

RAIPUR INSTITUTE OF TECHNOLOGY

(Under the aegis of Mahanadi Education Society)

Approved by AICTE, New Delhi, Affiliated to CSVTU, Bilai



7.2.1 Describe two best practices successfully implemented by the Institution.

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CHHATAUNA, MANDIRHASAUD, RAIPUR (C.G.)

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Certificate of Head of Institution

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09-12-2022

To Whom So Ever It May Concern

This is to confirm that the Institution has successfully implemented two best practices intending to create societal awareness with healthy body, mind and soul: Green Initiative and Anapanasati Meditation.

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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:

1	Title of the Practice	RITGreenInitiative
2	Goal	Environmental issues bring about thoughtful questions on the roles of Institutes in society. Irrespective of whether they are contributing to a better environment or worsening it, Institutions have to acknowledge environmental or green issues through impact research and measurement. Based on the approach RIT has significant Green Initiatives to • Promote sustainability by creating awareness • Share knowledge & expertise-Expert talks about environmental problem and possible solutions • Deploy eco-friendly technologies for greening and cleaning our campuses
3	The Context	The main contexts are (i) Energy (conservation and generation) (ii) Waste management, (iii) Water Management (iv) Landscaping and Trees.

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4	The Practice	<u>Energy conservation</u> • The Internal stakeholders take all measures to save the power. • More than 500 lighting requirements are met through LED sources <u>Use of renewable energy</u> Interactive solar power generating on-grid system (Photovoltaic) of 200KW is provided on the roof top of the academics buildings. With the installation of this system 70 to 75% of the total electricity requirement is met. It also has additional advantages like: a) no escalation in power cost for 15 years b) upto 20% rebate in property tax under Green Building Norms , c) Uninterrupted energy use during day time round the year. • Apart from this biodiesel pilot plant is in the campus having capacity of 1 TPD with zero waste approach. <u>Water harvesting</u> Rainwater harvesting structures are in place which collect the roof top rain waters and discharges it to ground. <u>Efforts for carbon neutrality</u> • By conserving and reusing energy the need for excessive use of fossil fuels can greatly reduce, thus reducing carbon emissions. Installing solar panels helps in reducing carbon emissions. The installation of 200KW solar power on-grid system has saved the amount of carbon dioxide released into the air. Thus the emission of carbon dioxide is well controlled with these efforts in the institute to achieve carbon neutrality. <u>Plantation</u> Every year students along with the garden staff plant trees. Plantation Drives are organized by NSS. Due to this program over the years the campus has become lush and green. Also, a herbal garden consisting of plants with medicinal values is proposed to be cultivated in the college campus. <u>E-Waste Management</u> Generation of e-wastes in our college is still less. The computers, printers,
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		laboratory equipment etc. are periodically serviced and maintained properly. They are dumped only when they are broken completely which is very less in our campus. Once sufficient quantities of e-wastes are collected, it will be stored securely till further necessary instruction.
5	Evidence of success	(i) Water Management: Based on green initiative, our college follows a strong water management system: proper distribution of water through pipelines, Use of filtered water for drinking purpose and conserve water through rain water harvesting system. (ii) Waste management: Dedicated staffs are involved in maintaining the college campus and hostels clean and tidy. Biodegradable wastes are collected and organically treated. Our college administrative process is strongly supported with paperless run system. Usage of papers is very minimum and generally not wasted. Wherever possible, the communications are sent through email or WhatsApp so that paper usage is avoided at large. Our endeavour is to improve our academic system on maintaining the documents in soft copies. Non-biodegradable wastes such as metals and other scraps are comparatively less in our campus. Wooden wastes are effectively re-used by the in-house carpenter. Our approach is to make it a plastic free campus. The usage of plastics in the campus is generally less. (iii) Solar Systems: Interactive solar power generating on-grid system (Photovoltaic) of 200KW is provided on the roof top of the academics buildings. Sanctioned letter is attached (iv) Landscaping and Trees: Institute has substantial allocation of space for green cover layout resulting in good awning. The garden of the institute is being maintained under supervision with the help of comprehensive set of garden equipment. Campus has the landscaping with diverse level of plants and shady trees. Trimmed away branches, dried leaves are used to mulch the soil and to avoid evaporation after watering. The institute provides all efforts to maintain the surroundings green by adding potted plants and growing plants along the length of the wall compound and planting trees inside the campus. The institute has developed the campus garden having varieties of plants of botanical interest. (v) Bio Diesel Plant: Project is sanctioned by Department of

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		science and Technology, New Delhi on date 17/1/2006. Sanctioned letter is attached.
6	Problems Encountered and Resources Required	The Green Initiative seeks to better equip the world of work to understand the challenges and opportunities of the coming transition, and help them take up the active role that they must play in managing this change. It provides a platform of knowledge and research to further build the case that decent work approaches and social dialogue are indispensable for truly transformative change. Cost for implementation sometimes puts barrier for immediate deployment.

