

## **Best Practice 1**

### **Title of the Practice :Sujeevanam**

#### **Objective of the practice**

Swachh Bharat Abhiyan or Swachh Bharat Mission was a nation-wide campaign in India initiated by our honourable Prime Minister for the period 2014 to 2019 that aims to clean up the streets, roads and infrastructure of India's cities, smaller towns, and rural areas. In accordance with the Swachh Bharath Abhiyan, the institution also tries to keep the Campus spick and span. The Plan envisaged a periodical campus cleaning drive which had to be coordinated by the NSS Units under the supervision of the Programme Officer. It also aims to transform society through conduct of awareness campaigns and focused action in the nearby villages.

#### **Goals**

- To introduce and aware students to real concerns of environment and its sustainability
- To ensure the protection of the environment through effective waste management measures
- To give awareness about products that avoid or minimize waste generation
- Increase reuse and recycling rates of products
- To increase public understanding and shape community perceptions on the dangers of plastic pollution and available solutions, thereby empowering more people to take action.
- To ensure that people are aware of the impact of waste on their health, wellbeing and the environment

The college focuses on the 3R initiative in waste management. The principle of reducing waste, reusing and recycling resources and products is often called the "3Rs." Reducing means choosing to use things with care to reduce the amount of waste generated. Reusing involves the repeated use of items or parts of items which still have usable aspects. Recycling means the use of waste itself as resources. Waste minimization can be achieved in an efficient way by focusing primarily on the first of the 3Rs, "reduce," followed by "reuse" and then "recycle." The college not only gives awareness to the students but also to the nearby villagers also through the NSS volunteers. They try to implement some practices also in this regard.

## **The context**

Our country faces major environmental challenges associated with waste generation and inadequate waste collection, treatment and disposal. Waste segregation at source and use of specialized waste processing facilities to separate recyclable materials has a key role

In a society that values convenience, the current “throwaway” lifestyle encourages a linear approach to the production and disposal of products, rather than a circular approach that regards waste as simply another resource. Nowadays people lead busy lives and value convenience; as they go about their day rushing between activities, the purchase of single-use products is often the most convenient choice. The consequence of this convenience comes in the form of high quantities of waste. In an era where societies around the world are becoming more conscious of the issues surrounding waste, each one of us has some responsibility in this regard.

## **The Practice**

The college adopted the waste management policy of “Generate Less Recycle More”. Waste is separated as biodegradable (organic wastes) and non-biodegradable (plastics etc) and segregated at source by providing separate dustbins. Dustbins of blue, green and red colors are used. Dustbins are arranged in all department staff rooms, labs, library, and near every flight of stairs. Cleaning and emptying the dustbins are being done on a regular basis. The organic waste when decomposed by vermicompost is reused as organic compost for the plants in the College campus. Plastic waste is handed over to haritha karma sena on a regular basis. Green protocol is observed in the campus. Green protocol leaflets prepared by the students are displayed at many places in the campus.

## **Waste to Craft**

It was an innovative and ecofriendly way to repurpose used plastic or glass bottles in to creative and decorative piece of art. This idea not only helps in reducing waste but also gives a fresh functional, and artistic twist to items that would otherwise end up in landfills. By using bottles as a base material, students were created a wide range of items such as home décor, planters, lamp bases, wall hangings, and much more.

## **Less Paper Office**

Most of the office work is done digitally. Student attendance uploading, university registration for examination, admission procedure, E grants and scholarships are not completely paper free, but managed with less paper along with digital support. Moodle helps teachers to avoid use of paper for assignments and notes. Assignments and projects are usually evaluated online. For class tests, questions are compiled in smart phones by teachers to reduce consumption of paper. All the communications are made through electronic mode only. Single sided used papers are

reused for writing and printing in all departments.

### **Sneharamam**

‘Sneharamam’ was a unique initiative of our college for transforming an untidy space into a clean, organized garden in a town or village. This initiative aims to beautifying neglected areas, improving the local environment, and providing a communal space for relaxation and social interaction. Through this program where public places such as bus stands, stadium, and hospital premises have been transformed into cleaner, more aesthetic spaces, by developing gardens. Transforming public spaces into cleaner, more inviting environments not only improves the aesthetic appeal of these areas but also contributes to overall well-being, mental health, and environmental sustainability.

### **Avoidance of plastic**

Earlier single use plastic cups and plates were being used in the college for various functions. Being aware of green protocols, college authorities purchased steel plates and glasses for serving food during functions in the college. Students of the NSS unit began to use plantain and Vatta leaves for serving light refreshments. They were always motivated to keep their own plate, glass and water bottle with them wherever they go. Students were advised to bring lunch in a durable or reusable lunchbox ,especially steel lunch boxes and steel bottles. In this way a culture of reducing waste was instilled in the students. Plastic bottles were collected from the campus and handed over to Haritha Karma Sena for recycling. Awareness programme on ‘Say No to Plastic’ were held in the campus. ‘Green Protocol’ were practiced in the campus.

