

5.1 BEST PRACTICES DESCRIPTION AND OUTCOME OF BEST PRACTICES

ACTIVITY	Distribution of Scores	Claimed Score
Best Practices Description and outcome of best Practice (at least two)	10 points per best practice	20

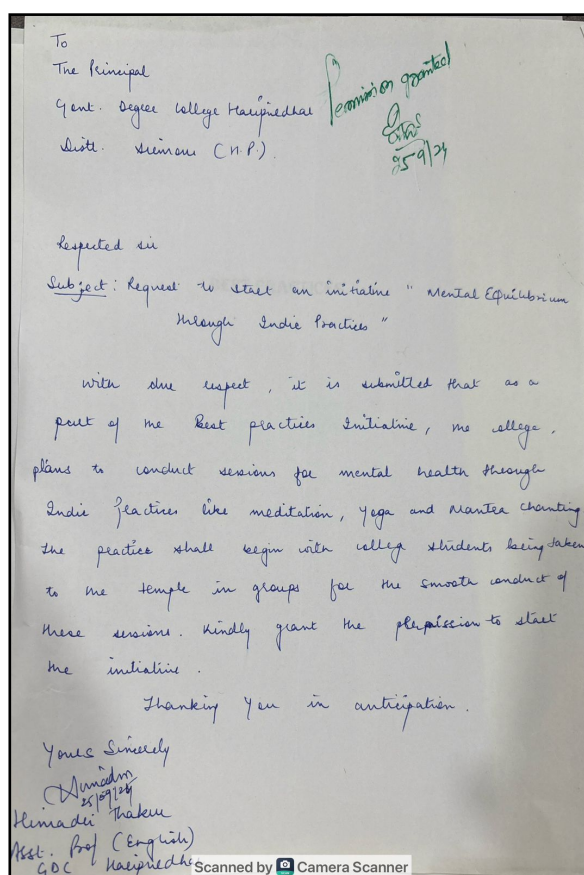
a. Best Practice 1: Achieving Mental Equilibrium through Indic Practices

Due to a rise in mental health challenges such as stress and anxiety among students, the college has introduced a regular programme focused on traditional Indian practices like yoga and meditation. These sessions take place at peaceful locations such as the Maa Bhangayani temple complex, adopted schools and nearby areas. The aim is to help students and community members improve their mental well-being in a natural manner.

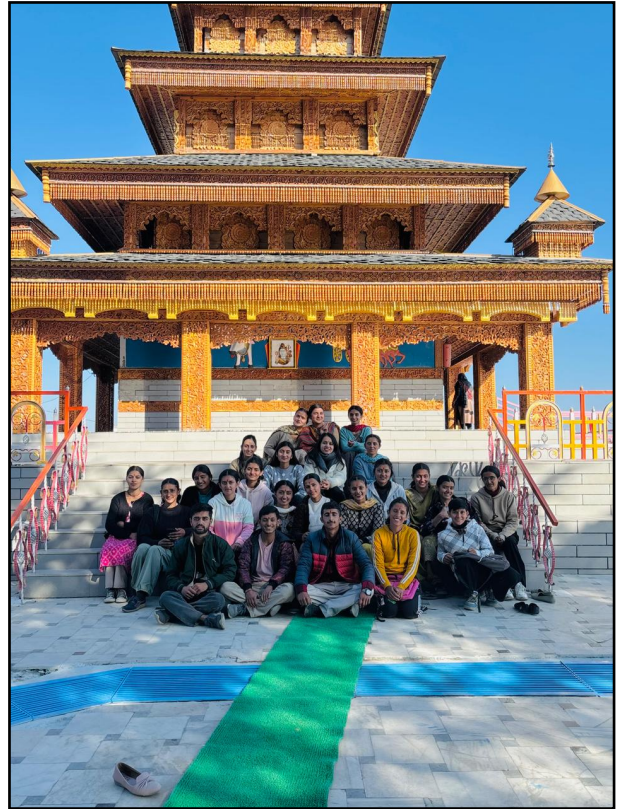
The sessions are led by college teachers who guide participants through calming exercises. These practices are based on age-old methods that promote relaxation and mental clarity like Meditation, Yoga, Chanting and Ayurveda.

After each camp, participants are invited to share their experiences in a physical feedback register. For the session 2024-25, a detailed online feedback form was shared with students using Google Forms. The information collected was analysed by Dr. Sangeeta Kakkar, Assistant Professor of Psychology at Shoolini University, Solan. This helps the college improve future sessions and ensure the programme meets the needs of students and the community.

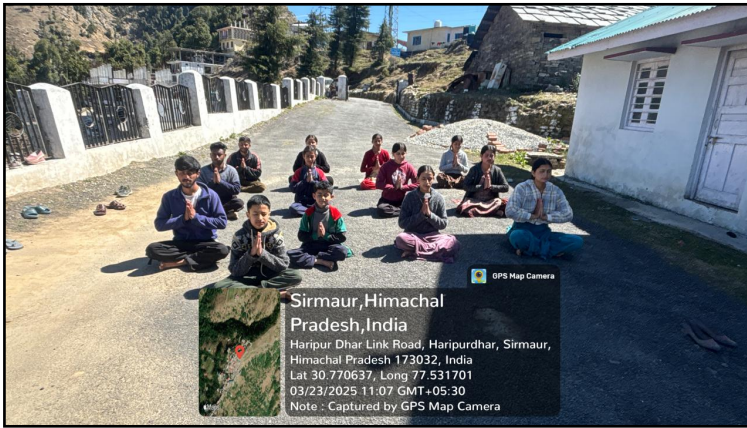
This best practice shows the commitment of the college to the overall well-being of its students as well as the local community.



Sessions conducted for the college students at Maa Bhangayani Temple Complex, Haripurdhar



Session conducted for Local Community at HPPWD Rest House, Haripurdhar



Session conducted at adopted school GSSS Diuri-Kharahan



Report and Feedback of the sessions conducted

Yoga and Meditation Session - 1

Session No.: 01
Session Month: September 2024
Topic: Yoga and Meditation
Place: HPPWD Rest House, Haripurdhar, Sirmaur, Himachal Pradesh, India
Date: 03/23/2025 11:07 GMT+05:30

Participants: 08 + 1 Family member (Mr. Manoj Kumar, A.T. Engineer)
Facilitator: Anjana, Anand, Kanchan, Neha, Neha
Activities: Introduction, Breathing exercises, Meditation, Relaxation, Pranayama, Bhakti, Karma, Japa, etc.

Feedback:

1. It is a great initiative by the college to look forward for many such sessions.
2. The session was very helpful and enjoyable.
3. The session was very helpful and enjoyable.
4. The session was very helpful and enjoyable.
5. The session was very helpful and enjoyable.
6. The session was very helpful and enjoyable.
7. The session was very helpful and enjoyable.
8. The session was very helpful and enjoyable.
9. The session was very helpful and enjoyable.

Conclusion:

The session was very successful and enjoyable. The participants were very active and participated in all the activities. The session was very helpful and enjoyable. The participants were very active and participated in all the activities. The session was very helpful and enjoyable. The participants were very active and participated in all the activities.

Yoga and Meditation Session - 2

Session No.: 02
Session Month: October 2024
Topic: Yoga and Meditation
Place: HPPWD Rest House, Haripurdhar, Sirmaur, Himachal Pradesh, India
Date: 03/23/2025 11:29 GMT+05:30

Participants: 08 + 1 Family member (Mr. Manoj Kumar, A.T. Engineer)
Facilitator: Anjana, Anand, Kanchan, Neha, Neha
Activities: Introduction, Breathing exercises, Meditation, Relaxation, Pranayama, Bhakti, Karma, Japa, etc.

