



SIKKIM GOVERNMENT COLLEGE, RHENOCK

RHENOCK - RUNGDUNG, PAKYONG DISTRICT, SIKKIM - 737133

(ACCREDITED BY NAAC)

Website: www.sgcrhk.com

E-mail ID: - gcrhenock@gmail.com & sgcrhenock@gmail.com

Ph. No.: 03592 - 235741

BEST PRACTICES (2022-23)

In the period from July 2022 to June 2023, Sikkim Government College Rhenock implemented two significant best practices. Firstly, prioritizing mental health, the college organized various programs such as the Mental Health Awareness Program on World Mental Health Day, featuring talks and theatrical performances aimed at destigmatizing mental health concerns. Additionally, the Sensitization Programme on Mental Health, led by a psychiatrist, addressed issues like stigma, depression, and substance abuse, providing individual counseling to students and faculty. Secondly, the college entered into Memorandums of Understanding (MOUs) with different organizations. These included agreements with the District Treatment Center and Rhenock Gram Panchayat Unit to provide training and internships for psychology students and to familiarize students with local government operations and community service. Another MOU with a Drug Treatment Centre aimed to offer training in addiction treatment and rehabilitation to students.

"Sensitization Programme on Mental Health" on November 21, 2022



World Mental Health Day, September 29th 2022





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BEST PRACTICES (2021-22)

In the academic year of July 2021 to June 2022, Sikkim Government College, Rhenock prioritized both women's empowerment and community extension programs. For women's empowerment, various initiatives were undertaken, including webinars, sensitization programs, and a week-long Women's Day celebration themed "Break the Bias" all aimed at promoting gender equality and raising awareness of women's issues. Simultaneously, community extension programs focused on commemorating significant days, conducting street plays for social messages, and organizing cleanliness drives, providing students with opportunities for social awareness and contributing to societal improvement.

Community Extension Programmes



Women Empowerment and Sensitization

ORIENTATION PROGRAM ON SEXUAL HARASSMENT

Date: 22.12.2021

The members of Gender Sensitization unit & Sexual Harassment Cell of Sikkim Government College, Rhenock, Ms. Pranamya Rai, Mrs. Arjana Chettri, Ms. Rachana Sharma and Mr. Karma N. Bhutta organised it's Second and Third phase of Orientation Program on Sexual harassment for the B. A. & B. Com First Semester students of the college on 22nd December 2021.

It was brought to their knowledge that any form of harassment be it mental, physical and emotional needs to be brought to the notice of the authorities. Any form of harassment committed knowingly or unknowingly will have a price to pay, therefore students are asked to become sensitive while passing gendered remarks. The hour-long program was done with the aim to avoid any casualties or any casualties being overlooked.



WEBINAR

Date: 09.10.2021

Live webinar on The Galloping concern around women and children during covid-19 pandemic in Sikkim on YouTube

Do watch by clicking the link Below

<https://youtu.be/GfHJ6G3Xg5gg>



SENSITIZATION PROGRAMME FOR THE GIRLS HOSTELERS OF THE COLLEGE

Date: 15.12.2021


Gender Sensitization Unit (GSU) and Sexual Harassment Cell (SHC) of Sikkim Government College, Rhenock organised a Sensitization Programme for the Girls Hostellers of the college. The Convener Dr. Umesh Sharma (Assistant Professor, Department of Education) along with other members namely Dr. Nita Chettri and Mrs. Indira Adhikari, Assistant Professor, Department of Education, discussed the girls hostellers regarding the Sexual Harassment Act and other issues related thereof.



INTERNATIONAL WOMEN'S DAY 2022, BREAK THE BIAS

Date: 08.03.2022

Gender Sensitization Unit (GSU) and Sexual Harassment Cell (SHC), SGCRC invites all the teaching, non-teaching staff and students of the college to celebrate International Women's Day 2022. Break the Bias.


**SIKKIM GOVERNMENT COLLEGE RHENOCK,
DISTRICT PARYONG, EAST SIKKIM**
Celebrates
INTERNATIONAL WOMEN'S DAY, 2022
Break the Bias
TUESDAY, MARCH 8, 2022 10 AM ONWARDS
COLLEGE SEMINAR HALL

CHIEF GUEST:
Smt. Prava Pradhan
(Vice-Convenor, State Level Meet. Morcha, SKM)

SPECIAL GUEST CUM SPEAKER:
Ms. Edu Taharsing Kalson
(International Gold Medalist, World Record Holder,
National Welfare in Strength Lifting and Secretary,
Rainbow Hills Welfare Association)

ORGANIZED BY:
Gender Sensitization Unit (GSU) and
Sexual Harassment Cell (SHC),
Sikkim Govt. College Rhenock,
District Paryong, East Sikkim





