



**TECHNO**  
**INSTITUTE OF HIGHER STUDIES**

*Transforming Dreams Into Reality...*



## **Criterion - 7**

### **Institutional Values and Best Practices**

#### **Key Indicator - 7.2**

#### **Institutional Distinctiveness**

#### **7.2.1Q<sub>1</sub>M**

*Describe the best practices successfully implemented by the institution as per NAAC provided in the manual.*

## 1. GREEN PRACTICE

### *OBJECTIVES OF THE PRACTICE*

The institute aims to address environmental concerns by equipping students with knowledge and skills, developing resilient solutions for society's environmental, social, and economic needs, enriching society's environmental heritage, and cultivating novel norms.

To safeguard the ecosystem that encompasses the institute, the environment needs to be preserved.

- Minimize pollution and human carbon footprints.
- Solar panels are deployed to reduce reliance on non-renewable energy sources.
- Create an authentic waste-management system.
- To reduce redundant paper usage.
- A regular "green audit" is undertaken to maintain a green campus.

### *THE CONTEXT*

The Institute is launching a green campus program to educate young people about the importance of conserving the environment and promoting sustainable lifestyles.

### *THE PRACTICE*

- I. The campus is implementing a greening project, focusing on energy efficiency, waste management, and recycling, using time-bound methodologies and prioritizing sustainable practices like energy, waste recycling, and water harvesting.
- II. Alternative energy sources and measures for minimizing energy consumption
  - Adopting LEDs or CFLs in place of conventional bulbs
  - Opting for LCD computer displays is a prudent choice.
  - Leveraging cross-ventilation and natural skylight mitigates energy consumption.
  - The institute is utilizing green, renewable solar energy

**E-learning and digital library:** Using E- resources to read are strongly advised. Instead of employing paper to communicate, email is now frequently adopted.

- III. Monitoring and regulation of diverse biodegradable and non-biodegradable waste

General, food, synthetic, and technological waste are distinct categories, with some naturally degradable like paper and food scraps, while others, like plastics and metals, are non-biodegradable. Efficient waste disposal involves source segregation, control techniques like landfills, composting, recycling, incineration, color-coded bins, discouraged chemical usage, and prohibited radioactive substance use in laboratories.



Campus Bio-waste is managed through waste segregation and solid waste recycling, thereby contributing to the production of organic fertilizers.

#### IV. Environmental Conservation of Water

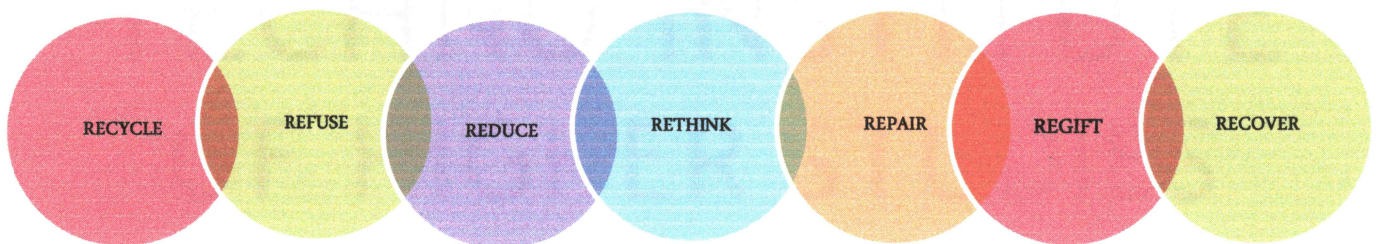
The Institute developed a bore well system to ensure adequate water availability, addressing concerns about the potential loss of life on Earth if not conserved..

Rainwater harvesting is a sustainable method for retaining water, aiding in the replenishment of groundwater needed in hostels and gardens.

#### V. Green Campus Initiatives through Sustainability Clubs and Volunteer Programmes

- The Cultural Management Committee of TIHS has partnered with **ROTARY CLUB** Barabanki and adopt a primary school.
- To advocate for ecological consciousness, the Rotaract Club consistently organizes a variety of environmentally sound and eco-friendly ventures, encompassing plantation drives, rallies, Swachata Abhiyan program, and notable days.
- Co-curricular activities, including street plays, art exhibitions, and theatre performances, are frequently organized to increase public awareness.
- Transportation facilities are made available on demand to mitigate the harmful environmental impacts of carbon emissions.
- Furthermore, a solar power system has been installed to deter the use of conventional energy sources.
- Landscaping has been accomplished using trees and plants (including ornamental, medicinal, and fruit trees).

## 7 R'S



### "7 R's" OF SUSTAINABILITY

The Institute fervently endorses the "7 R's" of sustainability: **REDUCE, REUSE, RECYCLE, RETHINK, REPAIR, REGIFT, RECOVER.**

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## 2. MEDITATION: CALM IN THE CHAOS

### *OBJECTIVES OF THE PRACTICE*

Stress in modern institutions is causing lower output, higher absenteeism, and decreased morale. Meditation, a practice dating back thousands of years, is a potent tool for improving mental and emotional health. It focuses on introspection and personal development, and with consistent effort, its benefits become apparent.

By quieting the mind and focusing on the present moment, meditation can help lower stress hormones and promote a sense of calm.

- To train our minds and our attention to stay present and focused.
- Learning and observing thoughts and feelings without judgment can enhance self-awareness, leading to a better understanding of motivations and emotional triggers.
- To develop a more balanced emotional response to situations, reducing reactivity and fostering emotional well-being.
- To promote relaxation and prepare the mind and body for restful sleep.
- Meditation will create space for new ideas and solutions to problems to emerge.

### *THE CONTEXT*

Meditation is a cost-effective, universally accessible tool that can help institutions address stress, anxiety, focus, emotional intelligence, employee retention and morale, fostering a positive, productive, and successful environment.