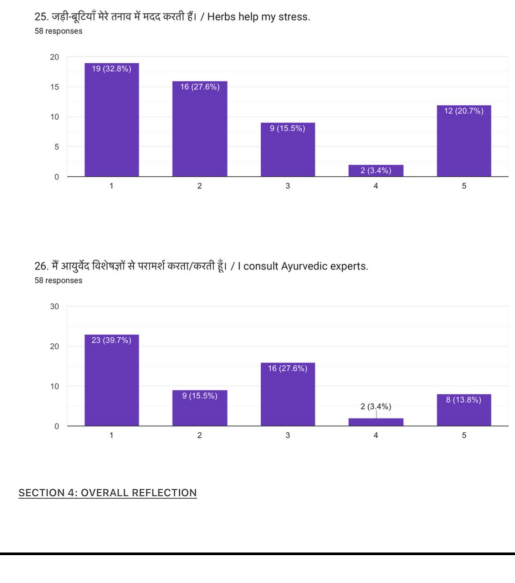
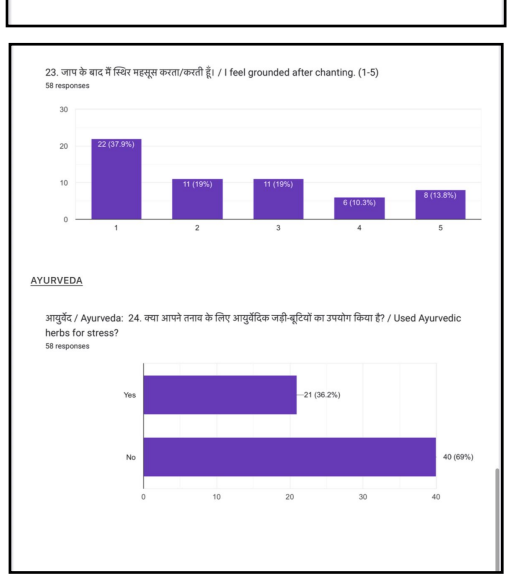
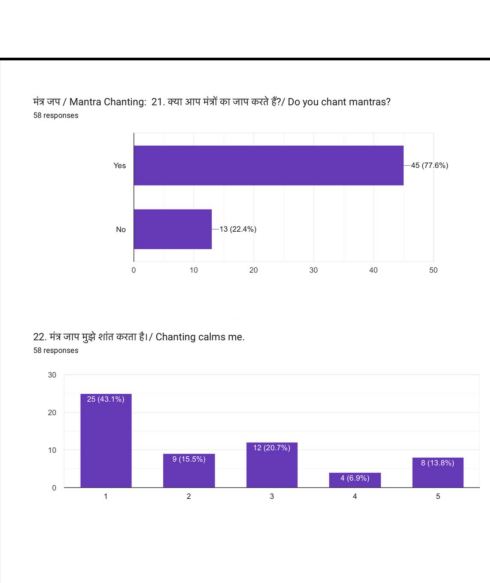
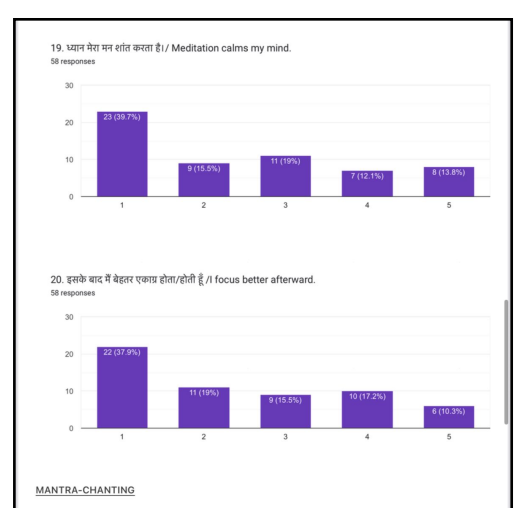
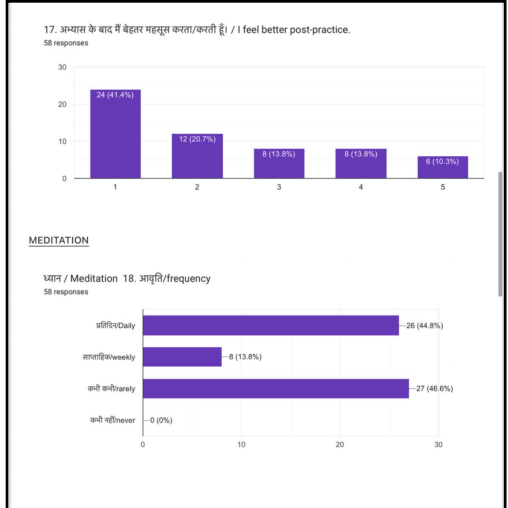
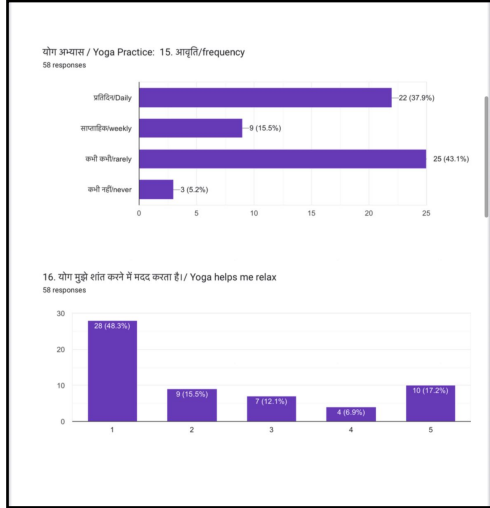
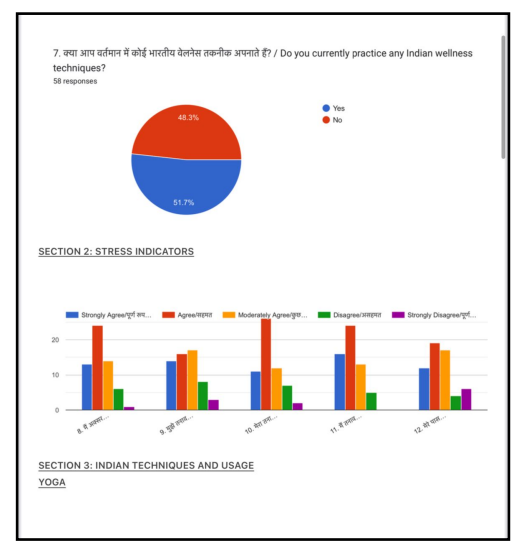
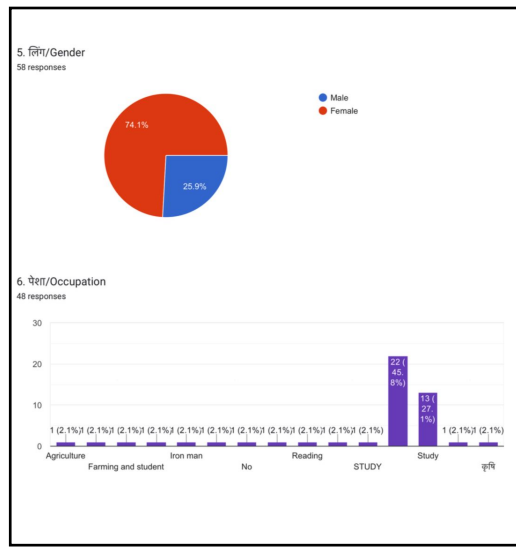
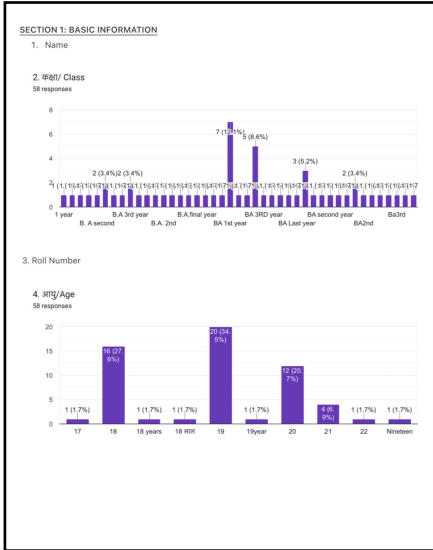
Feedback:

1. The session was very helpful and enjoyable.
2. The session was very helpful and enjoyable.
3. The session was very helpful and enjoyable.
4. The session was very helpful and enjoyable.
5. The session was very helpful and enjoyable.
6. The session was very helpful and enjoyable.
7. The session was very helpful and enjoyable.
8. The session was very helpful and enjoyable.
9. The session was very helpful and enjoyable.