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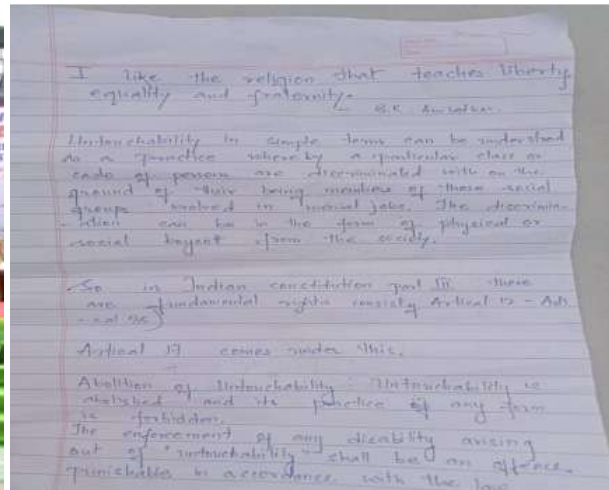
BEST PRACTICES (2020-21)

Yoga Day, observed on June 21, 2021, under the theme "Yoga for Wellness," was celebrated by GCR students from their homes due to the state-wide lockdown. Challenges arose as yoga techniques were primarily learned through online classes, impacting the effectiveness of instruction. Despite this, teaching yoga offers numerous benefits to students, including improved concentration, emotional resilience, and overall development. The NCC at SGC Rhenock promotes national unity and integrity, instilling teamwork and discipline. Cadets have achieved notable successes, such as two ex-cadets joining Delhi Police as constables and a Senior Under Officer delivering a speech on Article 17 for Ambedkar Jayanti.

“College’ initiative towards Yoga”



“NCC: Pride of SGC Rhenock”





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7.2 Best Practices

We, as social beings, need to constantly contribute towards the betterment of the society. It is important to understand the practicality of how our presence in society can help it improve. For this, regular interaction with people outside our educational institutions is very important. Students need to be taught that their knowledge should be put to use in bringing about a good change in the society. For this, the basic thing is that they need to be aware of the various inconveniences and problems faced by people in the society.

With the above aim in mind, the following initiatives were brought into action, with the children leading the campaigns from the front. We, the faculty members were there to support them.

Best Practices

The NSS wings and Eco club of the institution has been regularly conducting cleanliness drive and plantation drive program in the college. The institution has trend to observance of various International and national essence day like Independence Day, National Unity Day, World Environment Day, Constitution Day, world Ozone Day, Bhasa Manyata Diwas, Celebration of Gandhi Jayanti, World No Tobacco Day etc.

“Say No to Crackers”

On 25th October 2019 a campaign was run by the students, under the guidance of the faculty of Government College Rhenock highlighting the ill-effects of the crackers to the environment and eventually to the human and animal life. The students rallied to the nearby town and villages and made some effective public speeches too. The main highlight of the speeches being the importance of conserving our health and environment by saying ‘No To Crackers’.

This activity instilled a sense of responsibility in the students towards the environment and they also got a chance to share knowledge among themselves and therefore create a sense of bonding.



“Celebrating Birthdays of Eminent Personalities”

Swachata Sewa

The college celebrated the occasion of Gandhi Jayanti on 2nd October 2019 by involving all the students and the faculty members. Various activities were conducted within the college premises like impromptu speech contests and short debates.

Then, a cleanliness drive was carried out by the students and the faculty members together which helped in creating a bonding of togetherness towards a clean environment. It served as a good lesson to how selflessness can help create a beautiful and healthy atmosphere if unitedly people work towards a clean environment.

A small picnic within the college was also organized which helped to build unity among the students as well as between students and the teachers.





National Unity Day

The 144th birth anniversary of the First Deputy Prime Minister of India, Sardar Vallabhbhai Patel was celebrated by the students and the faculty members of Government College Rhenock on 31st October 2019 as National Unity Day. The program started by taking ‘Rashtriya Ekta Diwas’ pledge by all the faculty and students. The students, Suruk Dahal and Nuzangnu Lepcha delivered the speech on the works of ‘The Iron Man of India’ and his ‘Contributions for Unity, Safety and Security.’

The occasion helped in creating awareness among the youth about the country and provided an opportunity to maintain the integral strength of the nation.





