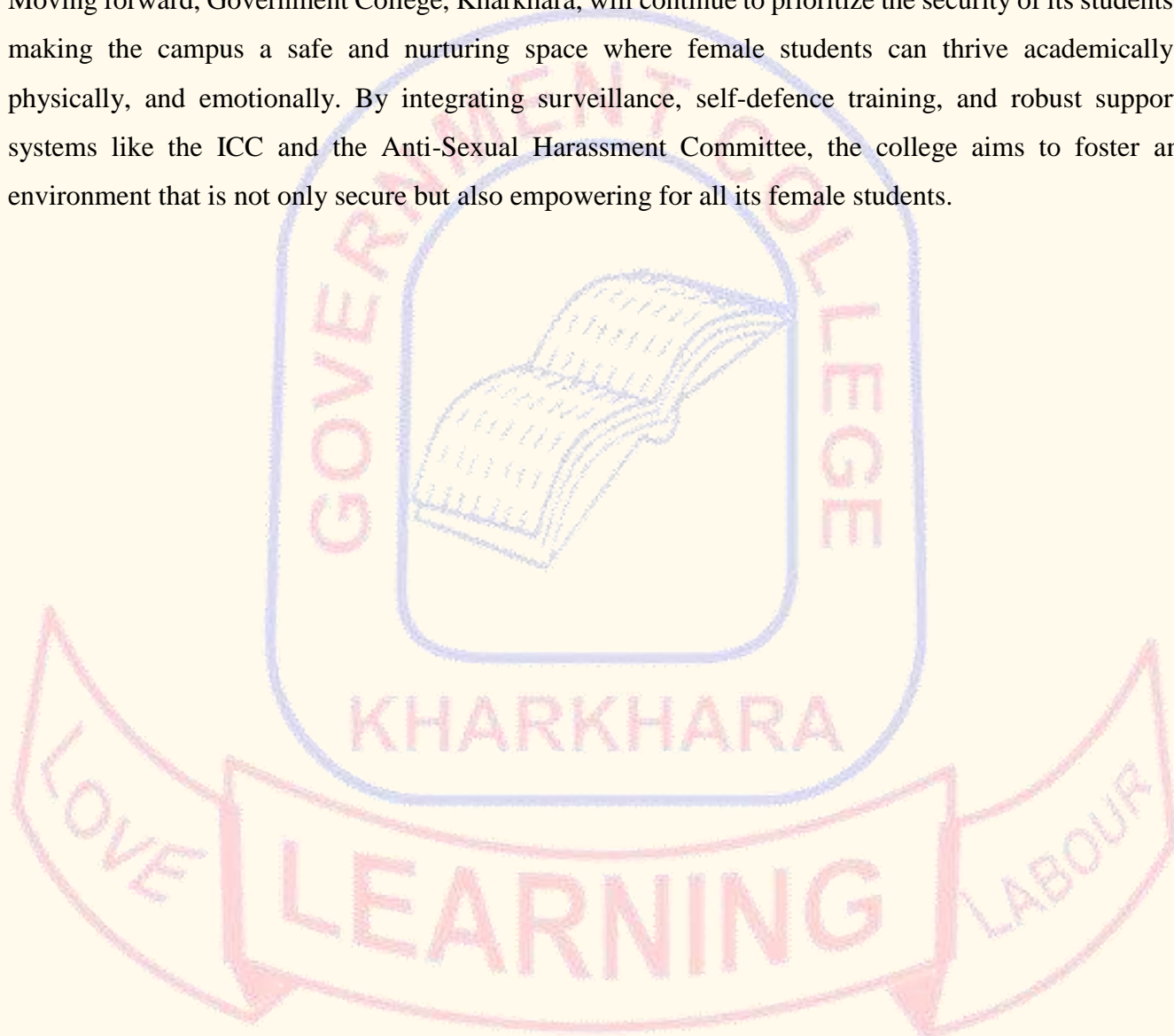
Despite the success of the "Campus Shield for Girls" initiative, there are ongoing challenges:

1. **Limited resources:** Village colleges may lack adequate facilities, equipment, or qualified instructors.
2. **Cultural or social barriers:** Some communities may have cultural or social norms that discourage self-defence training, especially for women.
3. **Safety concerns:** Inadequate training or supervision can lead to injuries.
4. **Accessibility:** Village colleges may be located far from students' homes, making regular attendance difficult.
5. **Quality of instruction:** Instructors may not have the necessary expertise or experience.