1	Title of the Practice	Anpanasati Meditation
2	Goal	The goal of mindfulness is to create a state of awareness and whole body relaxation that can help a person become centred and grounded. • Psychological enhancement • Reduces and control stress anxiety and depression • Enhances Self awareness and increases positive feelings and actions towards ourselves and others • Helps in fighting addiction • Aids in improving insomnia • Improves physical health by reducing strain on the heart
3	The Context	The main contexts are: (i) Psychological Health (ii) Physical Health (iii) Physiological Health
4	The Practice	<u>Regular Meditation sessions:</u> Institute organise AnapanasathiMeditation sessions Every Saturday for students and staff members. The session starts with intensive music, nature, Pyramid and group meditation. The session is for 1 to 1 and half hours in the evening. The session helps in guiding everyone to meet their

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		real selves while affirming miraculous thoughts, all the participants share that they experience wholeness, acceptance, and radiating love. Breathing should be natural, without any effort on our part. There should not be any holding or stopping of the breath.
5	Evidence of success	Benefits of the Meditation: • Lower blood pressure • Improved blood circulation • Lower heart rate • Less perspiration • Slower respiratory rate • Less anxiety • Lower blood cholesterol levels • More feelings of well-being • Less stress • Deeper relaxation • Improves the Concentration The above facts of benefits are well being supported by the students, staffs such as Mr. Suraj, one of our student has been stated the positive benefits of meditation resulting to get the professional achievement and has been already publicized. In addition, there are several other benefited persons available.
6	Problems Encountered and Resources Required	It has been observed the worthwhile impacts of the meditation in the multidimensional mode for the rejuvenation of whole body energies which in turn increase the overall activities for the beneficiaries. However, more and significant time is presently not being available to inculcate the importance of meditation and is hereby essentially required to compensate the challenges of non-availability of proper time of meditation.

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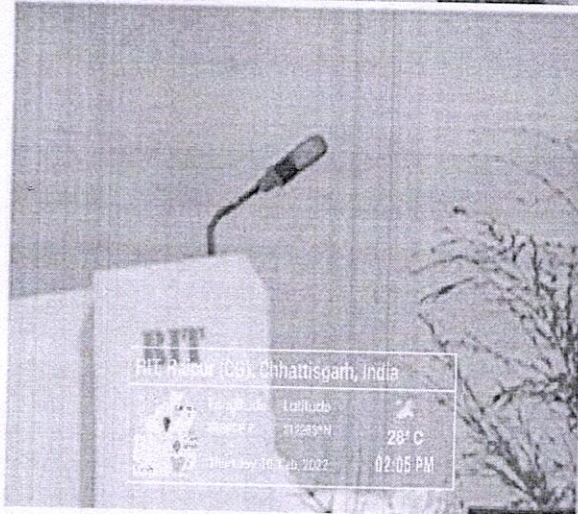
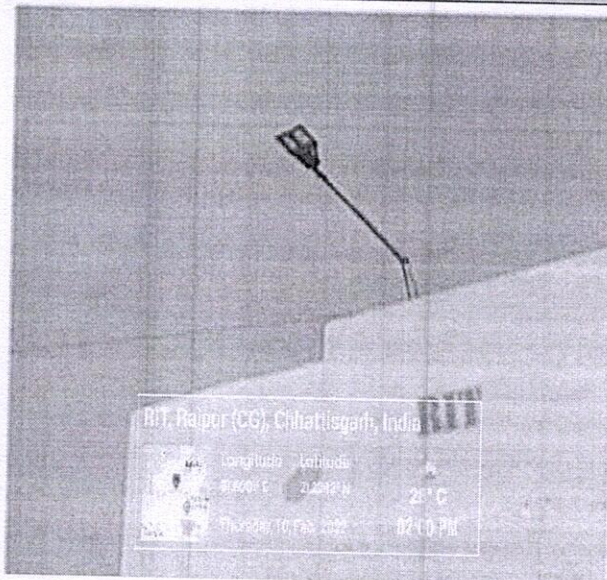
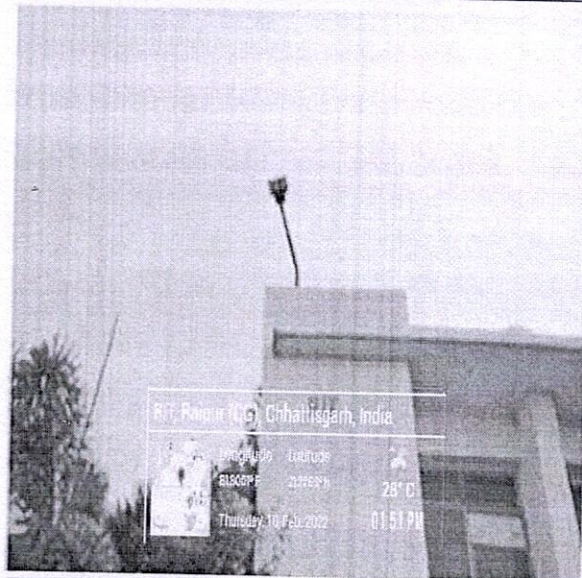
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Use of LED bulbs