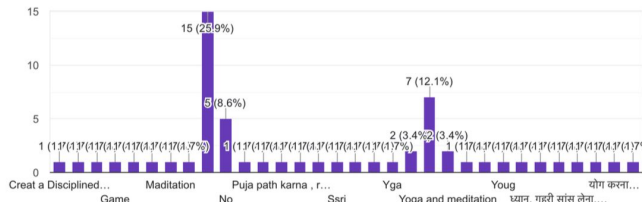
Conclusion:

The session was very successful and enjoyable. The participants were very active and participated in all the activities. The session was very helpful and enjoyable. The participants were very active and participated in all the activities. The session was very helpful and enjoyable. The participants were very active and participated in all the activities.

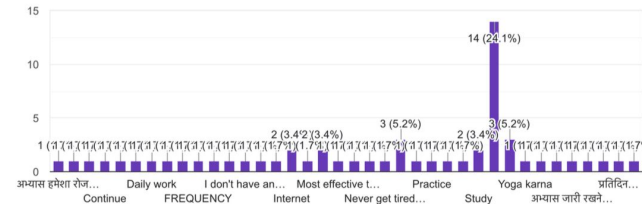
Response Report of questionnaire filled by the students about stress management using Indian Techniques.



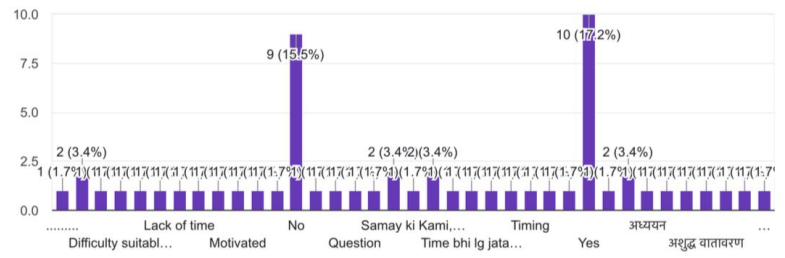
27. आपके अनुसार तनाव के लिए सबसे प्रभावी तकनीक / Most effective technique for stress
58 responses



28. अभ्यास जारी रखने की प्रेरणा / Motivation to continue practice
58 responses



29. नियमित अभ्यास में चुनौतियाँ / Challenges in regular practice
58 responses



Analysis Report of the above Questionnaire prepared by Dr. Sangeeta Kakkar, Assistant Professor (Psychology), Shoolini University Solan.

Prof. Himadri for m/s
Shoolini

Analysis Report of stress management questionnaire and Recommendations

1. Stress Level Distribution

High: 39 participants
Moderate: 13 participants

2. Average Sub-scores by Technique

Average Yoga Sub-score: 4.56
Average Meditation Sub-score: 4.76
Average Mantra Chanting Sub-score: 5.44
Average Ayurveda Sub-score: 5.07

The Stress Management Questionnaire was administered to evaluate the effects of various Indian wellness practices on stress levels. The findings categorize participants' stress levels into three groups: high (39 participants), moderate (13 participants), and low (not explicitly mentioned but inferred to be 0 or minimal).

The analysis further examines average sub-scores by technique, revealing the extent to which participants engaged with specific practices. The data indicates that mantra chanting achieved the highest average sub-score (5.44), followed by Ayurveda (5.07), meditation (4.76), and yoga (4.56). Especially, participants with elevated yoga and meditation sub-scores reported reduced stress levels, implying that yoga and meditation practices are particularly effective for alleviating the stress level. Ayurveda and mantra chanting also demonstrated moderate benefits in stress reduction.

These insights underscore the importance of integrating traditional Indian wellness techniques into everyday life. Consistent practice of yoga and meditation may cultivate a

Scanned by Camera Scanner

deeper sense of tranquillity, while Ayurveda and mantra chanting can enhance this approach, providing a comprehensive toolkit for stress relief.