## Conclusion

The concerted efforts by Government College, Kharkhara, to ensure the safety and security of female students have created a secure and empowering environment on campus. The initiatives reflect the institution's commitment to providing not just education but also ensuring the overall well-being and safety of its students.

Moving forward, Government College, Kharkhara, will continue to prioritize the security of its students, making the campus a safe and nurturing space where female students can thrive academically, physically, and emotionally. By integrating surveillance, self-defence training, and robust support systems like the ICC and the Anti-Sexual Harassment Committee, the college aims to foster an environment that is not only secure but also empowering for all its female students.



## विविध गतिविधियां

### ताइक्वांडो प्रतियोगिता की विजेता को किया सम्मानित



राजकीय महाविद्यालय खरखड़ा में ताइक्वांडो प्रतियोगिता के विजेता को सम्मानित करते स्टाफ के सदस्य ● सी. महाविद्यालय

**संघट्ट सहयोगी, जागरण ● धारूहेड़ा:** खरखड़ा स्थित राजकीय महाविद्यालय में सम्मान समारोह में ताइक्वांडो में पांच जगह अवार्ड जीत चुकी छात्राओं को सम्मानित किया गया। प्राचार्य अर्चना सूटा ने बताया कि 18वीं जिला स्तरीय ताइक्वांडो प्रतियोगिता में ज्योति एवं नेहा सैनी ने स्वर्ण पदक जीता है। इसी दिन जिला स्तरीय क्वान की छे प्रतियोगिता में भी इन दोनों छात्राओं ने स्वर्ण पदक जीता था। 19वीं

जिला स्तरीय प्रतियोगिता जो 19 अप्रैल को हुई थी उसमें भी महाविद्यालय की छात्रा ज्योति ने स्वर्ण पदक और नेहा सैनी ने रजत तक जीता था। पलवल में आयोजित प्रतियोगिता में भी ज्योति ने रजत, नेहा व मीनाक्षी ने कांस्य पदक जीतकर महाविद्यालय का नाम रेशन किया था। इस अवसर पर महिला प्रकोष्ठ प्रभारी छ. सुशीला लांबा, कोच दीपचंद ने छात्राओं को बधाई दी।

## ताइक्वांडो प्रतियोगिता के विजेताओं को दी बधाई



पदक विजेता छात्रा को बधाई देते स्टाफ के सदस्य • सौजन्य शिवक

संवाद सहयोगी, जागरण • धारूहेड़ा:  
राजकीय महाविद्यालय खरखड़ा की  
विद्यार्थियों ने लखनऊ में आयोजित  
ताइक्वांडो प्रतियोगिता में सराहनीय  
प्रदर्शन कर महाविद्यालय का नाम  
रोशन किया है। महाविद्यालय प्राचार्य  
डाक्टर अर्चना सूटा ने बताया कि

लखनऊ में आयोजित हुई ताइक्वांडो  
प्रतियोगिता में कालेज की बीए प्रथम वर्ष  
की छात्रा नेहा व ज्योति ने कांस्य पदक  
जीतकर जिले का नाम रोशन किया है।  
कालेज पहुंचने पर उनका स्वागत किया  
और उनके उज्वल भविष्य की कामना  
की।



## प्रतियोगिता के विजेताओं को सम्मानित कर दी बधाई



राजकीय महाविद्यालय में पदक विजेताओं के साथ स्टाफ के सदस्य ● सौ. महाविद्यालय संस, धरूहेड़ा : राजकीय महाविद्यालय खरखड़ा की दो खिलाड़ियों ने उत्तर प्रदेश के वाराणसी शहर में आयोजित पांचवीं राष्ट्रीय वचान कीडो प्रतियोगिता में सराहनीय प्रदर्शन करते हुए महाविद्यालय का नाम रोशन किया है। महाविद्यालय पहुंचने पर उनका स्वागत किया गया। खेल निदेशक डा. हरिप्रकाश ने बताया कि वाराणसी में तीन दिवसीय प्रतियोगिता आयोजित