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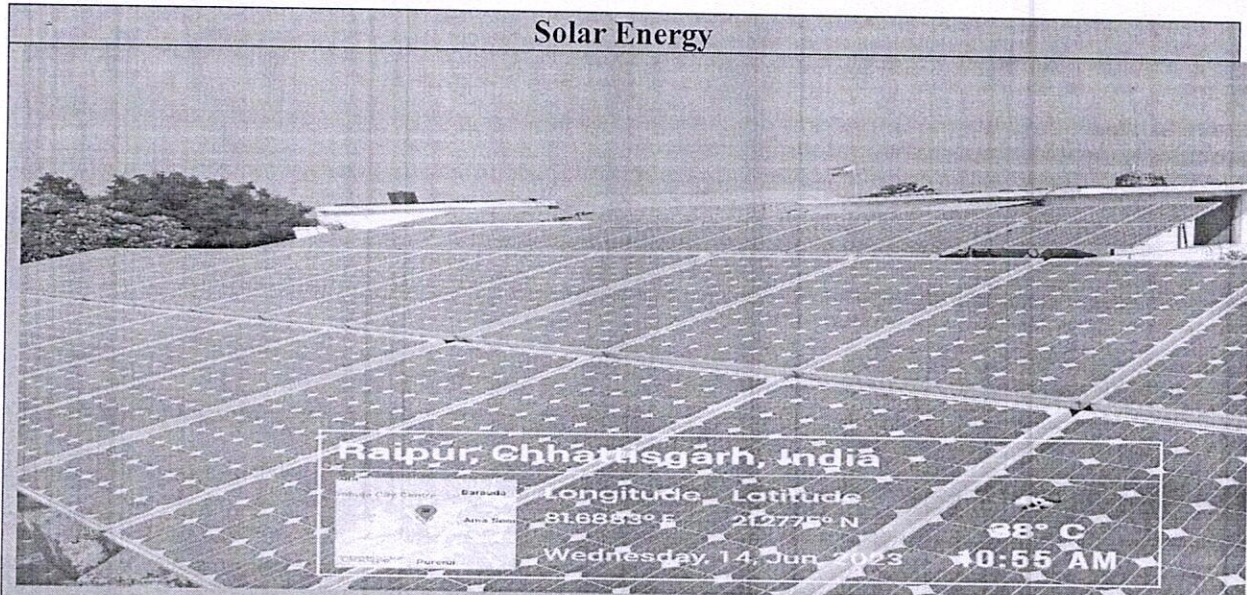
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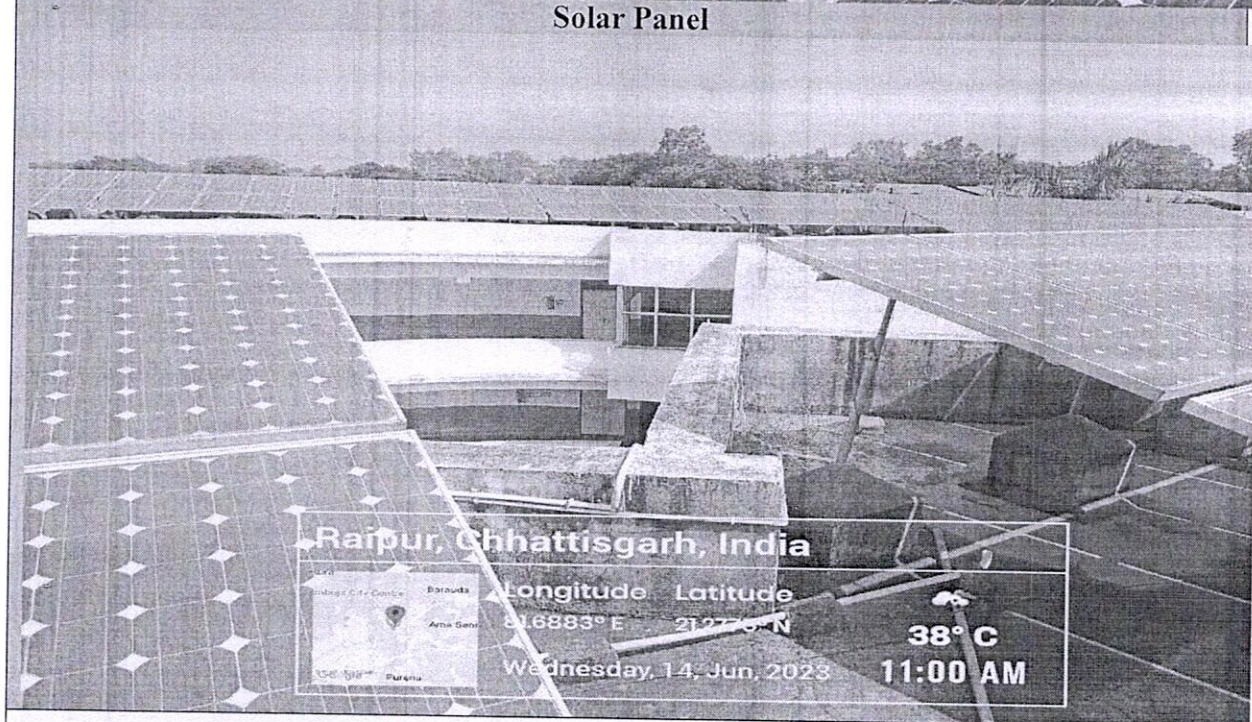
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Solar Energy



