

Academic Year 2018-19
CHAS COLLEGE CHAS
Best Practices

Best Practice 1

1. Title of the Practice: Anti Tobacco Campaign to make the Campus Tobacco Free

2. The Context that required the initiation of the Practice:

Tobacco is a major source of several health problems including the most fatal disease – the Cancer. Tobacco is consumed by the people in forms of Bidi, Cigarette, Khaini, Pan masala and Gutka. It is taken either in the form of smoke or it is kept in mouth to chew for longer duration. According to Global Adult Tobacco Survey (GATS) 2016-17; 59.7% of men and 17% of women adults above 15 years of Jharkhand either smoke or chew tobacco in different forms. However, use of tobacco in young generation of 15-17 years has decreased by 6.1% as compared to the previous report of 2009-10. And the use of tobacco by adults during this period has come down to 38.9% from 50.1%. Tobacco in the form of Khaini is used by maximum number of people followed by Gutka, Cigarette, Bidi and Zarda (scented tobacco) with Pan (betel). Although, percentage of people using tobacco has decreased; still 38.9% of adults and 10.6% of younger generation between the ages of 15 to 17 of Jharkhand use tobacco in any form.

On the back drop discussed above and our responsibility towards the society, we decided to hold anti-tobacco campaign in the college.

3. The Objectives of the Practice:

Good health of younger generation is necessary for their mental and physical development. Sound mind resides in the sound body; therefore good education is only possible if the student is physically and mentally healthy. Keeping in view the health of younger generation, we started the Anti Tobacco Campaign. Objectives of the practice were –

- A. To make students aware about the adverse effects of tobacco on health
- B. To Keep the students away from the use of tobacco
- C. To make the campus tobacco free so that no student is attracted towards tobacco due to peer pressure

4. The Practice:

Institutions of higher education are duty bound to provide holistic education and to produce responsible citizens who honour the social, national and global values. We organized group discussion and lectures to highlight the adverse effects of tobacco on the human health. Teachers, staff and students took part in all these activities. Sometimes we called doctors to deliver lectures on the effects of tobacco on human health. District administration also helped us by visiting the campus time to time. They provided us with posters and banners. And finally the campus was declared tobacco-free by the district administration.

5. Obstacles faced if any and strategy adopted to overcome them:

Almost 38.9% of adults and 10.6% of younger generation between the ages of 15 to 17 of Jharkhand use tobacco in any form. We can say that 4 persons take tobacco out of 10 people of Jharkhand. Therefore, it was a tough task for us to convince people that tobacco is bad for health. To solve the problem; we made group of students to convince people and fellow students uses of tobacco, its adverse effects on the health and diseases caused by tobacco. Students organized group discussion, lectures and video show on the effects of tobacco on health. Teachers and staff also helped the students in organizing these activities. District administration officers also arranged programmes on ill effects of tobacco. Banners and posters were put in the college campus which displayed cancer as caused due to use of tobacco. Gradually use of tobacco in the campus decreased and finally we became Tobacco-free campus.

6. Impact of the Practice:

As a result of anti tobacco campaign we are now Tobacco-free campus. Some of the impacts of this initiative are –

- No student use tobacco inside the campus
- No spitting inside the campus
- Campus has become hygienic, clean and green
- Students have learnt to achieve success through cooperative efforts
- Students have learnt the benefits of group activity

7. Resources Required:

This activity did not require much resource because most of the activities were organised by the students with mutual cooperation. Teachers, Staff and District administration helped in organizing the programme to make the campus tobacco-free.

8. About the Institution:

Name of the Institution: Chas College Chas, Bokaro

Address: P.O – Kura, Diwanganj, Chas, Bokaro, Jharkhand – 827013

Year of Accreditation: 2016, Grade awarded by NAAC: B

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Best Practices 2

1. Title of the Practice: Appreciation of the Culture of Jharkhand

2. The Context that required the initiation of the Practice:

Chas College is situated in the district Bokaro of the Jharkhand State. Population of Adivasi (Tribal) in Jharkhand is about 38.15% (8,645,042) of its total population of 32,988,134.

Among all States and UTs of India, Jharkhand holds 6th rank in terms of the ST population. Over thirty indigenous communities exist harmoniously in Jharkhand. Some of the major tribes are the Santhals, Oraons, Mundas, Kharias, Hos and Cheros. Rich in culture and traditions, these communities have several colourful festivals. The Scheduled Tribes are primarily rural as 91.7 percent of them reside in villages.

As we are in the state of Jharkhand that has a very rich and diverse tribal culture having traditional knowledge and moral values, we decided to organize programme to appreciate the culture of Jharkhand and by doing so teach our students traditional knowledge and moral values. By organizing this programme we encouraged our students to learn and appreciate the culture of tribes of Jharkhand.

3. The Objectives of the Practice:

Major objective of this practice was to make students familiar with the culture of the Jharkhand. We also intended to teach the students appreciate the culture of the state where we live and by doing so, make the tribal people feel proud of their culture. Other objectives were –

- A. To make students familiar with the different art forms of Jharkhand
- B. To know the types of dress and food used by the tribal people
- C. To know about the customs and traditions of Jharkhand
- D. To promote national integration and unity in diversity

4. The Practice:

Jharkhand culture treats guests as God and serves them at best of their ability. The intricate woodwork, the Paitkar paintings, tribal ornaments, stone carvings, dolls, masks and baskets, all are treasures of the cultural wealth of Jharkhand which existed even before the Harappa age. Among the most delicate, beautiful paintings of India are the Kohvar and Sohrai paintings. Kohvar painting is made for the newly married couple at the time of marriage and the Sohrai paintings are made at the time of harvesting to celebrate the bumper crop. The wood crafts, Clay Works, Pattal works, the mask making work, Paitkar painting, etc are the important art forms of Jharkhand. Folk musics of Jharkhand are Akhariya Domkach, Dohari Domkach, Janani Jhumar, Mardana Jhumar, Faguwa, etc and the folk dances include Paika, Chaw, Jadur, Karma, Nachni, Natua, Agni, etc. Instruments commonly used in Jharkhand area are Bansuri, Arbansi, Sahnai, Madanvari, Singa, Sankh, Mandar, Dhol, Dhak, Dhamsa, Nagara, Damama, Karha, Tasa, etc.

Keeping in view the rich heritage of Jharkhand, we encouraged students to organize several activities related to the tribal culture. This programme was very successful and now we organize World Adiwasi Day on August 9 every year.

5. Obstacles faced if any and strategy adopted to overcome them:

We did not face any obstacle in organizing cultural events of Jharkhand in the college because good number of students of our college is from tribal communities. General students of the college under the guidance of the tribal students organized most of the events successfully.

6. Impact of the Practice:

As a result of organizing the events our students became familiar with the culture of the tribes of Jharkhand and they learnt to appreciate the tribal culture. This resulted in feeling the sense of honour and pride among the tribal students. This developed deep relationship among the students and bridged the gap between tribal and non-tribal students. Our students learnt essence of our national culture which depicts unity in the diversity of India that ultimately lead to national integration.

7. Resources Required:

All the activities were organized by the students under the guidance of the teacher. NSS unit I and unit II of the college organized all the events successfully. This required little financial resource to organize the programme.

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