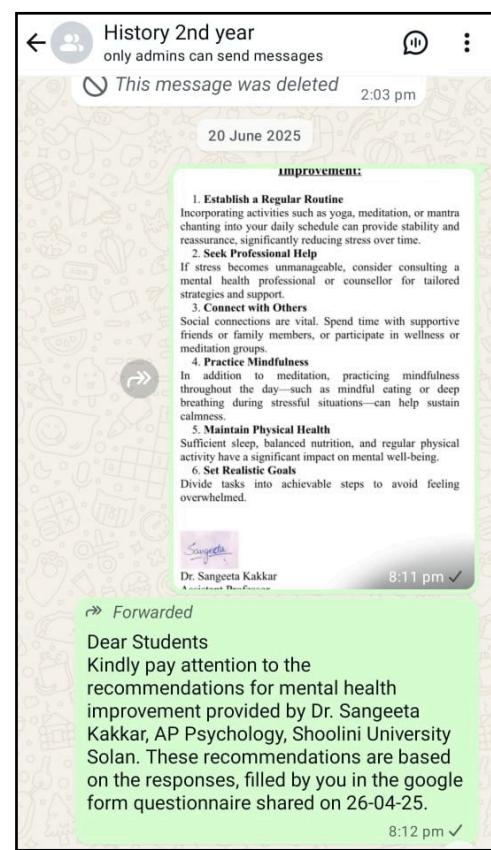
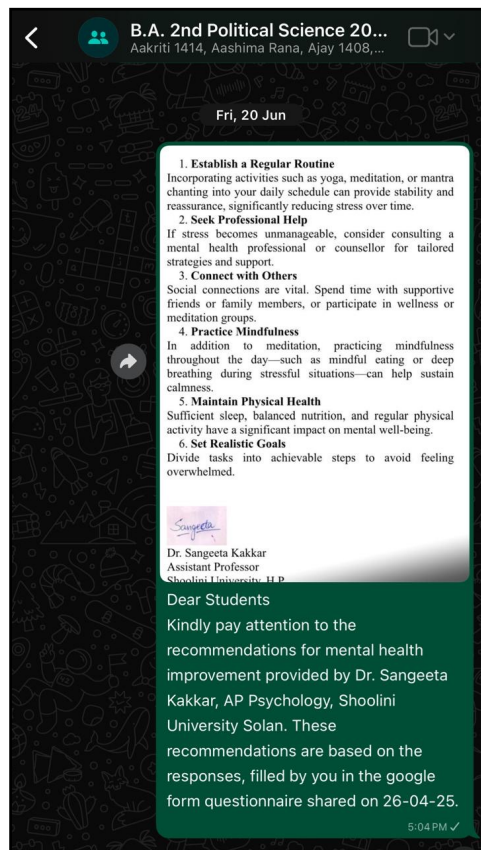
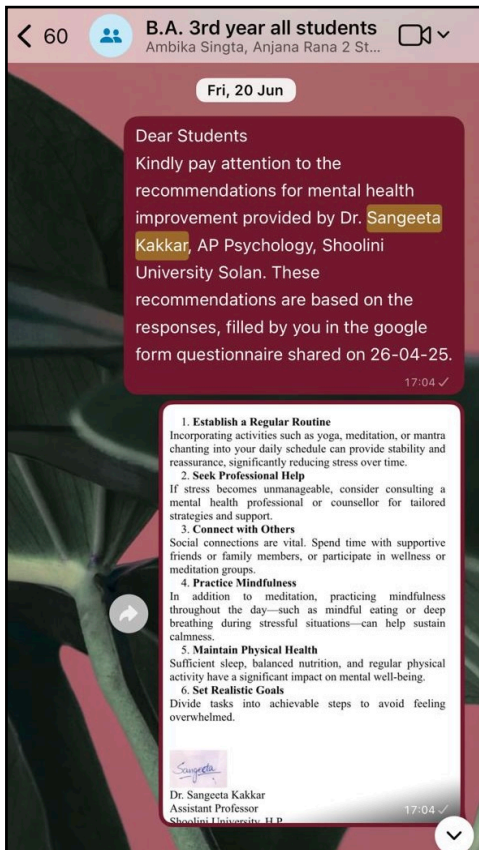
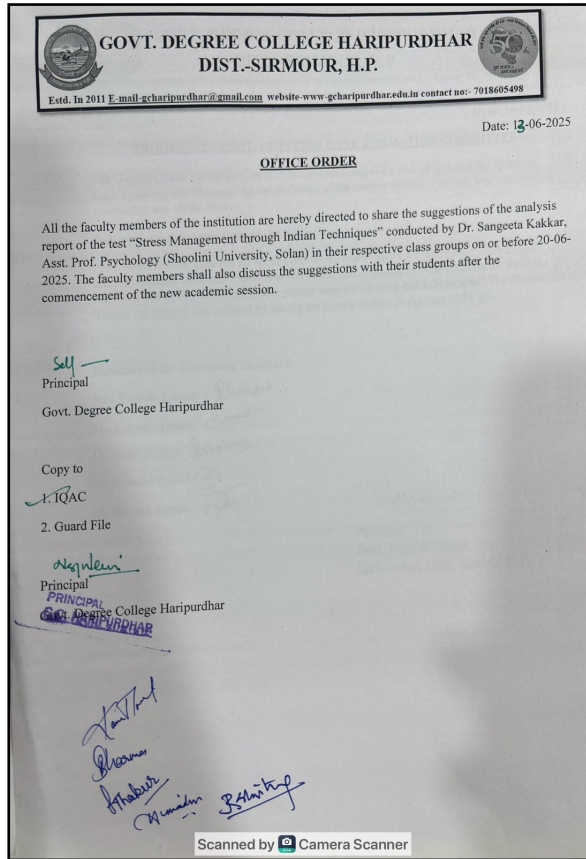
Recommendations for Mental Health Improvement:

- 1. Establish a Regular Routine**
Incorporating activities such as yoga, meditation, or mantra chanting into your daily schedule can provide stability and reassurance, significantly reducing stress over time.
- 2. Seek Professional Help**
If stress becomes unmanageable, consider consulting a mental health professional or counsellor for tailored strategies and support.
- 3. Connect with Others**
Social connections are vital. Spend time with supportive friends or family members, or participate in wellness or meditation groups.
- 4. Practice Mindfulness**
In addition to meditation, practicing mindfulness throughout the day—such as mindful eating or deep breathing during stressful situations—can help sustain calmness.
- 5. Maintain Physical Health**
Sufficient sleep, balanced nutrition, and regular physical activity have a significant impact on mental well-being.
- 6. Set Realistic Goals**
Divide tasks into achievable steps to avoid feeling overwhelmed.

Sangeeta
Dr. Sangeeta Kakkar
Assistant Professor
Shoolini University, H.P.

Scanned by Camera Scanner

The Recommendations in the Analysis conducted by Dr. Sangeets Kakkar duly shared with college students over official WhatsApp groups.



b. Best Practice 2: Free Access to Structured Question Bank for Students



To support students in their academic preparation, the college has set up a system to collect and organise previous university examination papers for all classes and subjects. This responsibility has been assigned to the Question Bank Formation Committee.

The committee began by gathering all available past exam papers from the college store and library. Each paper was carefully checked, and only clear and undamaged copies were selected. These papers were then sorted subject wise and class wise.

For every subject and class level, five complete sets of question papers were prepared. A catalogue register has been maintained, listing the name and number of papers included in each set. These organised question paper sets are stored in almirah number 68 in the college library. An issue register is also maintained to record the use of these papers by students.

To promote sustainable practices and reduce costs, the committee collected single-sided waste paper from the office for photocopying. Recycled copies of the question papers are now provided to students free of charge. In addition to this, a Google Form Questionnaire was shared with students regarding the Question Bank facility and an analysis was conducted by the committee based on the responses received from the students. The committee will continue to monitor the use of the material and add new question papers as more become available.

This initiative reflects the college's commitment to improving academic support and ensuring that students have free and easy access to useful study materials in an environment-friendly manner.

**GOVT. DEGREE COLLEGE-HARIPURDHAR**
DIST. -SIRMOUR, H.P.
Estd. in 2011 E-mail-gcharipurdhara@gmail.com Website-www.gcharipurdhara.edu.in Contact No. 70186-05498

No. GCHD- (Office Order)-2024 Date: 19-10-2024

OFFICE ORDER

A Question Bank Formation Committee comprising of the following faculty members is hereby constituted:

1. Smt. Poonam Kumari (Convener) *Bhavana*
2. Ms. Himadri Thakur *Himadri*
3. Dr. Sarita Thakur *Sarita*
4. Sh. Salinder Kumar *Salinder*
5. Sh. Ramesh Kumar *Ramesh*