Solar Panel



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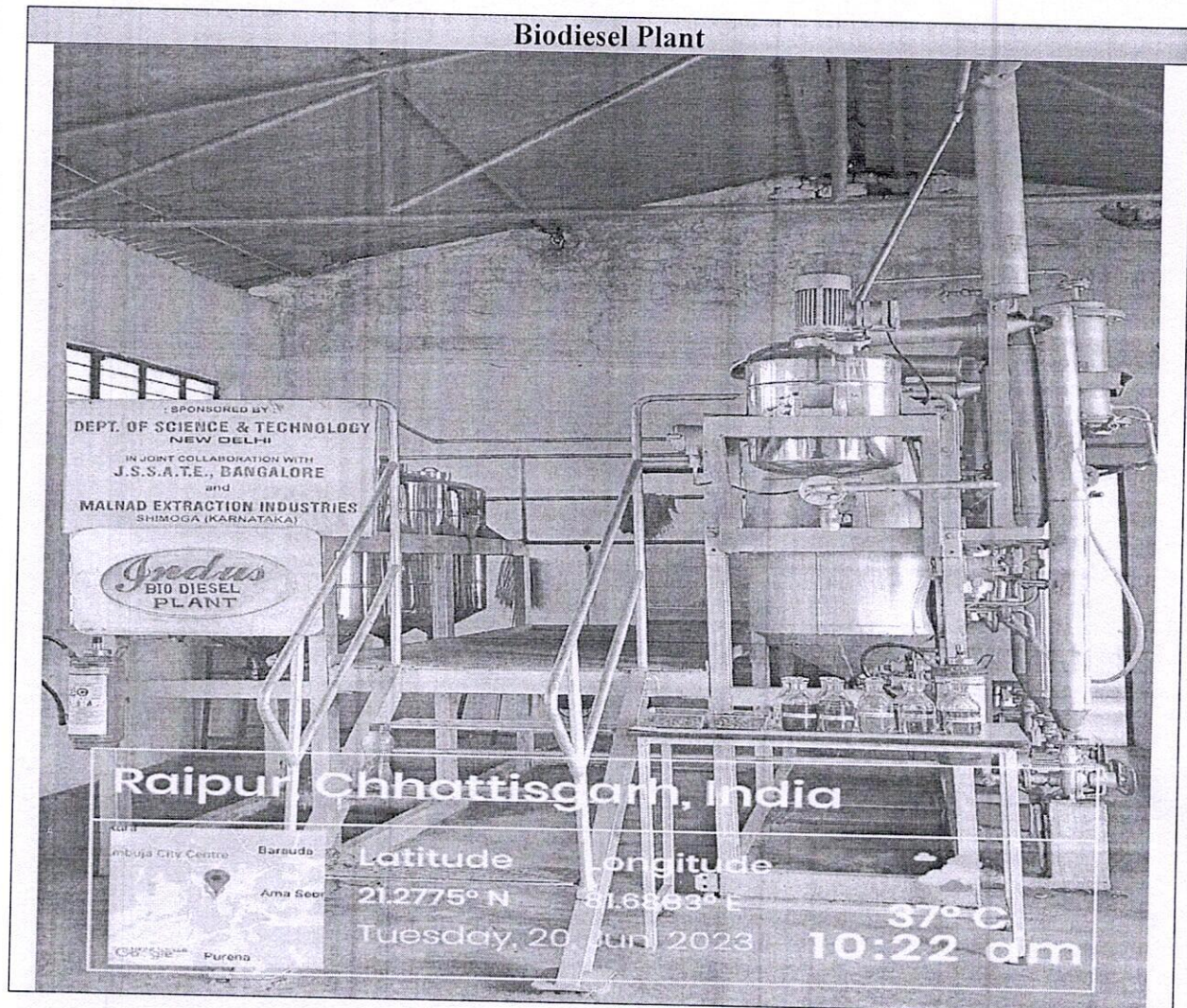
