

9. Van Mahotsav: 7th July
10. World Breastfeeding Week: 1st – 7th August
11. Patriots’ Day: 13th August
12. Independence Day: 15th August
13. Teachers’ Day: 5 September
14. NSS Day: 24 September
15. Fit India Freedom Run 2.0: 27th September
16. Lamyamba Hijam Irawat Day : 30th September
17. National Cleanliness Day: 2nd October
18. World Statistics Day: 20th October

File Description	Document
Geotagged photographs of some of the events	View Document
Any other relevant information	View Document
Annual report of the celebrations and commemorative events for the last five years	View Document

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 PRACTICES 1

Title of the Practice

Empowering women through Women’s Cell

Objective of the practice

- The cell strive to create better society by empowering women
- To empower women through education and strengthening them with social and ethical values life.
- To create awareness of the women’s rights.

- To sensitize women in gender equality.
- To make awareness that sexual harassment is treated as unacceptable social behavior within the institution and the society.

The Context

The women's cell is headed by Chairman (Principal), Vice Chairperson, Convenor and Committee Members. All the committee members are lady teachers except the Chairman. The institution has more than 50% girl students. Majority of the students hail from rural background. Inequality and women harassment is a social stigma; the cell has taken keen interest to protect the rights of girl students by organizing distinctive value added programmes. The women's cell of BMC gives facilities to the girls students by conducting awareness programmes on the importance of sanitation, personal hygiene and gender equality.

The Practice

The Institution organized and conducted various programs under this cell with true spirit and dedication.

The programs are listed below:

1. **Tree plantation and collection of plastic waste** - *Orgd. by NSS, YRC, Environmental Awareness Cell on 05/06/2022*
2. **Visit to senior citizen's home** - *Orgd. by Home Science Department on 31/05/2022*
3. **Health Mela, Blood Donation** - *Orgd. by NSS on 20/04/2022*
4. **Awareness on environment to the local Meira Paibies** - *Orgd. by NSS on 25/11/2021*
5. **Distribution food items as a part of Poshan Maah** - *Orgd. by IQAC, NSS, YRC on 02/10/2021*
6. **National Voluntary Blood Donation Day** - *Orgd. by YRC on 01/10/2021*
7. **Distribution of Masks and Hand Sanitizer** - *Orgd. by YRC on 09/06/2021*
8. **Yoga Day at Ngaikhong Khunou Village** - *Orgd. by NSS on 21/11/2020*

As for the constraints are concerned, only after the COVID-19 pandemic, the activities were organized by the Cell Members.

Evidence of Success

The institution has identified major changes in the attitude of girl students on various parameters. Overcome of shyness, more participation in extra curricular activities, positive attitude, free interaction with teachers and other students. In the annual sports meets of the college girl students participated more than boys in some events.

Problems Encountered

Due to a lack of financial resources, the cell members and organizers were unable to invite professional and expert trainers and speakers from outside.

BEST PRACTICE 2**Title of the Practice**

Education Beyond the Classrooms

Objectives

- To help the students to frame their learning methodologies based on the things they see and to offer them the capacity to learn and contribute a successful life in the society.
- To make the students understand the difficult concepts deeper by experiencing the outside knowledge.
- To identify appropriate strategies for teaching and learning outside the classroom.
- To enhance the educational experience by indulging in innovative and interesting new approaches of building knowledge and moral values.

The Context

Education beyond the classrooms at Biramangol College includes all those things which are deliberately intended to enhance the educational experience and moral values. It encompasses everything from the academic curriculum to sports, field visits, educational tours, cultural programs, community services, and outreach activities for the benefit of the community.

The Practice

- The college organizes programmes keeping in mind the curriculum-related needs of the students Annual Literary Meets is one of the creative platform of learning that encourages students to transform classroom knowledge into debates, recitation, story telling, and quiz.
- The college organize Intra Mural Sports Meet to showcase their sports spirit, talent and energy in different category of events such as shot put, discus throw, table tennis, badminton, javelin throw, 100m race, volleyball and football.
- Departmental study tour and field visits to different places of Manipur helps the students to gather knowledge about the surrounding environment, flora and fauna of particular places.
- Students of Anthropology learns outside knowledge from field work by visiting indigenous people of Manipur and study its community life style, social issues etc.
- Students of Home Science experiences and gathers firsthand information from the visits of Senior Citizen Home, Blind School, Mentally Retarded School, and Adult Education Centre of Manipur.