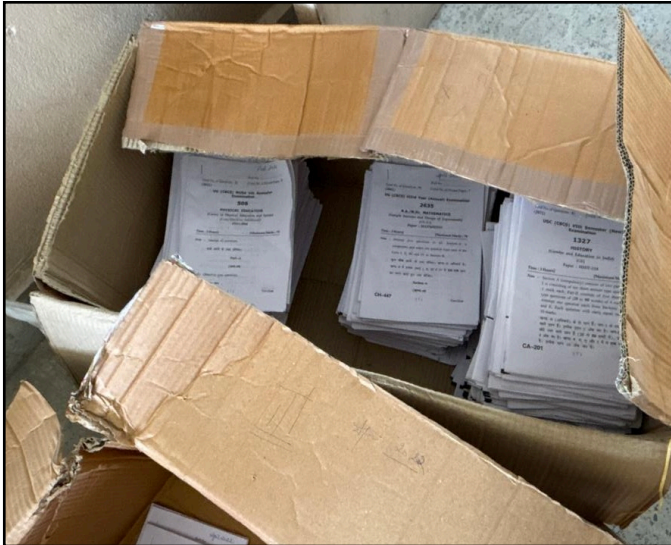
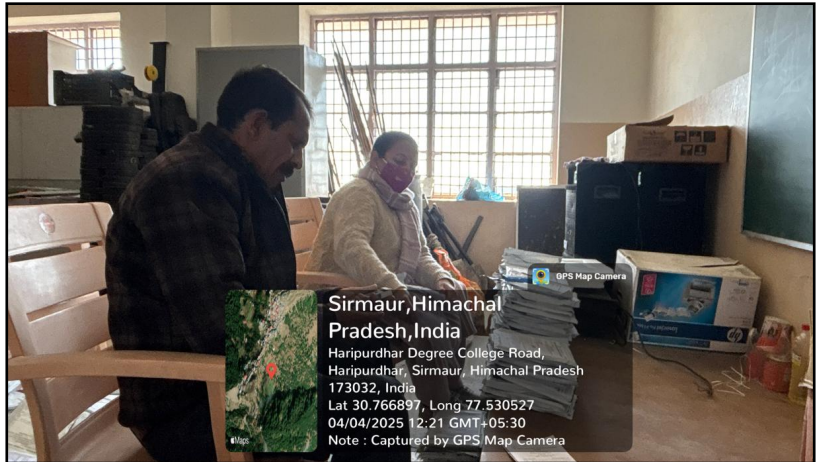
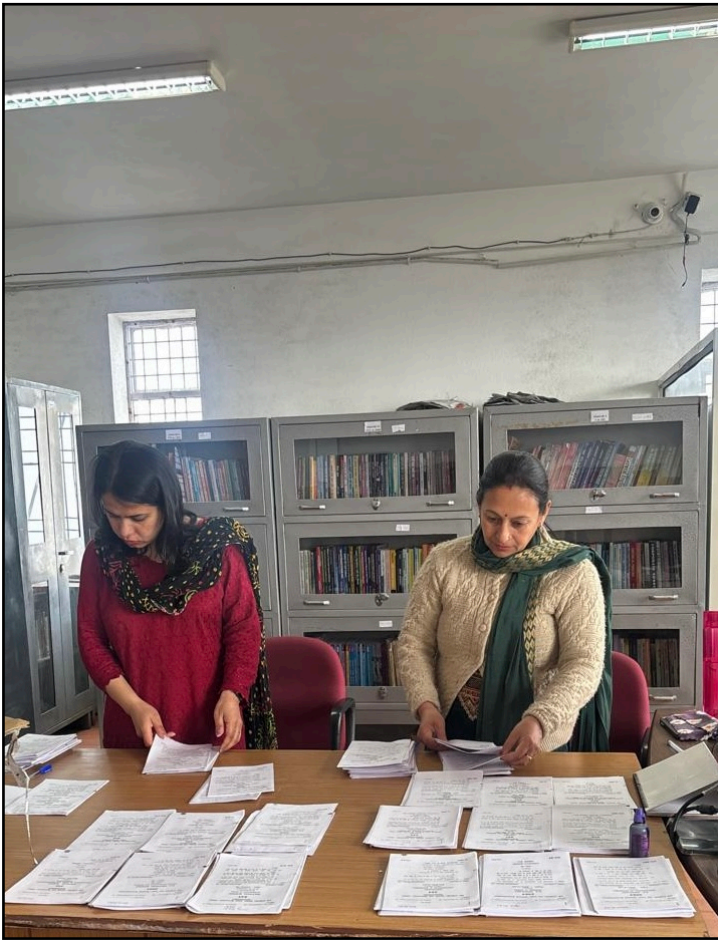
The committee members shall check the feasibility of collecting the excess previous year opened University Examination question papers lying in the store and the library and arrange them into five sets of one subject each, for every class. In addition to this, the question papers, after cataloguing, shall be placed in an almirah in the library for the students to utilise. Sh. Salinder Kumar is hereby directed to collect all waste papers (blank from one side) from the office and provide the xerox copies of the question papers to the students for free. The same shall be recorded in the question bank register.

Sd/-
Principal
Govt. Degree College Haripurdhara

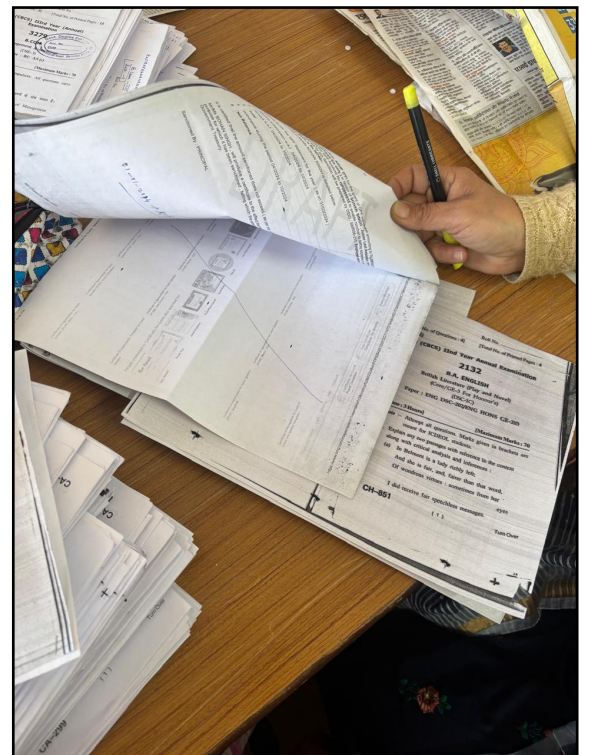
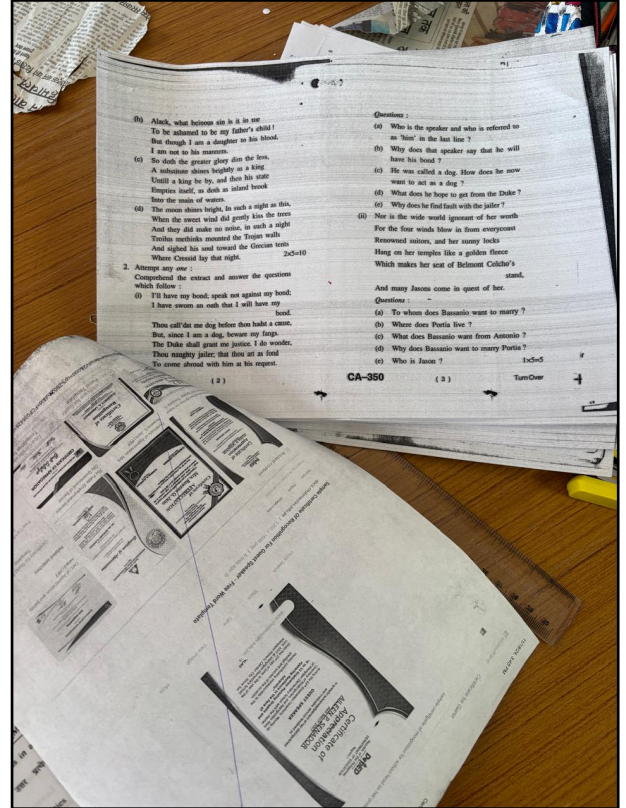
Copy to:
1. IQAC
2. All members concerned

Sd/-
Principal
Govt. Degree College Haripurdhara
G.C. HARIPURDHARA

Process of sorting of Question Papers by concerned Committee members



Xerox of the question papers on one-side blank waste paper and distribution to students.