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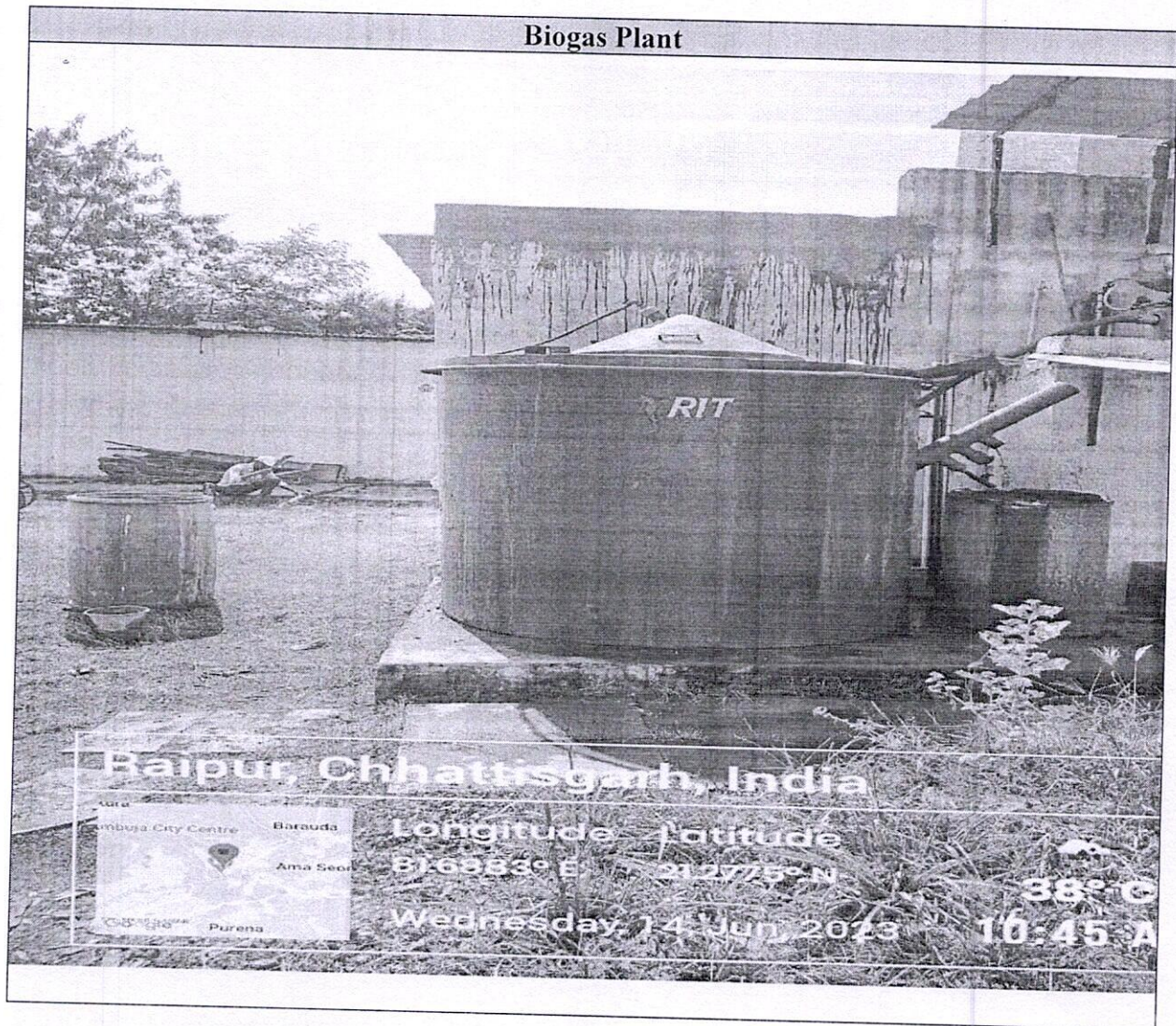
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Biogas Plant

