



Government Degree College Chhatri District Mandi HP

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Criterion -5 Best Practices, Innovation and Institution Distinctiveness

5.1- Best Practices Description & Outcome of Best Practices (at least two)

1. Soft Skill –Yoga and Stress Management ; GDC Chhatri conducts various lectures on stressmanagement and also demonstrates different yogi skills to cope with stress and peer pressures at the end of week. Which is supported by yoga guide and BK Sisters lectures and presentations.



2. Self Defense Classes for Girl Students: Keeping in view the safety and vulnerability of girl students GDC Chhatri Trains them self defense techniques Martial Art –‘Karate’ at the end of week. The training is imparted by Dr Labh Singh (5th Dan Black Belt Karate -Goju Ryu Style).





5.2- Special Initiatives taken for:

5.2.1 Energy Conservation/ Use of Solar Energy ; NA

5.2.2 Solid Waste Segregation/ Management; ; NA

5.2.3 Rain Water Harvesting and its use for Gardening and Cleanliness-; NA

5.2.4 Plastic Free Campus; Yes. Dust Bins are placed to deposit waste inside.



(Plastic Free Campaign)

5.2.5 Blood Donation Camps ; NA

5.2.6 Adoption of Villages/ Educational Institutions; NA

5.3- Social Impact of Extension Activities (On the basis of Community Feedback); Yes –organised Rallies and Road Shows for awareness of

5.4- Special New Innovative Initiatives or Ideas Adopted in the College (Other than 5.2 given above); NA

5.5- Collaborations

5.5.1 With Peer Educational/ Research Institutions ; NA

5.5.2 With other Government Bodies/ Industries; ; NA