Cataloguing and Arrangement

Sl. No.	CLASS	NAME OF SUBJECT	SET NO.	No. of PAPERS	REMARKS
94.	B.A-11	Physical Education (Set-4)	PED 2-4	26	
95.	B.A-11	Physical Education (Set-5)	PED 2-5	25	
<u>Grand Total (Physical Education)</u>				<u>51</u>	
96.	B.A-11	Political Science (Set-1)	POL 2-1	24	
97.	B.A-11	Political Science (Set-2)	POL 2-2	24	
98.	B.A-11	Political Science (Set-3)	POL 2-3	24	
99.	B.A-11	Political Science (Set-4)	POL 2-4	24	
100.	B.A-11	Political Science (Set-5)	POL 2-5	23	
<u>Grand Total (Political Science)</u>				<u>119</u>	
101.	B.A-11	Sociology (Set-1)	SOC 2-1	20	
102.	B.A-11	Sociology (Set-2)	SOC 2-2	20	
103.	B.A-11	Sociology (Set-3)	SOC 2-3	20	
104.	B.A-11	Sociology (Set-4)	SOC 2-4	20	
105.	B.A-11	Sociology (Set-5)	SOC 2-5	20	
<u>Grand Total (Sociology)</u>				<u>100</u>	

Sl. No.	CLASS	NAME OF SUBJECT	SET NO.	No. of PAPERS	REMARKS
169.	B.com-1	Business Stats of Maths (Set-1)	BSM 1-4	4	
170.	B.com-1	Business Stats of Maths (Set-2)	BSM 1-5	4	
<u>Grand Total (Business Stats of Maths)</u>				<u>8</u>	
171.	B.com-1	Financial Accounting (Set-1)	FA 1-1	5	
172.	B.com-1	Financial Accounting (Set-2)	FA 1-2	5	
173.	B.com-1	Financial Accounting (Set-3)	FA 1-3	5	
174.	B.com-1	Financial Accounting (Set-4)	FA 1-4	4	
175.	B.com-1	Financial Accounting (Set-5)	FA 1-5	5	
<u>Grand Total (Financial Accounting)</u>				<u>24</u>	
176.	B.com-1	Leadership Style (Set-1)	LS 1-1	2	
177.	B.com-1	Leadership Style (Set-2)	LS 1-2	2	
178.	B.com-1	Leadership Style (Set-3)	LS 1-3	2	
179.	B.com-1	Leadership Style (Set-4)	LS 1-4	2	
180.	B.com-1	Leadership Style (Set-5)	LS 1-5	2	
<u>Grand Total (Leadership Style)</u>				<u>10</u>	

Sl. No.	CLASS	NAME OF SUBJECT	SET NO.	No. of PAPERS	REMARKS
46.	B.A-1	Political Science (Set-1)	POL 1-1	9	
47.	B.A-1	Political Science (Set-2)	POL 1-2	9	
48.	B.A-1	Political Science (Set-3)	POL 1-3	9	
49.	B.A-1	Political Science (Set-4)	POL 1-4	9	
50.	B.A-1	Political Science (Set-5)	POL 1-5	9	
<u>Grand Total (Political Science)</u>				<u>45</u>	
51.	B.A-1	Sociology (Set-1)	SOC 1-1	11	
52.	B.A-1	Sociology (Set-2)	SOC 1-2	11	
53.	B.A-1	Sociology (Set-3)	SOC 1-3	11	
54.	B.A-1	Sociology (Set-4)	SOC 1-4	11	
55.	B.A-1	Sociology (Set-5)	SOC 1-5	10	
<u>Grand Total (Sociology)</u>				<u>54</u>	

Sl. No.	CLASS	NAME OF SUBJECT	SET NO.	No. of PAPERS	REMARKS
69.	B.A-11	Geography (Set-1)	GE02-4	8	
70.	B.A-11	Geography (Set-2)	GE02-5	8	
<u>Grand Total (Geography)</u>				<u>16</u>	
71.	B.A-11	Hindi (Set-1)	HIN 2-1	38	
72.	B.A-11	Hindi (Set-2)	HIN 2-2	38	
73.	B.A-11	Hindi (Set-3)	HIN 2-3	38	
74.	B.A-11	Hindi (Set-4)	HIN 2-4	38	
75.	B.A-11	Hindi (Set-5)	HIN 2-5	38	
<u>Grand Total (Hindi)</u>				<u>190</u>	
76.	B.A-11	History (Set-1)	HIS 2-1	32	
77.	B.A-11	History (Set-2)	HIS 2-2	32	
78.	B.A-11	History (Set-3)	HIS 2-3	32	
79.	B.A-11	History (Set-4)	HIS 2-4	32	
80.	B.A-11	History (Set-5)	HIS 2-5	32	
<u>Grand Total (History)</u>				<u>160</u>	



Issue Register

SNO.	NAME	Roll No. & DATE	Set No. & Pages	SIGNATURE						SNO.	NAME	Roll No. & DATE	Set No. & Pages	SIGNATURE
1	Amey (11.11.25)	1209	1 (25)	[Signature]						31	Sonakshi Sharma	1300 (24.12.25)	Eng 2-1 (14)	[Signature]
2	Sanjay (26.11.25)	1243	PEP 3-1 (20)	[Signature]						32	Sushama	1329 (26.11.25)	Eng 2-1 (17)	[Signature]
3	Sakshi (6.11.25)	1406 1st	PEP 1-1 (7)	[Signature]						33	Nishida	1204 (25.11.25)	ENG 2-1 (12)	[Signature]
4	Pradeep Thakur	1421 1st	ENG 1-1 (7)	[Signature]						34	Palak Negi	1224 (25.11.25)	PEP 3-1 (3)	[Signature]
5	Kavita Sharma	1412 1st	Pol 1-1 (35)	[Signature]						35	Nisha Chauhan	1225 (26.11.25)	HIS 3-1 (18)	[Signature]
6	Akshita Kaur	1404 1st year	HIS-1-1 (36)	[Signature]						36	Anjana	1313 2nd (24.11.25)	ENG 2-1 (12)	[Signature]
7	Muskan	1416 1st year	Pol 1-1 (35)	[Signature]						37	Muskan	1314 2nd (24.11.25)	ENG 2-1 (12)	[Signature]
8	PREETI KUMARI	1448 1st	Pol 1-1 (35)	[Signature]						38	Sakshi	1315 2nd (24.11.25)	ENG 2-1 (12)	[Signature]
9	Pooja	1443 1st	HIS 1-1 (28)	[Signature]						39	Rohit	1316 2nd (24.11.25)	ENG 2-1 (12)	[Signature]
10	Ajay Kumar	1312 2nd	MUS 2-1 (6)	[Signature]						40	Ambika Singh	1318 2nd (24.11.25)	ENG 2-1 (12)	[Signature]
11	Sakshi	1315 2nd	ENG 2-1 (14)	[Signature]						41	Kaushan	1330 2nd (25.11.25)	ENG 2-1 (12)	[Signature]
12	Sonakshi Sharma	1220 2nd	NAT 2-1 (8)	[Signature]						42	Anjana	1317 2nd (25.11.25)	ENG 2-1 (12)	[Signature]
13	Jarnesha	1203 2nd	Soc 3-1 (23)	[Signature]						43	Nisha	1406 1st year (25.11.25)	HIS 2-1 (17)	[Signature]
14	Bushil kumari	1250 2nd	Soc 3-1 (10)	[Signature]						44	Amna	1313 1st (25.11.25)	ENG 2-1 (12)	[Signature]
15	Anchal Sharma	1216 2nd	Soc 3-1 (2)	[Signature]						45	Sujal	1410 B.A. 1st year (25.11.25)	ENG 2-1 (12)	[Signature]
16	So Shobhit	1207 2nd	Eng 2-1 (9)	[Signature]						46	Rohit somi	1307 B.A. 1st year (25.11.25)	ENG 2-1 (12)	[Signature]
17	Simran	1219 3rd	Soc 3-1 (13)	[Signature]						47	Kajal	1416 1st year (25.11.25)	ENG 2-1 (12)	[Signature]
18	Sabina	1217 3rd	Soc 3-1 (20)	[Signature]						48	Rinku	1311 B.A.-II (25.11.25)	ENG 2-1 (12)	[Signature]
19	Pooja (26.11.25)	1208 3rd	Soc 3-1 (20)	[Signature]						49	Jaginder Sharma	1206 B.A. II (25.11.25)	ENG 2-1 (12)	[Signature]
20	Vaishali Kundi	1204 3rd	Eng 2-1 (10)	[Signature]						50	Sakshi	1315 B.A. 2nd (25.11.25)	ENG 2-1 (12)	[Signature]
21	Muskan	1314 (2nd)	Soc 2-1 (6)	[Signature]						51	Ankita Rana	1301 B.A. 1st year (25.11.25)	ENG 2-1 (12)	[Signature]
22	Preeti (25.11.25)	1324 (2nd)	HIS (2-1) (18)	[Signature]						52	Taru kumari	1438 B.A. 1st year (25.11.25)	ENG 2-1 (12)	[Signature]
23	Kanchan (22.11.25)	1330 (2nd)	Soc (2-1) (18)	[Signature]						53	Pooja	1443 B.A. 1st year (25.11.25)	ENG 2-1 (12)	[Signature]
24	Sanjay (24.11.25)	1243 (2nd)	Pol 3-1 (20)	[Signature]						54	Kavita	1418 B.A. 1st year (25.11.25)	ENG 2-1 (12)	[Signature]
25	Lucky Sharma (14.11.25)	1324 (2nd)	HIS 2-1 (16)	[Signature]										
26	Nikita (14.11.25)	1230 (2nd)	HIS 2-1 (6)	[Signature]										
27	Kajal (3.4.25)	1231 (2nd)	Pol 3-1 (13)	[Signature]										
28	Sakshi Rana (3.4.25)	1266 (2nd)	ENG 2-1 (12)	[Signature]										
29	Manoj (3.4.25)	1258 (2nd)	Pol 3-1 (13)	[Signature]										
30	Akshita (4.4.25)	1404 1st	Eng 1-1 (7)	[Signature]										