### **Cleaning drives**

The *Swachhata Pledge* (Cleanliness Pledge) is taken by the students to promote cleanliness, hygiene, and sanitation in their surroundings. In the campus, nearby village and town, a mass cleaning drive was performed on October 2, Gandhi Jayanthi. ‘Beach Clean up’ programme were held at Kollam beach to collect the plastic wastes and Flash mob were held against plastic pollution. Awareness surveys on plastic disposal were conducted in various houses in the adopted colony and various parts of KonniGramapanchayath to know about the waste management policies adopted by them. Awareness was provided on the sorting of waste materials, composting systems etc. Our student volunteers went to each and every home in the adopted colony and explained all these things in detail. They also distributed green protocol leaflets to them. Cleaning drives were held in Konni town, specifically within an adopted school and its surrounding campus areas. These types of programs often aim to instill a sense of civic responsibility, improve hygiene, and create cleaner and healthier environments for students, staff, and the local community. Training for making cloth bags/paper bags/paper files were

organized and students were distributed the same in the campus.

### **Evidence of success**

- Plastic consumption in the campus was minimized.
- Students and staff avoided plastic cups and disposable plates
- Everyone are now using steel lunch boxes and water bottles
- Plastic bottled water is using nowhere in the campus
- Students are keeping their own plate, glass and bottle with them during long journeys or camps
- College has a large set of steel plate and glasses for serving food on any special occasions
- People in the adopted villages are aware of the harmful effects of waste on health and environment
- They started adopting proper waste management systems

### **Problems Encountered and Resources Required**

Initially students were reluctant to leave the use and throw culture.

Villagers also showed such a reluctance to waste management policies in the beginning.

Plastic alternatives are usually more expensive and hence it requires some funding for initial purchase .

Constant evaluation is required in the case of villages and towns for which the students are not getting enough time due to their hectic academic schedule.

## **Best Practice 2**

**Title : “Santhwanam**

### **Objective of the Practice**

SAS College believes in the overall development of the students. The College pays special attention to inculcate values in the students at every opportunity. Snehasparsam, a unique endeavour of the College, is an extension activity aimed at reaching out to the marginalized and underprivileged.

### **Goals**

To create a culture that infuses extension as a core ingredient of true education

To foster inter – connectedness, civic consciousness, kinship and eco – justice among students

To empower and improve the socio-economic conditions of the marginalised people

It is a platform for providing hands-on experience to students in uplifting the local community and bringing about social change. It also provides learning experiences and opportunities for growth to students, helping them discover their inner strengths, developing innate worth and encouraging them to contribute to the needy, less privileged sections of society.

### **The context**

The poor patients with different diseases come to the Government General Hospital, Konni to undergo better treatment by the Medical Experts . The patients suffer a lot with the diseases and do not even have enough money to buy the medicines. Medicines alone cannot completely cure a patient. He/she needs proper and timely food. Due to lack of nutritious food they are getting ill-health. By identifying the problem of patients, we took up the initiative to give food to them once in a week to feed the needy in many hospitals in Kerala. The hospitals will not receive food from the general public due to safety measures. So our college NSS team decided to supply meals to the patients and their bystanders on every Sunday. Besides this the NSS volunteers always tries to identify under privileged people from the society and provide support for them also.

### **The Practice**

#### **“Visappurahitha Konni” (Food Distribution to Poor)**

It is a noble initiative providing nourishment and care to economically disadvantaged individuals who may be undergoing treatment or seeking medical care at Government hospital, Konni. Hospitals, especially public ones, often serve as centers for people from various socio-economic backgrounds, and many patients and their families struggle with basic needs like food while they focus on recovery. Teachers and other staff of the college also contribute during any special celebrations of their close relatives.

### **“Sudarshanam”**

Our NSS volunteers in association with the Department of Social Justice, help elderly people coming alone to visit Sabarimala. They accompany them to and fro and if needed carry them in trollies.

### **“Snehasparsham”**

The students of our college supported those who have facing financial difficulties. Initiatives like providing financial assistance to underprivileged students and distributing free college uniforms practiced regularly in our college. This initiative not only foster a sense of community but also promote inclusivity and equality. These efforts reflect the values of empathy, responsibility, and social consciousness that helps in building a stronger, more compassionate society.

### **Evidence of success**

1. It solves the problem of poor patients, who come from faraway places of the district suffering with different diseases. Patients do not depend on others and they can recover speedily from ill-health
2. Underprivileged people get confidence and hope on their lives
3. The students were taken outside class rooms and they got a different learning experience. It has made them more sensitive to the needs of society and promoted a spirit of social commitment as evidenced from their feedback. The strong social orientation imparted to students was strongly revealed during the recent floods that ravaged Kerala

### **Problems Encountered and Resources Required**

One of the greatest problems encountered is lack of sufficient time to conduct the activities because of the academic responsibilities of the students.

Second main problem is difficulty to raise funds