की गई थी। प्रतियोगिता में देशभर से 20 राज्यों की टीमों से 1300 से अधिक खिलाड़ियों ने भाग लिया था। हरियाणा राज्य से रेवाड़ी जिले के 22 खिलाड़ियों ने भाग लिया था, जिसमें राजकीय महाविद्यालय खरखड़ा की नेहा ने रजत व ज्योति ने कांस्य पदक प्राप्त किया है। प्राचार्य अर्चना सूटा ने उनका स्वागत किया और सराहनीय प्रदर्शन करने पर शुभकामनाएं दीं।



GPS Map Camera



Kharkhada, Haryana, India  
6Q29+92J, Kharkhada, Khaliawas, Haryana 123106, India  
Lat 28.201197°  
Long 76.767091°  
24/01/24 12:22 PM GMT +05:30

## खरखड़ा महाविद्यालय की छात्राओं ने प्रशिक्षण में सीखे आत्मरक्षा के गुर



खरखड़ा महाविद्यालय में छात्राओं को आत्मरक्षा का प्रशिक्षण देते दीपचंद कोच।

भास्कर न्यूज | धारूहेड़ा

राजकीय महाविद्यालय खरखड़ा में महिला प्रकोष्ठ के तत्वावधान में छात्राओं को आत्मरक्षा प्रशिक्षण दिया गया। प्रभारी डॉ. सुशीला लांबा ने बताया कि प्राचार्य डॉ. अर्चना सुट्टा की उपस्थिति में

दीपचंद कोच ने छात्राओं को आत्मरक्षा के गुर सिखाए। प्राचार्य ने कहा कि आज के युग में छात्राओं को सेल्फ डिफेंस रहने के लिए प्रशिक्षण दिया जाना अतिआवश्यक है। प्रशिक्षण सत्र के दौरान महाविद्यालय की डॉ. एकता रानी, डॉ. सरिता आदि उपस्थिति रहीं।



महिला आत्मरक्षा कार्यक्रम दिनांक  
'मिशन साइली' 21-11-23  
to 24-11-23

राजकीय महाविद्यालय में आज प्रोग्राम  
डा. अनीता सुंदरी जी की उपस्थिति में डा.  
दीपक ने हमें डा. आचरणा + गुड  
सिराक गि। डा. दीपक ने एलबो  
की Elbow Strike, Alternative Elbow  
Strikes, Escape from a 'Bear Hug'  
Attack को डा. गि सिराक। इस  
आखिरी पर प्रोग्राम में हमें डा. अनीता  
की सहभागिता करने हुए रहे कि प्रोग्राम  
समय में डा. गुड सिराक लक्ष्मि की  
आभारना है। प्रोग्राम के लिए  
Self, Dependent होना चाहिए।  
गुड डा. अनीता, हमें करने वाले समय  
उपेक्षा नहीं, रक्षा करने वाली  
पाठक अंत, डा. गुड सिराक जरूरी  
है। इस आखिरी पर डा. अनीता, डा. अनीता  
डा. डा. सिराक उपस्थित रही।

*M. Khanna*

*Sumita*

Passing For Ray...  
21. 11. 2023

महिला प्रोग्राम

## **Future Planning for Best Practices at Government College, Kharkhara**

**Stitching Sustainability:** We plan to expand the initiative by incorporating workshops on sustainable fashion and up cycling, involving more students and community members. Collaborations with local NGOs and businesses will enhance outreach and impact, fostering a culture of environmental responsibility.

**Campus Shield for Girls:** Future plans include advanced self-defense training, mental health support workshops, and the installation of additional safety infrastructure. We aim to establish a mentorship program linking female students with alumni and professionals to provide guidance and support. Continuous evaluation and updates to security measures will ensure a safe and empowering environment for all students.

