

## **BEST PRACTICE – I**

### **“GREEN CAMPUS”**

**INTRODUCTION:** UGC has introduced Environmental Studies as one of the core subjects for the First Year students, while students have theoretical knowledge they do not necessarily implement it in their practical life, so in order to sensitize students and to bring a change the college introduced Environment Sensitization Committee 6 years ago. The committee has been actively involved in activities that have succeeded in instilling green practices among the various stakeholders.

#### **CONTEXT**

- Proposing installation of solar panels to the management
- Translating theoretical knowledge to healthy practice
- Developing Ethical Values
- Involving the various stakeholders so that it helps in the realization of meaningful understanding of Green Campus
- Introducing paperless culture wherever possible

#### **GOALS**

- To institutionalize the culture of energy conservation within and off the campus
- To create appropriate platform to make meaningful contribution towards sustainability
- To demonstrate the implication and application of 3Rs- Reduce, Reuse and Recycle
- To minimize possible waste-carbon footprint, papers etc. in campus
- To have proper linkages with NGOs that could help in carrying forward the activities

#### **THE PRACTICE:**

- Succeeded in increasing the number of linkages with NGOs
- SMES Management has installed Solar Panels to cater to the needs of energy requirements
- Voluntary involvement of stakeholders in upholding the green habits

### **EVIDENCE OF PERFORMANCE/SUCCESS:**

- Signed 3 linkages and LOI with NGOs namely United Way, Sampoorna Earth Foundation and Stree Mukti Sanghatana.
- SMES Management has made provisions for installation of 180 Solar Panels each with a capacity of 325 watts in June 2019.
- Organized a mega global event - Student Solar Ambassador's Workshop 2019 as part of Gandhi Global Solar Yatra.
- Managed to reduce major paper wastage and consumption due to digitalization

### **PROBLEM ENCOUNTERED:**

- Streamlining eco-friendly activities
- Involving all the stakeholders
- Holding additional activity as students and staff are already involved in too many other activities

### **EVIDENCE OF SUCCESS:**

- E-Waste collected throughout year and donated amounted to 165 kg
- Plastic collection weighed 115 kg till February 2020
- 77 students from different departments participated in Beach clean-up drive at Chaitanya Bhoomi
- Observed a positive attitude among stakeholders thus assisting in implementing Green culture
- Reduction in paper wastage and consumption due to Digitalization

## **BEST PRACTICE – II**

### **“Fit Campus”**

#### **INTRODUCTION:**

Fitness encompasses physical health, mental health, social health, emotional health, and also spiritual health and it is essential for the overall development of the student. However, the lifestyle of students in Mumbai city restricts the time and energy given to physical activities. In order to promote better fitness levels, the Sports Committee of the college took up the project to provide diverse range of activities to students

#### **CONTEXT**

- To increase and involve students in physical activities
- To create awareness on the importance of exercise and nutrition for overall wellbeing.

#### **GOALS**

- To increase the number of students participation in a variety of fitness related activities
- To introduce the concept of student mentors

#### **THE PRACTICE**

- A plan of action was prepared for each area; activities were planned throughout the year for all the classes. The activities were scheduled on the academic calendar and students were informed of the same via social media.
- Monitoring of the same was done by sports committee.
- Activities were scheduled batch wise, class wise.

#### **EVIDENCE OF PERFORMANCE/SUCCESS**

- Yoga sessions were organised for students, teaching and non-teaching staff, and on a regular basis also yoga lectures were introduced in the time table for FY BSc. International yoga day was celebrated on 21<sup>st</sup> June 2019
- "Skill Development - Sports Student Mentor" was introduced to give a chance for the students to mentor their sport expertise to anyone on campus from 19th November 2019 to

29th February 2020. 6 students enrolled as trainers. 25 students & 13 staff members benefited from this initiative. Student mentors were felicitated at Degree & Annual Prize Distribution Ceremony on 8th February 2020.

- Seminar on ‘Sports Success’ was organized for students interested in sports by Mr. Jignesh Sanghvi on 29th November 2019 to encourage students in sports participation. 122 students participated.
- A Sports week called “Annual Sports Festival” was organized for students & teachers to allow students to test and exhibit their skills and talent. 20 sports were organized such as carrom, volleyball, badminton, chess, running competitions were organised for the students, teaching and non-teaching staff from 16th to 21st December 2019 and around 550 students and 40 staff members participated. Total 194 prizes were awarded for all games.
- Zumba sessions were organized for students & staff members in the month of October 2019 (03.10.2019) & January 2020 (04.01.2020 & 17.01.2020). 25 teaching staff, 27 non-teaching staff & 44 students participated.
- NASM’s Yuva Premier League (YPL) in association with Dr. BMN College of Home Science organized a Football Master session at Amulakh Amichand Ground by international coaches Mr. Jim James & Mr. Leister to promote Sports wave in the student group on 18<sup>th</sup> January 2020. 31 students participated.
- Fitness Fiesta (Stay Home, Stay Safe) initiative was undertaken under which sessions on Yoga & Full Body Workout (Basic) piloted by our very own BMNites (Current students & Teachers) to promote physical activity during Covid-19 lockdown crisis from 4th May 2020 till 17<sup>th</sup> May 2020

### **PROBLEMS ENCOUNTERED**

- Arranging all these programs during the regular academic schedule of students.
- Students do not get enough time to practice before going for tournament
- Low motivation levels of the students.