

Criterion 7 - Institutional Values and Best Practices

7.1 Institutional Values and Social Responsibilities

7.1.1 Measures initiated by the Institution for the promotion of gender equity during the last five years.

Response:

Biramangol College has a strong ethical, work culture that is based on inclusivity. It observes the highest ethical standards in all its activities. Equal opportunities are provided to all individuals in respect of gender, race, caste, colour, creed, language, religion, national, birth or other status.

Safety, security and well-being along with gender equity and a friendly working atmosphere are the prime concern of the college.

The curriculum prescribed by the Manipur University in the 3rd and 4th-semester undergraduate program include the courses of General Foundation Course (GFC) and Regional Development (RD) as non-elective subjects, a must and compulsory to study. The course is designed to give knowledge about the gender-culture debate, women and social dynamics, women economy and women status through “The Manipuri Women and Changing World”. The courses help the students a better understanding of gender equality in the modern society.

As our college is very much concerned about gender equity, a two day National Seminar on “Gender Inequality in Workplace” was organized jointly by Women’s Cell and IQAC, Biramangol College. Resource person Dr. Ch. Sarjubala Devi, Associate Professor & HOD, Extension Execution, NERIE, NCERT, Shillong and other paper presenters of different college presented on the sub-topics. The total member of participants was 90.

Specific facilities provided for Women

Safety and Security Measures

1. The institute installed CCTV Cameras for surveillances and to monitor inside the campus.
2. The college campus gate entry is regulated through verification of identity cards by the gate keeper during the college hours.
3. Guidelines are given to all the girl students residing in hostels to follow the hostel rules. The entry and exit time of the hostellers are recorded in the register log book.
4. Anti-Ragging Committee members ensures that the campus is free of ragging and monitors it at scheduled timings at different areas inside the campus and in the hostel.

Counselling

Girl students are periodically counseled on safety and security by the Women’s Cell Committee members and also by the faculty mentors. Any sort of complaint or grievances can lodge either in the complaint box provided in the Women’s Cell office or through online to the convener of Women’s Cell.

Common Rooms

Girls Common Room and Women’s Cell Room are available for the girls’ students provided with necessary facilities such as Sanitary Vending Machine and incinerator machine, first aid box, bed, mirror, chair, table, dustbin, carom board, chess etc. Girl students and lady teachers in charge actively participated in the annual intra mural sports week. During the Covid-19 pandemic our college organized 1st Inter

College Online Classical Solo Dance Competition and Inter College Online Debate Competition where more than 20 women participated in the competition from different colleges and got 1st prize and other prizes.

Faculty of Home Science students are encouraged to get better knowledge about the family & its relationship, food science, textile clothing, resource management and extension work to the rural and backward community.

File Description	Document
Specific facilities provided for women in terms of: a. Safety and security b. Counselling c. Common Rooms d. Day care center for young children e. Any other relevant information	View Document

7.1.2 The Institution has facilities for alternate sources of energy and energy conservation measures

1. Solar energy
2. Biogas plant
3. Wheeling to the Grid
4. Sensor-based energy conservation
5. Use of LED bulbs/ power efficient equipment

Response: D. 1 of the above

File Description	Document
Geotagged Photographs	View Document

7.1.3 Describe the facilities in the Institution for the management of the following types of degradable and non-degradable waste (within 500 words)

- Solid waste management
- Liquid waste management
- Biomedical waste management
- E-waste management
- Waste recycling system
- Hazardous chemicals and radioactive waste management

Response:

Solid Waste Management

Solid Waste includes both biodegradable and non-biodegradable components. The non-biodegradable solid waste inside the campus includes paper, plastics, metal cans, etc. Biodegradable waste includes food waste, vegetable peels, leaves etc. "Use and Throw" items like plastic cups, plates etc. used in the college canteen

are replaced by reusable steel glasses and plates. Glass, paper and metal waste are sold for recycle.

Food waste and non-biodegradable waste are collected in separate bins. Biodegradable waste is disposed in the waste pit along with cow dung for decomposition and to be used as manure. Non-biodegradable waste is handed to the waste collector van of the non-government agency for further treatment.

