

Best Practices (2022-23)

One of the foremost concerns and best practices of IHE is its engagement with **environment**. It is a domain and practice in which it has invested heavily and shown excellent growth in the past few years. Several initiatives towards sustainability and ecological awareness have been taken over the years. Other initiatives that were taken during 2022-23 are mentioned below:

1. **'Mega plantation drive' at Yamuna Flood Plains:** IHE encourages students and staff to support a sustainable and green environment. Among one of the Institute's many initiatives in this direction was participation in 'Mega plantation drive' organized by Department of Environment, Forests and Wildlife, Govt. of NCT Delhi which was chaired by honourable Mr. Arvind Kejriwal at Bella farms, Yamuna flood plains on 26th February 2023. The drive aimed at planting 52 lakh trees in the current year. A total of 20,000 trees were planted during the event.



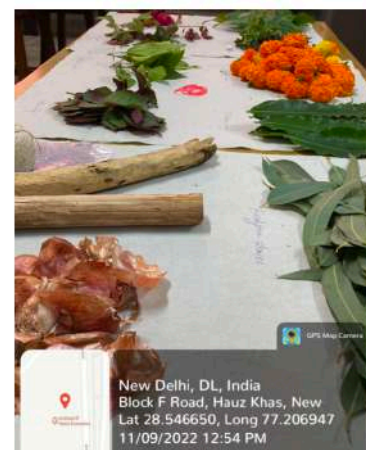
2. **'Waste Management and Ecosystem Restoration':** The college emphasises on keeping the staff and students updated. IHE conducted a training session on 'Waste Management and Ecosystem Restoration' on 27th March 2023. The session was conducted by Mr Deepak Gupta, trainer, Declutter Solutions who oriented the students to various types of waste with special emphasis on e-waste management and its disposal practices. One best practice which is followed since the inception of concerned departments is to ensure safe, ventilated and secure location for storage of segregated waste. All the laboratory staff are fully trained for disposal protocols. The waste bags used for disposal are non-chlorinated plastic bags. Coloured dustbins (Red, blue and Yellow) were installed and used to segregate different wastes generated. Biological waste is always pretreated/autoclaved and sent to an authorised agency "Biotic waste solutions".





3. **Continuous teaching-learning of up-cycling and recycling practices:** IHE promotes continuous teaching-learning of up-cycling and recycling practices. Some of the skills imparted under this are:-

1. Use of cutting waste of the garment making lab for surface ornamentation crafts.
2. Substitution of hazardous processes and chemicals with environmentally friendly dyeing and printing recipes. Promoting use of natural dyes.



3. Product innovation encompassing sustainable development goals (SDGs). Working with marginalised communities.

4. **‘Each One Enable One’ a Digital Literacy Training for Women:** IHE is a strong supporter of women empowerment. Keeping this in mind, Institute of Home Economics has been undertaking this programme since the last 4 years. Digital literacy is gaining recognition as the most valuable tool for lifelong learning. If the global goals of Gender and overall equality have to be achieved, it is important to train women in the use of digital skills. This will enable them to fulfil their personal as well as occupational goals more efficiently, will enhance their productivity, income as well as overall quality of life.



5. **Community engagement and extension** activities form another set of best practices adopted at the IHE. Several departments and NSS Unit took up several drives and campaigns to reach out to different sections of the community including young girls, underprivileged class, and children.

<https://ihe.du.ac.in/wp-content/uploads/2023/12/NSS-report-2022-23.pdf>

6. **Aarambh:** IHE offers strong support to teaching and non-teaching faculty, along with young parents from the neighbourhood by providing a day care facility on campus. Aarambh is an Early Child Development Center which excels in education with a holistic approach. It not only imparts knowledge but creates a nurturing and inclusive environment for the children and support to the parents through lectures, seminars and counselling sessions as and when required.



7. **Counselling Center:** A Center for Diet Counselling is functioning in the college for providing personalised diet counselling to students and faculty as well as their families and friends. The students are regularly visiting neighbouring community to disseminate information on triple burden of malnutrition covering various topics like infant and maternal nutrition, adolescent health, menopausal health, healthy aging etc. **VOICES**, a counselling society has been on a dedicated mission to touch the lives of individuals, transcending the confines of the college. The society actively provides training sessions, workshops, and counselling to students and those seeking guidance.



8. **Promotion of healthy eating practices:** To spread awareness regarding millets and educate everyone about the importance of healthy eating practices this year students at IHE undertook an innovative project for developing traditional millet based products suitable for college canteens. Standardised recipes were developed and included in the canteen menu on regular basis. For further dissemination short video clips with step by step instructions for preparation of these recipes have been prepared. The initiative has been covered by Doordarshan as well.