Progress Reports

GOVT. DEGREE COLLEGE-HARIPURDHAR
DIST.-SIRMOUR, H.P.

Estd. in 2011 E-mail: gchharipurdhara@gmail.com Website: www.gchharipurdhara.edu.in Contact No. 70186-0505

Date: 11-04-2025

PROGRESS REPORT: QUESTION BANK FORMATION COMMITTEE

The Question Bank Formation Committee has been assigned a task of creating an organised collection of past university exam papers for every class and subject.

Following are the proceedings of the task:

First, the committee gathered all opened university exam papers from the store and the library and carefully checked each one. Papers that were clear and undamaged were set aside for inclusion and formation of sets.

Next, the usable papers were sorted class and subject wise. For each class level and subject, five complete sets of papers were assembled. A catalogue register has been maintained for the same in which the name and number of papers have been recorded. These organised sets have been placed in the almirah- no. 68 in the library.

The issue record has also been maintained in the register. Finally, office waste paper (single-sided sheets) have been collected and are used for recycled xerox copies. Students can now obtain these copies free of charge. Going forward, the committee will monitor usage throughout the year and also add new exam papers as they become available to keep the collection up to date.

No. of sets of Question Paper = 215

Signature of the Committee Members:

Smt. Poonam Kumari [Signature]
 Ms. Himadri Thakur [Signature]
 Dr. Sarita Thakur [Signature]
 Sh. Salinder Kumar [Signature]
 Sh. Ramesh Kumar [Signature]

PRINCIPAL
G.C. HARIPURDHAR
I.A.C

GOVT. DEGREE COLLEGE-HARIPURDHAR
DIST.-SIRMOUR, H.P.

Estd. in 2011 E-mail: gchharipurdhara@gmail.com Website: www.gchharipurdhara.edu.in Contact No. 70186-0505

Date: 16-05-2025

PROGRESS REPORT: QUESTION BANK FORMATION COMMITTEE

The Question Bank Formation Committee had been assigned a task of updating the Question Bank by adding the "Opened" Question Papers of the current session. The task was executed on 15-05-2025 and 16-05-2024.

Following are the proceedings of the task:

First, the committee gathered all opened university exam papers for the session 2024-25 and carefully checked each one. Papers that were clear and undamaged were set aside for inclusion and formation of sets. Next, the usable papers were sorted class and subject wise. The Question Bank in the Library was updated by adding the papers opened in the year 2024-25.

Signature of the Committee Members:

Smt. Poonam Kumari [Signature]
 Ms. Himadri Thakur [Signature]
 Dr. Sarita Thakur [Signature]
 Sh. Salinder Kumar [Signature]
 Sh. Ramesh Kumar [Signature]

PRINCIPAL
Govt. Degree College,
Haripurdhara, Distt. Sirmour (H.P.)

GOVT. DEGREE COLLEGE HARIPURDHAR
DIST.-SIRMOUR, H.P.

Estd. in 2011 E-mail: gchharipurdhara@gmail.com Website: www.gchharipurdhara.edu.in Contact no: 701860505

REPORT ON QUESTION BANK INITIATIVE (SESSION 2024-25)