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7.2 Best Practices

The institution has been practicing creative practices like tree plantation and cleanliness drive, blood donation camp etc by the NSS unit of the college, The Eco-club along with NSS and NCC works together for disposal of wastes of the campus. To develop internationalism and patriotic feelings among the members of the college, the institution has a trend to observance of various international and national essence days like Independence Day, Anti-Terrorism Day, Bhasa Manyata Diwas, Teachers day etc. The college has established and initiated the RWH practices in the college. The college has initiated best practices for effecting learning and participation viz; “PARTICIPATION OF STUDENTS IN COMMUNITY DEVELOPMENT PROGRAMME” Sensitization on Gender Sexual Harassment and Discrimination for College Students and Staff”. Following are some of the highlights of Best Practices of the college.

1. Social Outreach Programme

Social outreach programme marks an important part of the college activity. It is something that deals with values, ethics and morals that we usually strive to give to our students. Social outreach programmes helps in developing feelings of sympathy and empathy in the minds of students towards various societal related issues. It makes them aware about the importance of unity, oneness, selflessness and togetherness. It teaches students to become a social being and to understand the various inconveniences their counterparts encounter in their day to day lives like helping friends in need and respecting other’s feelings and emotion.

In line with this the college organised various Social outreach programmes during the academic session July 2018-June 2019. Out of the many initiatives two worth mentioning events have been mentioned herewith.

1. On **22nd May 2019**, a kind initiative was taken up by the faculties and students of College by visiting Child Care Centre, Kingstone, Rhenock. The College fraternity made financial contribution to purchase necessary items like hand towel, mugs, water filter, slippers etc. for the children and also prepared dinner for them.



2. A noble initiative was taken by the NSS wing of Government College Rhenock, as the students enthusiastically joined in hands to support the Kerala Flood Victims. It was a 10 days' relief campaign i.e, 22nd till 31st August 2018. Such acts have always rendered in catering to the feeling of unity and oneness and also inculcating social rehabilitation and relation.



3. Students Representative Council of Government College Rhenock collected a humble amount of Rs 30,190/- from 15th April 2019- 18th April 2019 for the treatment of Bandana Limboo, who was fighting against blood cancer. Fund was raised through contribution from faculties, students and from the residents of Rhenock and Rongli. For this the students actively participated within the college premises as well as outside the compound in informing the people about the financial inabilities of the victim's family to bear the entire expenditure on their own. Owing to which the contribution made was quite good and was immediately transferred to the victim's family account.



4. Skill Development Programme: workshop on Photography and its impact

According to definition, Photography is the art, application and practice of creating durable images by recording light or other electromagnetic radiation, either electronically by means of an image sensor, or chemically by means of a light-sensitive material such as photographic film.

Keeping this in mind Government College Rhenock organised a two-day workshop on Basics of Photography on 28th and 29th March 2019 as a part of Skill Development Programme. The programme was sponsored by RUSA, HRDD, Government of Sikkim.

Mr. Jagjit Singh, a renowned photographer who specialises on Architectural Photography was the resource person. Similarly, from Photography Club of Sikkim, Mr Kunga Tashi Lepcha graced the occasion as a second resource person.

The technical session started with Mr Kunga Tashi Lepcha who briefed the students about some of his major work and experience and inspired them to follow their heart while choosing career in life. He urged the participants that photography can be a great tool of social transformation if taken up sincerely. Further, he offered students chance to take up internship with Photography Club of Sikkim.

In the post lunch session, Mr Jagjit Singh taught participants the various technical aspects and techniques of photography. Concepts like ISO, Aperture, Shutter Speed, and Focal Length were

discussed. He stressed that one can learn basics of photography from their own mobile phones and therefore one need not be in possession of a professional camera if they want to work in photography. He also spoke about the scope of photography and kept reiterating that one can make a career out of photography if taken seriously.

On day two of the workshop, a field trip to Zuluk , East Sikkim was made so that students could apply the knowledge they have learnt. On the field visit too they were accompanied by the resource person Mr Jagjit who gave them practical guidance on how to take various types of Photos.

The students thoroughly enjoyed the trip and the worked under the supervision of Mr. Jagjit Singh.



The impact of this workshop are as follows:

- Many students who participated in the field trip to zuluk seemed to have acquired good knowledge about photography as they are now a regular part of photography team of the College to capture important moments whenever the institution holds any events.
- In the very recently concluded workshop on Research Methodology organised by Government College Rhenock from 7th February 2020- 21st February 2020 the following students namely. Pramod Pradhan (4th Sem, Com 'H'), Siddhant Tamang (4th Sem, Com 'H'), Anunay Pradhan (4th Sem, Geog, 'H'), took charge of covering the entire 2 weeks workshop. This indeed was a very proud moment for the entire GCR family as the saplings they sowed in their own backyard started bearing fruits in a very short time.
- Photography seems to be the new trend these days at GCR as we see many students coming to college functions with their own professional cameras. There seem to be a growing craze towards photography.
- Earn while you learn initiative of EDC (entrepreneurship) by the college.