Raipur, Chhattisgarh, India



Longitude Latitude
81.6583° E 21.2775° N

Wednesday, 14 Jun, 2023

38° C
10:45 AM

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Wheeling to the Grid




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Rain Water Harvesting At Main Building/ Collection Points



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Landscaping With Trees And Plants



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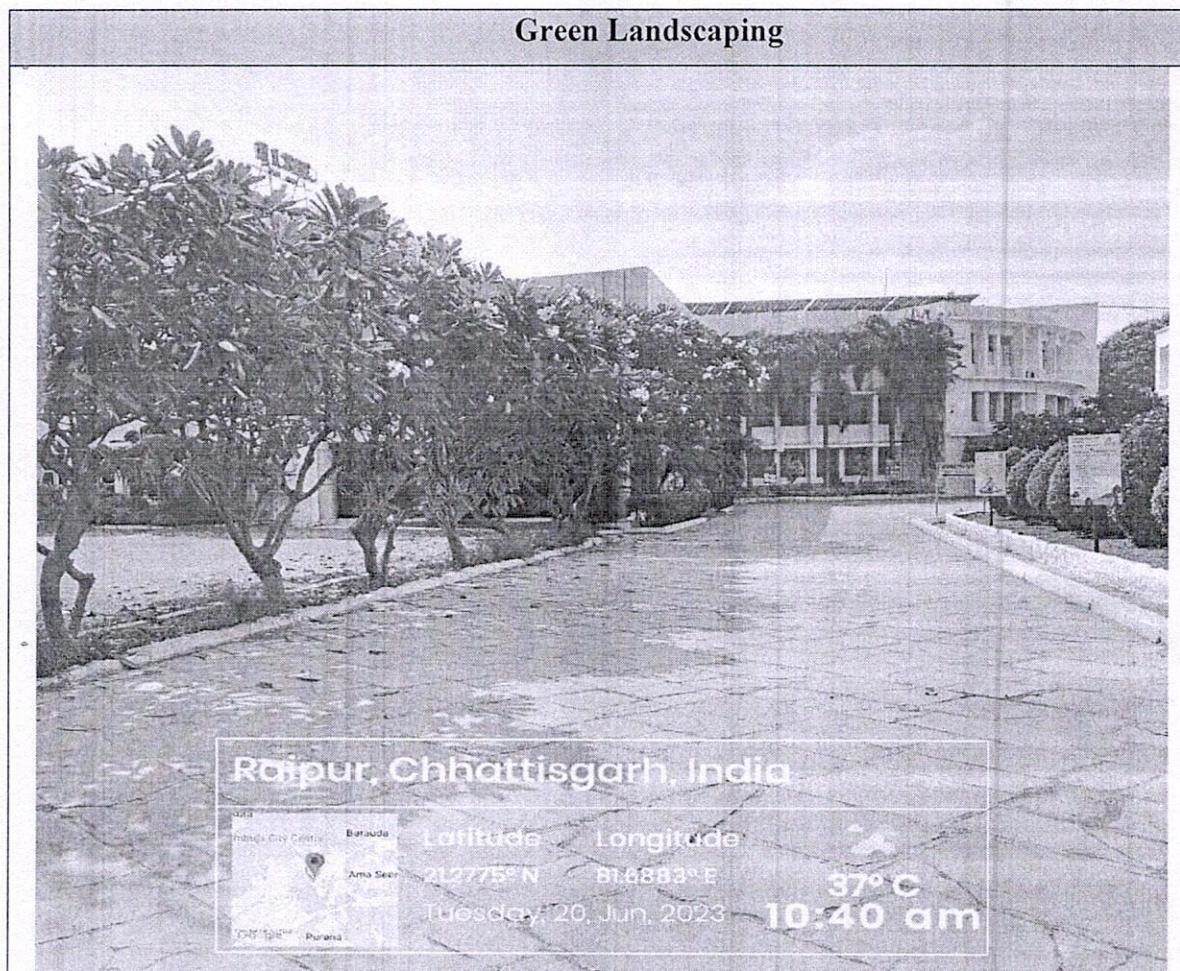
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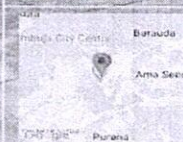
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Green Landscaping