Liquid Waste Management

As the college is located in a rural un-sewered area, wastewater generated from sanitary facilities are disposed off into septic tanks. The excess wastewater are directed into the natural drain passing nearby the college campus.

Wastewater generated from the laboratories are very small in quantity and they are handled along with septic sewage.

E-waste Management

E-waste includes electronic devices and condemned batteries which are disposed through outside agencies and are also given to authorized dealers who purchase the scrap and reuse the useful components.

File Description	Document
Geotagged photographs of the facilities	View Document

7.1.4 Water conservation facilities available in the Institution:

1. Rain water harvesting
2. Borewell /Open well recharge
3. Construction of tanks and bunds
4. Waste water recycling
5. Maintenance of water bodies and distribution system in the campus

Response: D.1 of the above

File Description	Document
Any other relevant information	View Document

7.1.5 Green campus initiatives include:

1. Restricted entry of automobiles
2. Use of Bicycles/ Battery powered vehicles
3. Pedestrian Friendly pathways
4. Ban on use of Plastic
5. Landscaping with trees and plants

Response: C. 2 of the above

File Description	Document
Geotagged photos / videos of the facilities	View Document

7.1.6 Quality audits on environment and energy are regularly undertaken by the Institution and any awards received for such green campus initiatives:

- 1.Green audit
- 2.Energy audit
- 3.Environment audit
- 4.Clean and green campus recognitions / awards
- 5.Beyond the campus environmental promotion activities

Response: C. 2 of the above

File Description	Document
Reports on environment and energy audits submitted by the auditing agency	View Document
Any other relevant information	View Document

7.1.7 The Institution has disabled-friendly, barrier free environment

- 1.Built environment with ramps/lifts for easy access to classrooms.
- 2.Divyangjan friendly washrooms
- 3.Signage including tactile path, lights, display boards and signposts
- 4.Assistive technology and facilities for Divyangjan accessible website, screen-reading software, mechanized equipment
- 5.Provision for enquiry and information : Human assistance, reader, scribe, soft copies of reading material, screen reading

Response: D.1 of the above

File Description	Document
Geotagged photographs / videos of the facilities	View Document

7.1.8 Describe the Institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities (within 500 words).

Response:

Biramangol College is always at the forefront of inviting diversity, enhance self-esteem, eradicate stereotypes, encourage students to have a voice and demand educational achievement. To build a nation of

youth who are noble in their attitude and morally responsible, the college organized and conducted several activities to build and promote an environment for ethical, cultural, and spiritual values among the students and staff. To develop the emotional and religious feelings among the students and the faculty, commemorative days are celebrated in the campus with the initiative and support of authority for not only recreation and amusement but also to generate the feeling of oneness and social harmony.

The college students, its teacher and staff jointly celebrate the cultural and regional festivals and functions, like Fresher's Meet, Professor's Meet, Teacher's Day, Farewell Program, Induction program, International Women's Day, Van Mahotsav, Yoga Day, Fit India Run, Lamyamba Hijam Irabot Day, New Year Celebration and also religious ritual activities such as Tarpon (paying tribute to the departed souls), College Foundation Day, College Diety Day of Ibudhou-Ibendhou Phijol Hongba are performed in the campus. The Students' Union of Biramangol College, the Secretary of Social & Culture under the supervision of the teacher-in-charge gave their best abilities to display the cultural tolerance by organizing cultural activities such as 1st Inter College Online Classical Solo Dance Competition, Song Competition, Mime, Group Dance of different communities to bring oneness and also to showcase their talents.

The Students' Union Pillar with the motto "One for All, All for One" was erected in the campus to promote unity in diversity.

Students Grievance Cell and Women's Cell aims at social protection, ensuring tolerance and harmony, reducing vulnerability, building human capacity, empowering women and girls, cultural and regional inclusion.

Field visit, institutional visit, study tour to different places of Manipur exposed students to the practical challenges to adapt and create tolerance and harmony among themselves.