Evidence of Success

The response is presented under 3 categories

Students Achievement

- In Khelo India Youth Games, Miss H. Bhumeswori Devi (B.Sc. 2nd Sem, Physical Education) won the Gold Medal in 1500 meter. The athletic event, M. Arbin Singh (B.Sc. 2nd Sem Physical Education) Gold Medal in Thang-Ta event.
- Miss N. Nomita Devi of B.A 6th Sem, student was selected as “Brand Ambassador” of Red Ribbon Club of Manipur for a 1-minute video clip competition on Tuberculosis.

College Facilities

- Physical and moral support to slow learner’s students.
- Cash Awards for meritorious students in the final examination of Manipur University.

In the Community

The various departments and committees have undertaken many outreach activities.

To name a few:

- **Awareness Programme on how to manage menstrual period during college hour**

Resource Person - Dr. A. Jibanlata Devi, Convenor Women Cell, BMC on 21/05/2022

- **Two-Day National Seminar on Gender Inequality in Workplace**

Resource Person - Dr. Ch. Sarjubala Devi, Asso. Prof., NCERT, Shillong from 05/01/2022 to 06/01/2022

- **Awareness Programme on Harassment of Women in Higher Educational Institutions**

Resource Person - Dr. A. Jibanlata Devi, Convenor Women Cell, BMC on 18/10/2021

- **International Woman’s Day on 08/03/2021**
- **Inauguration of the Women’s Cell on 01/12/2020**

6 Problems Encountered

- Sports facilities and infrastructure are not good.
- Motivating and involving large number of students in these activities is a challenge.
- Limitation of funds and resources.

File Description	Document
Best practices in the Institutional web site	View Document

7.3 Institutional Distinctiveness

7.3.1 Portray the performance of the Institution in one area distinctive to its priority and thrust within 1000 words

Response:

Biramangol College has a set of high values and standards for the improvement of community living. Combinations of learning and good actions from the institution provide the students to serve the people for the betterment of society. Recognizing its identified position as a premier institute, the college makes consistent efforts in fulfilling its social responsibility toward the under privilege sections of society. The college authority, staffs and students believe that the true essence of empowerment lies in creating sustained forms of participation.

Our college staffs and students (NSS Units) resolved firmly to adopt 3 villages under Lamlai Assembly Constituency with the objective to uplift the Health Care & Education of the villagers for its welfare and to sustain themselves under 2.0 program. Although hampered by the Covid-19 pandemic, the programme of empowering and enlightening the adopted village of the college had by no means lost its way. In due time, the college envisions taking its welfare activities to an unforeseen level to better facilitate the people in the shadowed zones.

During the Covid-19 pandemic, the college teachers and staffs distributed masks and hand sanitizers to the villagers and Lamlai Police Station, Imphal East. Distribution of rice and rations to the adopted village had taken place as a part of Poshan Maah under Ajadi Ka Amrit Mahotsav on 2nd October 2021. Monetary help was also given by the NSS and YRC volunteers to the local people.

Covid-19 vaccination programme was also conducted in the college campus where beneficiaries were vaccinated which include the villagers, college staffs and their families on 23rd July 2021 in collaboration with CMO, Imphal East. Blood donation camp on 23rd April 2020 jointly organized by college staffs and students with JNIMS Blood Bank, in the college multipurpose hall where 18 Units of blood were donated by the students & staffs with strict guidelines of SOP.

Department of Home Science students actively took part in the nearby local villagers on their dietary habits and nutritious food. The objective of the survey is to know about their health status and eating habits among adolescent girls, pregnant women and lactating mothers. The honours students gave awareness on different types of nutritious foods to be eaten and their seasonal availability at low cost.

File Description	Document
Appropriate web in the Institutional website	View Document