Raipur, Chhattisgarh, India



Latitude Longitude

21.2775° N 81.6883° E

Tuesday, 20, Jun, 2023



37°C

10:40 am

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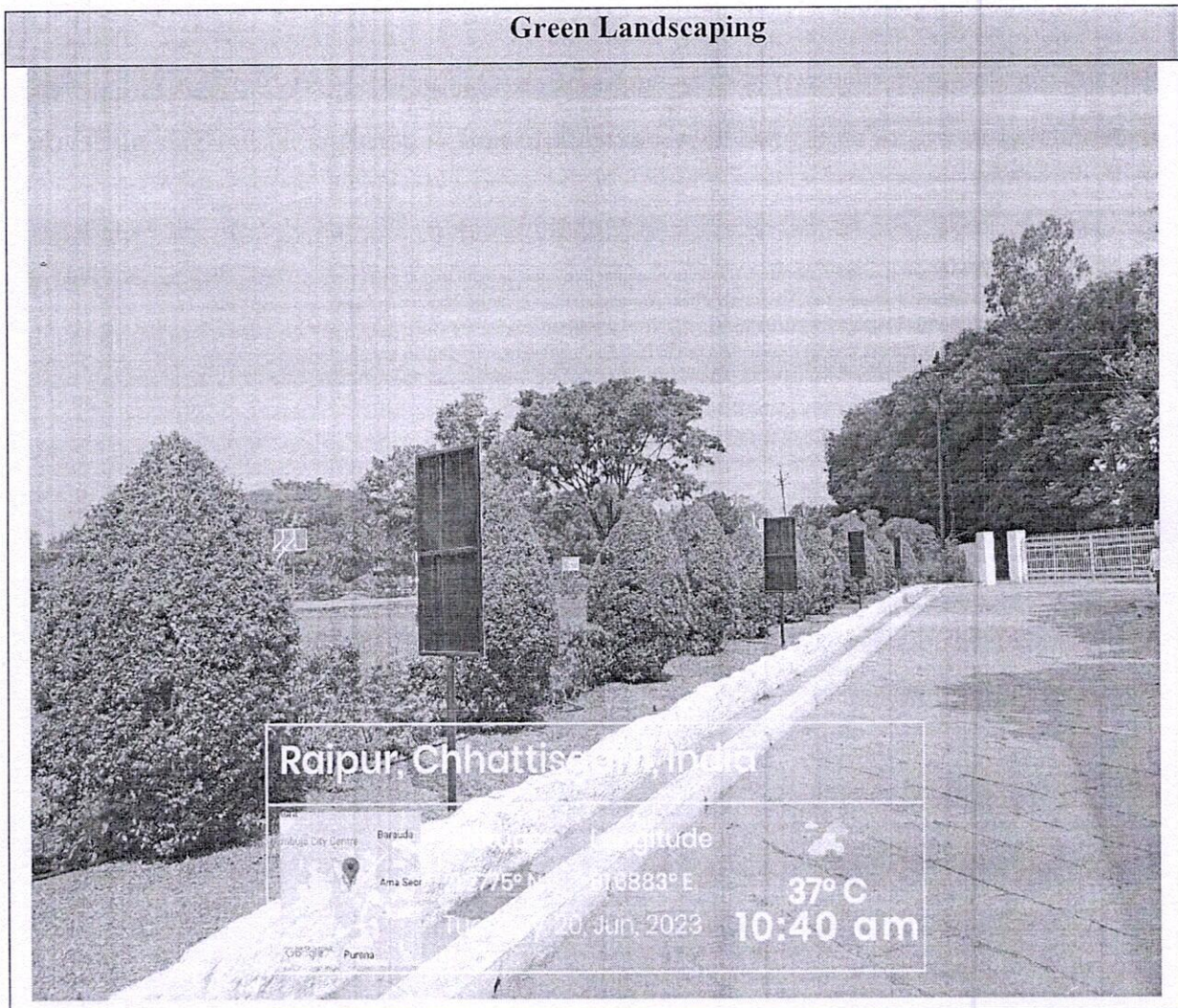
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Restricted Entry Of Automobiles



