

Criteria 7- Institutional values and Best Practices

7.2. Best Practices

SIES Nerul College of Arts, Science and Commerce

BEST PRACTICES 1- Plastic Waste Management

1. Title of the Practice

Plastic Waste Management

2. Objectives of the Practice

- To promote critical and creative thinking skills amongst students and inspire them to be more environment conscious
- To create awareness amongst students about the importance of solid waste management and plastic waste recycling
- To take necessary action to keep our environment healthy and sustainable for the future.
- To promote Sustainable habits amongst students.

3. The Context

Lack of awareness about waste management can lead to negligent human behaviour in disposing of waste materials. This results in adverse effect on the environment. The college felt the need for creating awareness and taking initiatives for better environment. Students can play an important role in ensuring a safer, cleaner and better environment for generations to come if they are properly educated about it. Hence, measures were taken by students to create awareness about solid waste management and plastic waste disposal in sensible manner to save the environment.

4. The Practice

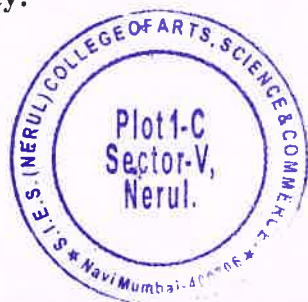
The college took following initiatives for educating and bringing awareness about change in a plastic disposing way through Collaboration with various agencies:

1. Collection of used but clean plastic waste from stakeholders:

A session for creating awareness on Solid Waste Management in association with NMMC, Stree Mukti Sanghatana and the Bisleri Bottles for Change Project was organised on 1st of October 2021.

Plastic waste collection drives were organized on 1st October, 27th November, 3rd December, 17th December, 22nd December, 4th December, and 20 December to 20 January 2022 by the NSS Unit and Department of Management Studies.

2. Sending collected plastic for Segregation and Recycling to the authorized agency:



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Collected plastic waste was sent for Recycling to the Bisleri bottle for Change and Prakash Jayantilal Chauhan Foundation (Parle Agro) on 4 October 2021, 22 December 2021 and 21st January 2022.

Plastic Waste Recycling was organised alongwith Stree Mukti Sanghatana and the Bisleri Bottles for Change Project 17th of March 2022

5. Evidence of Success

- **Around 718kg of plastic waste** was collected
- Plastic waste management initiative was **recognised as best social initiative at Bhavishya Bharat, National Competition for social initiative in environment sustainability**, organised by Nagindas Khandwala College, Mumbai.
- Promoted sustainable lifestyle amongst students by encouraging recycling and restoring the environmental balance.
- Students and staff made a positive contribution in environment conservation.

6. Problems Encountered and Resources Required

- Hybrid mode led to longer time for Collection of plastic from students.
- After collection of plastic materials, storing them till the time it was taken for recycling was a challenge.



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BEST PRACTICES 2- Darpan

1. Title of the Practice

Darpan - reflection of eunoia

2. Objectives of the Practice

The main objective was to bring students, parents, teachers and experts together where they can imbibe knowledge about different aspects of life by encouraging discussions on issues related to mental health/wellbeing and remove the stigma around it.

3. The Context

Covid pandemic and lockdown resulted in mental distress and emotional troubles amongst people of all age group. People understood how difficult isolation is and how humans may feel disturbed without social interaction and belongingness. It was the era of online lectures, interactions, work and online life. It was draining people away from dynamism and dragging them into stagnation leading towards pessimism and even depression. Hence there was a need felt to organise sessions that would give guidance regarding self management and tackling inner troubles.

4. The Practice/Activities

4days Conclave event was organised on MS team from 5th January to 8th January 2022 to encourage interaction and provide opportunity for displaying creativity for the students, the teachers, and the parents:

Day 1 - A talk show on “How to live a contented life with success, pride and dignity, overcoming all the hurdles” was organised with Ms. Binita Mehta a practicing counseling expert. A student talent show was also organised, where students had to present paintings on the topic ‘Mental Enlightenment’.

Day 2- Issues regarding student life were addressed by the speaker of the day, a renowned psychiatrist Dr. Kavita Shetty on the topic ‘Youth drug abuse: Problems and measures to prevent it and how to rehabilitate and bring yourself back to normal routine life’. A student poetry show was also conducted.

Day 3- A talk show with Ms Prema Simha, on the topic ‘Covid isolation and going back to normalcy: Effectively bridging the gap by changing habits’ was organised. It was followed



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by an open discussion of Faculty Members called 'Struggle Mode on'. Also a short film making event for students was conducted on the topic "mental health".

Day 4 - A talk show by Ms. Vishnupriya V on the topic 'Age old ways to keep your mind and body sound and healthy' was conducted where in open discussion with parents was done.

5. Evidence of Success

- 954 participants including students, faculties and parents attended this national conclave.
- Awareness towards improving one's emotional well-being took place through discussion on a national level forum
- **Learning outcomes are as follows:**
 - Created a platform where people got acquainted with issues related to mental health.
 - Helped in gaining experiences and understanding the perspective of teachers, students and parents across the nation regarding mental wellness.
 - Created a healthy and supportive environment for the students to express their feelings, distresses and emotions.
 - Students unleashed their creativity by participating in different activities conducted through online mode.

6. Problems encountered and resources required

- As the college was functioning in online and later hybrid mode due to the COVID restrictions it was very difficult to have a vast outreach. Though the responses to the events were great, most of these events were conducted online and lacked the essence of one-on-one interaction.
- Team based activities were limited due to virtual platforms



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