The institution conducted an awareness program on the ban of plastics, cleanliness, Swachh Bharat etc. with the students.

File Description	Document
Any other relevant information.	View Document
Supporting documents on the information provided (as reflected in the administrative and academic activities of the Institution)	View Document

7.1.9 Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties and responsibilities of citizens (within 500 words).

Response:

As a diverse country, India has different backgrounds in culture, social, economic, language, ethics governed and guided by the constitution irrespective of caste, religion, race etc. Biramangol college sensitizes the students and the employees of the institution to the constitutional obligations about values, rights, duties and responsibilities of citizens which enables them to conduct as responsible citizen. The

students are motivated to take part in various activities of the college. The college encourages the students to take part in blood donation camps, study tour, tree plantations, Swachh Bharat, the ban on plastic, etc.

To equip students with the knowledge, skill and values that are necessary for sustaining one's balance between a livelihood and life by providing an effective, supportive, safe, accessible and affordable learning environment. These elements are inculcated in the value system of the college community.

The college establishes policies that reflect core values. Code of conduct is prepared for students and staff and everyone should obey the conduct rules. In the last five years, the Institute has strived forward with great effort to increase the level of awareness and appropriate practices amongst the students with regard to the following areas:

National Identities and Symbols

The Institute celebrates Independence Day and Republic Day by hoisting National Flag. The college also observed Jana Neta Irabot Day on 30th Sept., Patriots' Day on 13th August, Teacher's Day on 5th Sept., by offering floral tribute to the Freedom Fighters and Cleanliness Day on 2nd October. Thus contributes to the spreading of constitutional values and ideals.

- **Fundamental Duties and Rights of Indian Citizens:**

Biramangol College has organized various academic and co-curricular activities for better understanding of the Fundamental Duties and Rights of the Indian citizens. The programmes participated by staffs and students were:

- Awareness Program on National Voter's Day on 25th January organized by BMC and DC Imphal East. The resource persons encouraged our young students' voters to take part in the political process as a rightful citizen of India.
- Distribution and Donation of rice and other food items to the college adopted villagers as a part of Poshan Maah under Azadi ka Amrit Mahotsav, celebration of 75 years of Indian Independence by the NSS Units.
- College faculties organized various forms of legal awareness to the students by resource persons such as Marriage Laws and Divorce Laws as a part of curriculum in the human development subject. Awareness programmes on consumer rights and responsibilities, virtual awareness program on Intellectual Property Rights etc.
- Organize awareness program on "First Aid during Disaster" by Red Cross Manipur chapter in collaboration with YRC of Biramangol College.
- "World No Tobacco Day" was observed on 31st May 2021 through online mode by our faculty members and staffs of BMC.
- Celebration of breastfeeding week (1st to 7th Aug.) under the theme "Protect Breastfeeding: A Shared Responsibility" conducted by Department of Home Science on 4th and 5th August 2021 of BMC through virtual mode.

File Description	Document
Details of activities that inculcate values; necessary to render students in to responsible citizens	View Document

7.1.10 The Institution has a prescribed code of conduct for students, teachers, administrators and other staff and conducts periodic programmes in this regard.

- 1. The Code of Conduct is displayed on the website**
- 2. There is a committee to monitor adherence to the Code of Conduct**
- 3. Institution organizes professional ethics programmes for students, teachers, administrators and other staff**
- 4. Annual awareness programmes on Code of Conduct are organized**

Response: D. 1 of the above

File Description	Document
Code of ethics policy document	View Document

7.1.11 Institution celebrates / organizes national and international commemorative days, events and festivals (within 500 words).

Response:

The college believes in celebrating events and festivals on the college campus. It is an integral part of learning building a strong cultural belief in a student. The college makes tremendous efforts in celebrating the national and international days, events and festivals throughout the year. The college observes and organizes the following events:

1. Republic Day: 26th January
2. International Women's Day: 8th March
3. World Earth Day: 2nd April
4. World Health Day: 7th April
5. World No Tobacco Day: 31st May
6. World Bicycle Day: 3rd June
7. World Environment: 5th June
8. International Day of Yoga: 21st June

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