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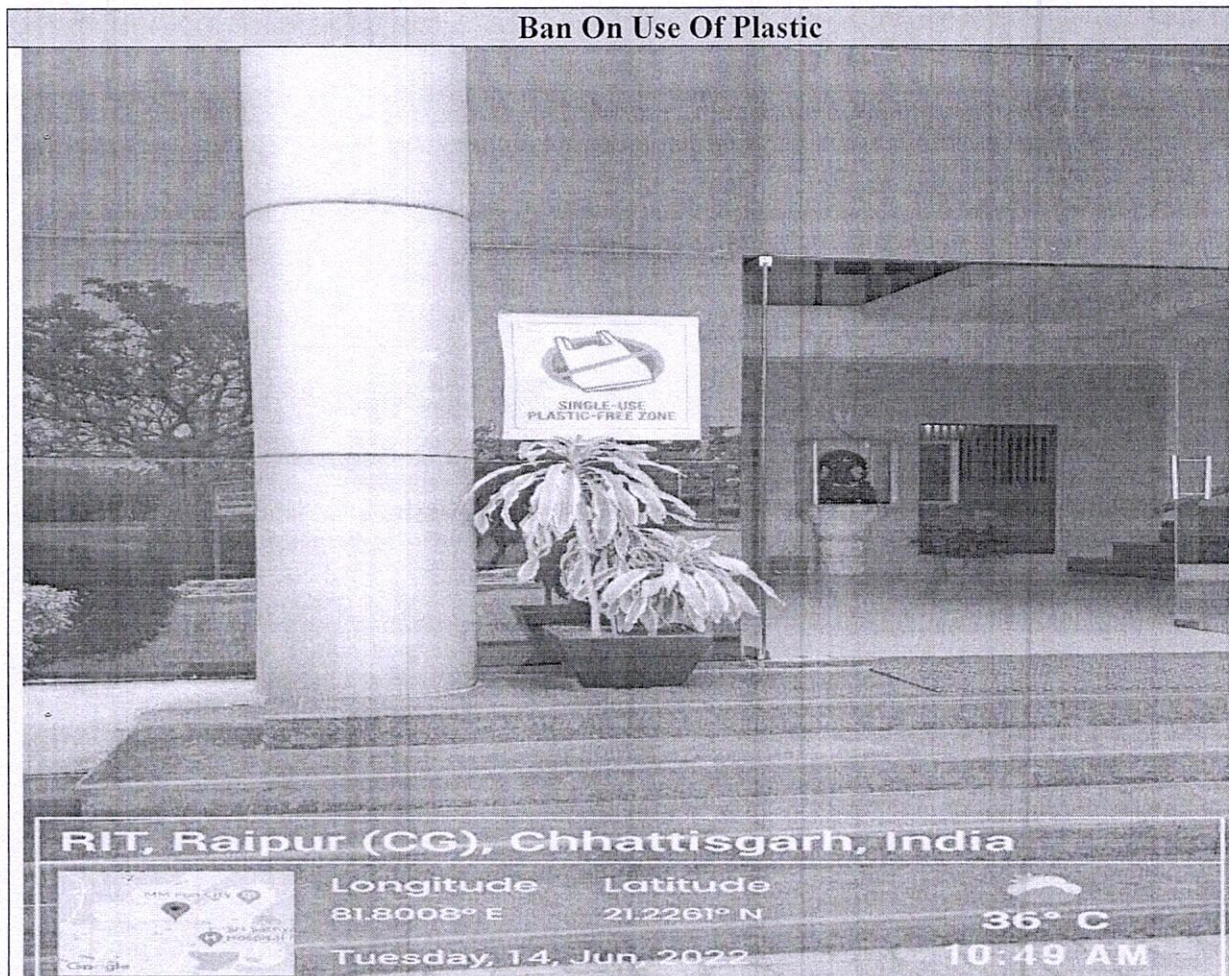
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Ban On Use Of Plastic



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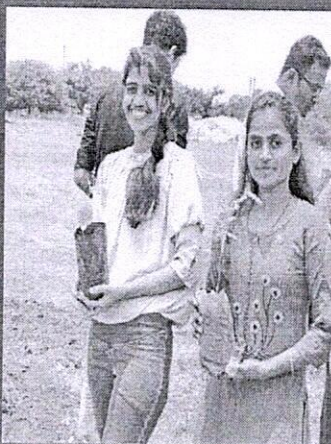
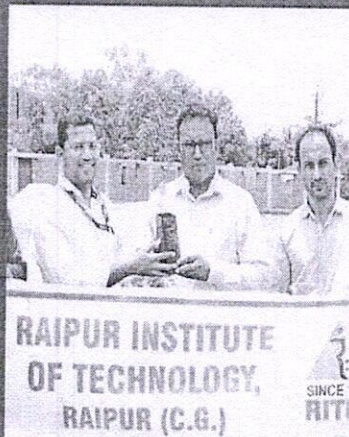
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Tree Plantation Drive

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TREE PLANTATION DRIVE BY RITEE NSS UNIT

On occasion of Hareli the folk festival of Chhattisgarh.

Engaging our youth for a better world.

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Weekly Yoga Session

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