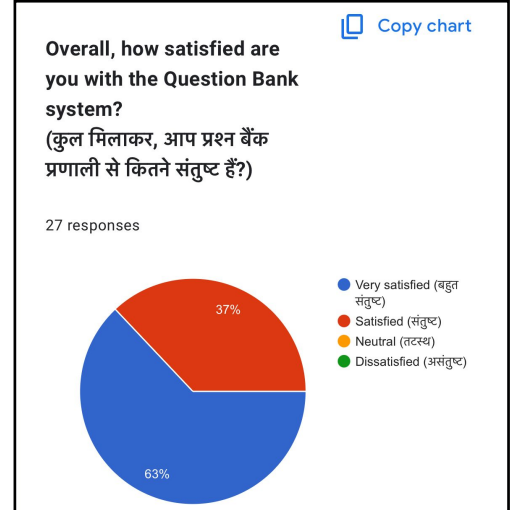
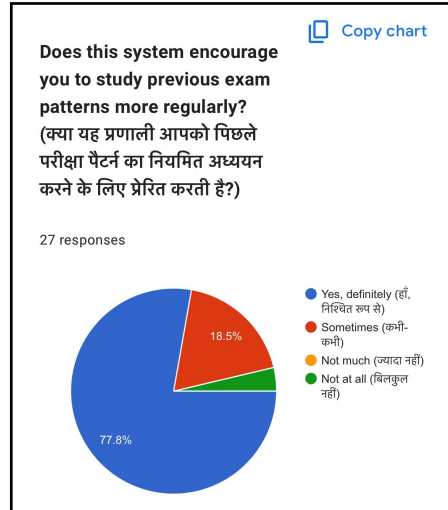
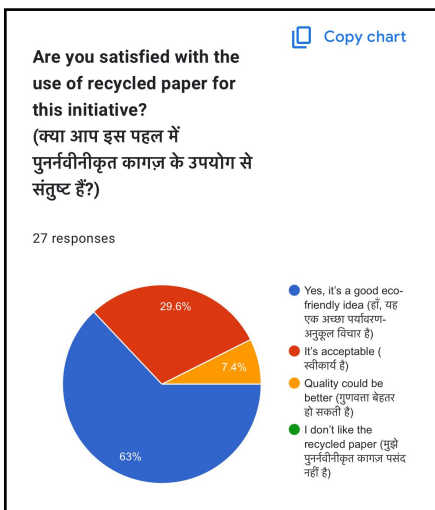
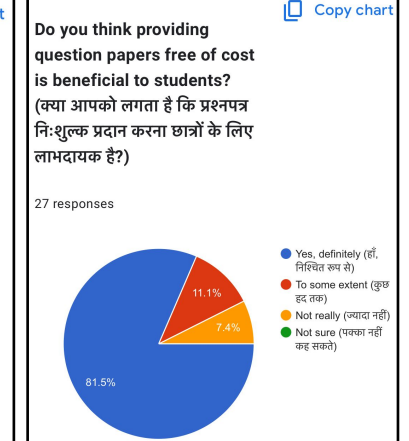
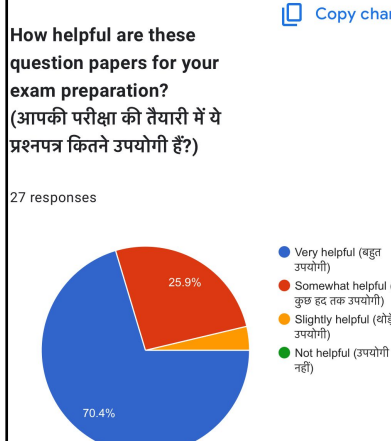
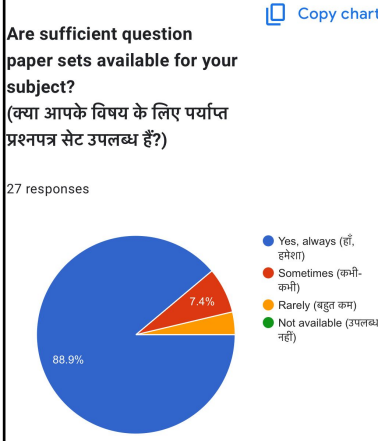
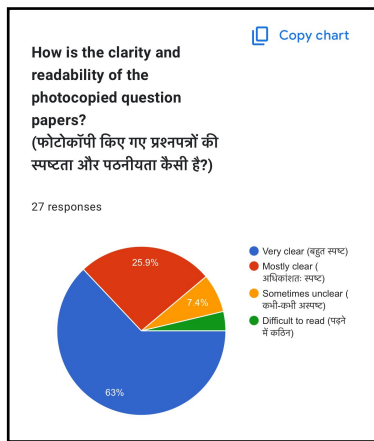
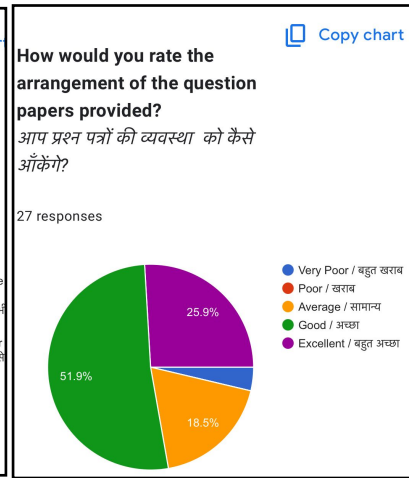
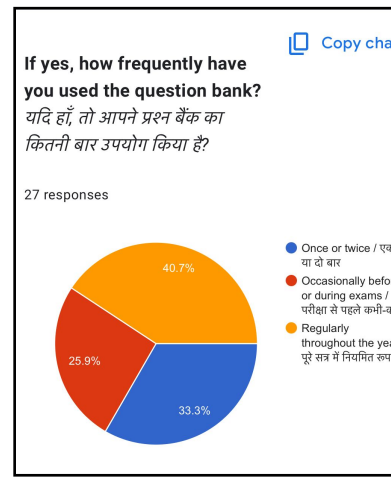
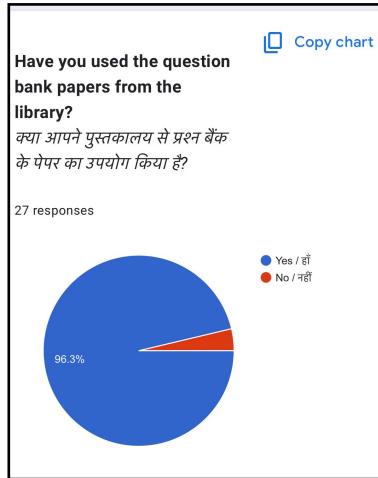
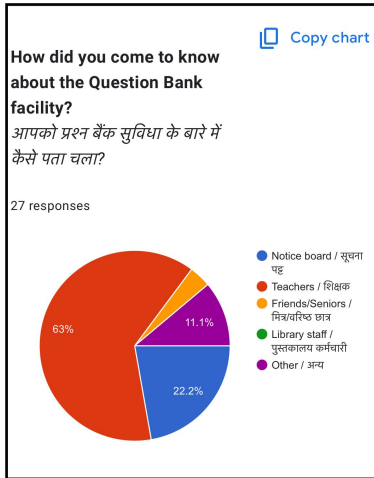
In the session 2024-25, Govt. Degree College Haripurdhara started a new initiative called the "Question Bank". Under this, a committee was formed to collect all previous year "opened" university exam question papers. The committee made five sets for each subject. Each set included five different papers from B.A. and B.Com. courses. Further, on 15-05-2025 and 16-05-2025, the committee added more opened papers from the current session (2024-2025).

All these question paper sets (a total of 295 sets) were organised and placed in Almirah Number 68 in the library. To help students, the college allows them to take photocopies of question papers for free. For this, one-sided used paper from the office is reused. A register is kept in the library to record which papers are taken by students. Students can also borrow these papers from the library. In the academic year 2024-25, a total of 54 students from the college benefited from the initiative.

The committee plans to update the sets in a timely manner and keep track of how much the question bank is being used, so improvements can be made in the future. This initiative helps students prepare better for exams and also supports paper recycling and waste reduction.

[Signature]
Himadri Thakur
(Convener, SAR Criteria 5)

Recorded Responses in questionnaire filled by the students about the Question Bank Initiative



Analysis Report of the above Questionnaire prepared by the Question Bank Formation Committee, GDC Haripurdhar

Analysis Report: Student Feedback on Question Bank Initiative

Introduction

The Question Bank Initiative at the undergraduate level aimed to facilitate exam preparation through free access to previous years' examination papers, raising academic support while promoting sustainability.

Key Findings

The main observations from the feedback analysis are as follows:

- Participation: A total of 27 students submitted responses, offering a substantial sample for evaluation.
- Awareness:
 - Most students became aware of the Question Bank facility through their teachers.
 - Others discovered it via notice boards, peers or college announcements.
- Usage Pattern:
 - Many students accessed the papers regularly throughout the year.
 - Some used them primarily during examination periods.
 - The physical arrangement and accessibility received generally positive ratings.

Quality and Usefulness

Feedback regarding the question papers' clarity and utility includes:

- Most students (26 out of 27) found the clarity and readability of the papers to be either very clear or mostly clear.
- There were consistently sufficient copies available for all subjects.
- In terms of helpfulness:
 - 14 students rated them as "Good" for exam preparation.
 - 7 gave an "Excellent" rating.
 - Only a small number had reservations, describing them as "Average" or "Poor".

Eco-Friendly Initiative

Student attitudes towards the use of recycled paper and sustainability efforts were highly favourable:

- The majority (24/27) considered recycled paper an environmentally sound idea.
- Students appreciated that free access reduced their financial burden.
- The eco-initiative encouraged more regular study of past exam papers.

Satisfaction and Suggestions

Overall, student satisfaction was notably high, with constructive suggestions for further development:

- 17 students described the system as a "good eco-friendly idea".

- 8 found it "acceptable", and only 2 suggested improvement in paper quality.
- Students felt encouraged to use previous exam patterns, boosting academic preparation.
- Suggestions primarily focused on enhancing print quality and readability for best results.

Conclusion

In summary, the Question Bank Initiative demonstrates strong effectiveness in supporting student preparation, promoting sustainable practices and being well-received within the undergraduate community. Continued teacher engagement, periodic awareness drives and small improvements in paper quality are suggested for further refinement.

Question Bank Formation Committee

1. Smt. Poonam Kumari
2. Ms. Himadri Thakur
3. Dr. Sarita Thakur
4. Sh. Ramesh Kumar

Ramesh Kumar

PRINCIPAL
G.C. HARIPURDHAR