Best Practices 1.

Title of the practice: Village adoption and development programme by NSS.

Goal:

- To improve the living conditions of the villagers living in Tokpaching village who are

deprived of basic amenities.

- To provide health and environmental awareness of the villagers.
- To create an awareness on promoting the cleanliness and hygine in the village by improving

the sanitation facilities.

The Context

Tokpaching is a village situated about 5km northwest from the college. As the village is located in remote hill area, most of the villagers are uneducated with the lack of knowledge on the importance of health and hygiene. Also this is one of the reasons why the villagers of Tokpaching are deprived of basic amenities. So, the programme aims to improve the living conditions of the village. The college conducted surveys to understand the existing sanitation condition and help to improve the same.

The Practice:

The college has been organising various activities and programmes in view of improving health, sanitation and education of the villagers residing Tokpaching.The NSS cell of the college has been a major contributor of such programmes where the motive is to create an awareness of health and hygiene of the villagers. As a part of Swachh Bharat Summer Internship programme held on 10-25 July 2018, the following activities were taken up for the welfare of Tokpaching villagers by the NSS volunteers.

- A cycle rally was organised to promote health and environment awareness .The rally focus

on educating the villagers on the importance of cultivating the habit of a healthy life style and in benefits of preserving the surrounding environment.

- A cleanliness drive was carried out at Mondum Mahadeva and Pumlen lake which lies in the

vicinity of Tokpaching . It was cleaned by the NSS volunteers. The drive also helped the villagers understand the necessity and relationship between cleanliness and healthy living.

- The team visited door to door to provide awareness on health and environmental protection.
- Health drinks like ORS packets were distributed to the villagers.
- Village sanitation survey was conducted to understand the hygiene and sanitary condition of

the villagers. Accordingly, actions were implemented to improve the sanitary condition of the villagers.

Evidence of success:

The village adoption and development program was a huge success. It was a huge success. It was

widely accepted by the villagers of Tokpaching. As a result of the various awareness program and

activities, the knowledge on the health and hygiene of the villagers has immensely improved. The mindset of the villagers has also changed and they started inculcating the practice of good sanitation and hygiene for personal as well as within the community. The cycle rally captured the attention of the villagers and motivated them towards a healthy and hygiene lifestyle. The door to door visit to the villagers made sure that each individual had a health check done and the personal interaction built the confidence in the mind of the villagers in accepting the importance of good health and hygiene. As a result of the sanitation survey that was conducted in the village, there was a desire need to install improved sanitary latrines in each of the homes. Hence, sanitary latrines were installed in some of the homes of the villagers wherever needed. In the meantime the college also suggested taking financial assistance from the Integrated Low Cost Sanitation Scheme by the ministry of Housing and Rural Poverty Alleviation. Although the programs were conducted successful and it enhanced the living conditions of the village, we also faced some issues while trying to spread awareness and impart knowledge to the minds of the villager. The major problems include transportation challenges, regional barriers and the difference in the mindset to accept the importance of hygiene. Some of the villagers were reluctant to accept for implemention of good hygiene and we had to convince them to accept the same. Another challenge we faced was insufficient fund needed for carrying out various activities and to purchase amenities for install good hygiene.

Best Practice 2

Title: Vermicompost technology

Goal:

- To eliminate need for chemical fertilizers and make the soil healthy.
- To introduce the production and use of vermicompost technology among the students as well as farmers.
- To generally create awareness about the use of environment friendly compositing technique to the students and locality.
- To provide income generation to the local farmers.
- To convert agricultural residue, cowdung and leaf litter from college campus into compost.
- To create awareness among students about great entrepreneurial development.

The Context:

Vermicompost is the production of decomposition process using various species of earthworms. It is a natural fertilizer, soil conditioner and organic in nature. The college is situated in the rural area, so 70-80 of the locality practises agriculture. They use lots of chemical fertilizers and pesticides. The harmful effects of continued use of chemical fertilizers and pesticides ruin the soil and its fertility.

Vegetables grown using chemical fertilizers are also harmful for consumption. On the other hand, agricultural residues like straw, green leaves cow dung are easily available in the locality. Cow dung is easily available in the locality .Using vermicompost the local farmers not only avoids the harmful effects of chemical but also saves money in the process. Form this context, it provides suitable reason to set up vermicompost unit in the college and it benefits in terms of striking a balance between costs and effectivity. And also this modern technology will open up widened environmental protection especially agricultural cropland and college campus.

The Practice:

The practices include:

Vermicompost Unit:- The college sets up $1m^2$ capacity with length 3.5 m, width 1.5m, height 2.5m, roof length 4m, width 2m , height 1m. The pit has wire mesh cover.

Preparation of feeding biomass: - Leaves litters from college campus, vegetable residue from college hostels kitchen and canteen, straw from agricultural area , cowdung from locality in the ratio of 8:1 are deposited into the vermicompost pit.

Choice of earthworm: - For getting best result the college use two different types of exotic species such as Eisenia foetide and Edurilus engeniae. These species convert about 70-80 biomass into casts and also it provide high speed of breeding. The college introduces 600-1000 worms per pit.

Protection: - The college maintain the pits in optimum moisture in the range 40-50% with temperature in the 20-30^{o}C range. Wire mesh cover is provided for preventions from cats, dogs, birds etc.

Collection of Casts:- About 80-90 of the feed biomass is converted into nutrient rich casts in the form of dump in a conical heap. The worms collect at the base and dried material is passed through a 3mm sieve and then collected casts as vermicompost. The college collected about 2 tones of vermicompost per year.

Evidence of success:

The college has achieved great success in vermicompost technology. The local farmers who earlier used chemical fertilizers came to know about the harmful effects of it. Now by using compost, they are aware of the farming. Use of vermicompost also reduces the expenditure for buying the chemical fertilizers and social fertility is also increased. It also benefits the environment by decreasing the amount of waste going to landfills. In addition to this, the major solid waste materials generated in the college such as dried leaves or plant clippings and other biodegradable waste materials are processed by using vermicompost technology and recycled as organic manure. This organic manure is ulilised as natural fertilizers for the plants grown in the college campus and surroundings and also in the botanical garden of the college. Local farmers are also aware of the advantages of vermicompost technology and they started producing organic manure for own usage as well as for sale. Hence, this provides an additional income to the local farmers. Students involved

in the production of vermicompost are also aware of the potential of vermicompost technology and it gives them business and entrepreneurship ideas.

Problems encountered :

- Maintaining optimum moisture 40-50 is very hard. Regularly checking becomes a tedious

job.

- Regular water supply is essential in summer season but with limited water supply in non rainy

season, this becomes difficult.

- Some students who stay far from college cannot contribute much to this activity