### *THE PRACTICE*

Meditation helps maintain focus, acknowledge distractions, and avoid judgment, starting with short sessions of 5-10 minutes daily, promoting consistency and regular practice.

- Appointed a staff member or outsource a meditation instructor to lead group sessions..
- Underutilized spaces in the institution used for meditation, like libraries, gardens, or empty classrooms during breaks.
- Start meetings or classes with a short mindfulness practice, like a few minutes of focused breathing or a body scan meditation.
- Distribution of flyers, posters, or online content about the benefits of meditation and how to get started.
- Some staff or students have positive experiences with meditation, and they encourage them to share their stories to inspire others.

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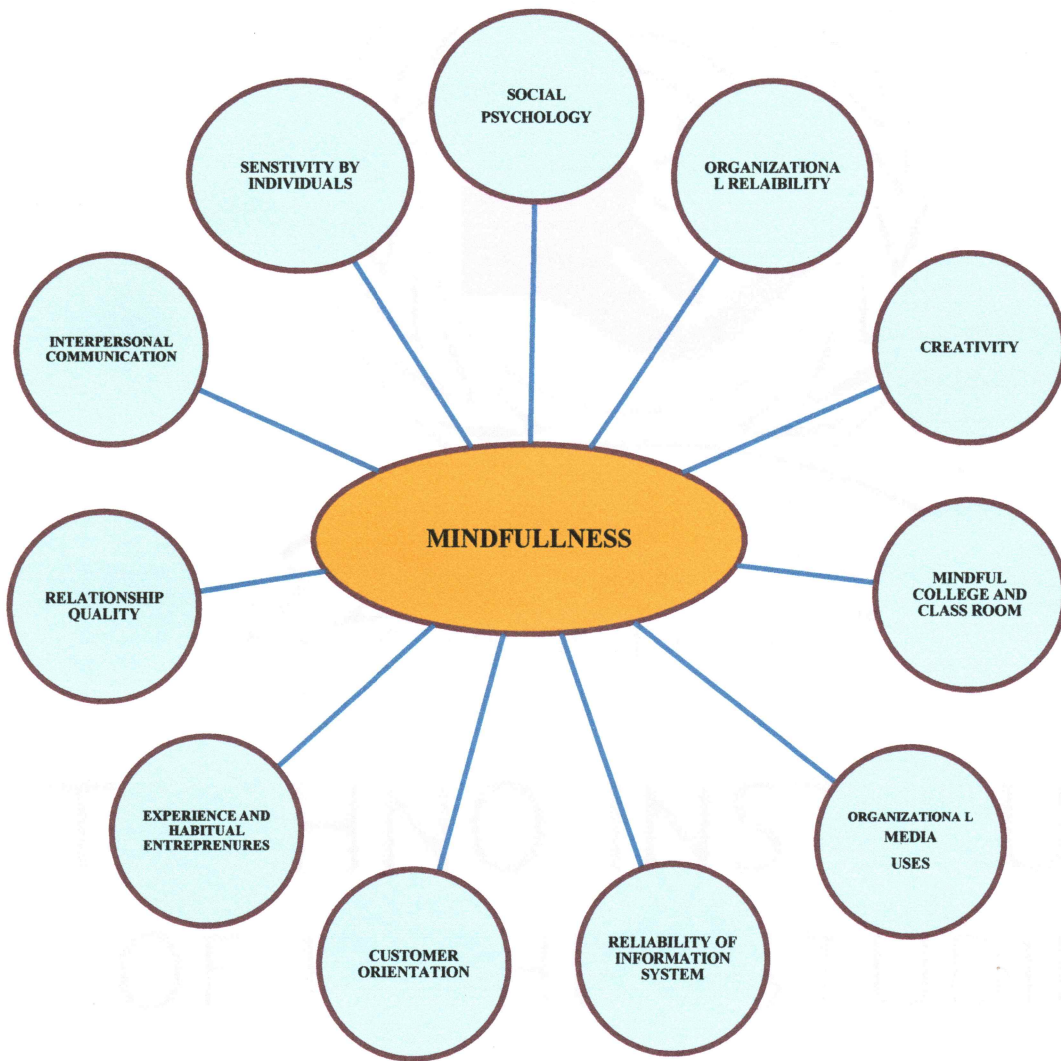
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- The institution can tailor meditation practices to meet its specific needs, such as stress management techniques for workplaces or focus-enhancing meditations for students.
- The Meditation Room provides a quiet, distraction-free environment for practice, allowing for even a few moments of quietness during a busy day.

***MINDFULNESS MEDITATION***

- By observing thoughts and feelings without judging ourselves raising of present moment awareness.



  
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## ***MANTRA MEDITATION***

- For achieving the state of quiet mind and focused vision repeat a Mantra in their mind.

BREATHING

RELAXATION

VISUALIZATION

TRANSITION

MEDITATION

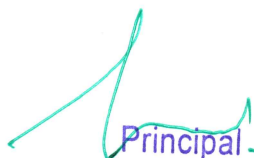
## ***MOVEMENT MEDITATION***

Walking meditation combine movement with mindfulness, keeping the body engaged while focusing on the present moment.

- **YOGA:** Institutions practice yoga for emotional integration, spiritual elevation, and meditation, promoting relaxation for students and faculty.
- **WALKING:** Walking provides students and faculty with a profound meditation setting, allowing them to enjoy being alive and be present in their bodies and present moment.
- **Dancing:** This sacred dance practice is a form of meditation that utilizes rhythm, attentiveness, and intuitive state to explore and express one's soul identity.

Meditation is a journey that enhances the well-being of members in institutions by fostering a calmer, more focused, and self-aware community, leading to a more positive and productive environment.

  
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