

BEST PRACTICE-I

1. Title of the Practice: SARJAN (Skill Development Course for Speaking and Writing Skills by Departments of Hindi, Gujarati and English under the aegis of MNWC Literary Association)

2. Goal:

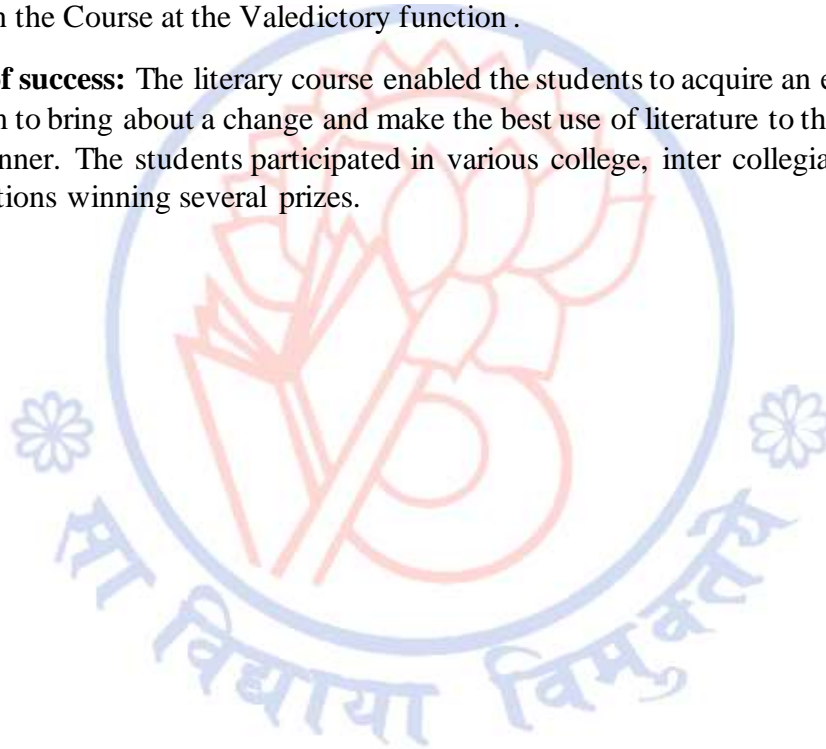
- To have a practical and strategic approach to empower students in order to have a greater influence and impact in a variety of literary events; academic and other through honing their speaking and writing skills.
- To train students and prepare them for participation in competitions, instil confidence and give them an edge in all areas of life.
- To train the students in Dramatic skills, Public Speaking, Poetry and other writing skills.

3. The Context: Two initiatives, one by the Students' Council and the other by the Literary Association of Hindi, Gujarati and English with support from IQAC under project SHILPI were instrumental in starting SARJAN Skill Development Course for Speaking and Writing Skills. In 2016-17 the Students' Council Committee had informally taken the lead to organise a training program for Literary skills. The committee took the initiative and chalked out a training program in literary skills by inviting experts in respective fields. Students were intensively coached by the members of the Students' Council committee. It was found that some of the students who were trained, participated in intercollegiate/ University literary competitions and won prizes. Thus, in 2017-18 the IQAC, under project SHILPI directed departments to plan and organize Skill Development programs. The Literary Association of Hindi, Gujarati and English Departments came together and brainstormed over this matter. It was decided to collectively organize training for all interested students to help them acquire literary skills where they would be trained by external experts. This training would also help them to get over their inhibitions and be able to participate in all levels of competitions. Hence the idea of SARJAN (Creation): a Skill Development Course germinated and was planted in 2017-18. SARJAN will also enable and empower students to acquire effective communication skills and thus accelerate their growth for being "career ready".

4. The Practice: The teachers were instrumental in selecting the students for the course. For students coming from non-literary backgrounds, the teacher identified students who showed an inclination towards Literature and creative arts. The course was designed to suit the requirements of students from literary and non-literary backgrounds. It was also formed to train them to become independent learners and thinkers. In the academic year 2019-20, a 5 days Skill Development workshop for Speaking and Writing Skills was conducted from 22nd July – 26th July 2019. It was sponsored by Bank of Baroda, Vile Parle (West) Branch. The resource persons were Mr. Devmani Pandey, Mr. Arun Shekhar, Mr. Bhavesh Mehta, Ms. Mona Sheth and Dr. Avanesh Bhatt. Day 1- Poetry writing and Recitation, Resource Person was Mr. Devmani Pandey. The session focused on the basics of poetry writing and poetry recitation. Day 2- Theatre Skills, Resource Person was Mr. Arun Shekhar. The session focused on developing acting skills followed by short skit presentations by the students to showcase the

skills they learnt during the session. Day 3- Presentation Skills, Resource Person was Mr. Bhavesh Mehta. The session focused on presentation skills for elocution competitions. The students were acquainted with maintaining appropriate voice modulation while speaking to a larger audience. Day 4- Art of Interview, Resource Person was Ms. Mona Sheth. The session focused on how to cover interviews of people as a journalist. The students were taught to expand upon the basic questions of “who, what, where, how, when and why” of news reporting. Day 5- Creative Writing Skills with Dr. Avaneesh Bhatt as resource person. The session focused on creative writing skills for persuasive essays and poetry. The students were acquainted on how to transform their ideas into words on paper. At the end of the 5 day workshop, students acquired various skills like writing, reading, speaking and presentation. Students were presented with books as prizes. Certificates were distributed to 73 students who participated in the Course at the Valedictory function .

5. Evidence of success: The literary course enabled the students to acquire an exposure, which moulded them to bring about a change and make the best use of literature to think and write in a creative manner. The students participated in various college, inter collegiate and national level competitions winning several prizes.



Estd.: 1972

NAAC Reaccredited 'A' grade

BEST PRACTICE- II

1. Title of the Practice: Self Care Central MNWC

Self-Care Central is an initiative by the Post Graduate Psychology Department of Maniben Nanavati Women's College during the academic year 2019-2020.

2.Goals:

- To promote awareness of suicide as a mental health concern as a part of observance of the World Mental Health Day theme for 2019.
- To sensitize students to the issue of suicide from a practical on-field perspective.
- To acquaint the students with the dynamics of running a large community-based prevention campaign.
- To empower students to connect with experts in the field as well as other stakeholders in the mental health space.
- To provide students with an opportunity to build their decision-making, team management, fundraising skills.
- To facilitate a conversation on the discourse on mental health, openness and accessibility of mental health care and barriers to the same amongst the general population.
- To promote the department and the college in public space.

3.Context:

The rationale behind the campaign was to make our department and students take on an active role in working with mental health. in general, and suicide, more specifically. The theme for World Mental Health Day 2019 being Suicide Prevention gave us further impetus to run a month-long awareness campaign on suicide. With the worrisome rates of anxiety, depression, and suicide in India, on one hand, and the numerous social and systemic barriers to mental health care on the other, the role of paraprofessionals, non-professionals and even, the general population in promoting awareness of suicide is extremely important. Our campaign was designed around this goal and split into various modalities (online and offline), goals (dissemination of information and awareness, fundraising) and involved the voices of experts from not only the state and the country, but beyond. The campaign required the students to plan and execute a number of events, liaison with authorities, generate funds along with making decisions on-the-go about various initiatives. It involved a massive coordination of teams, both online and offline, along with careful selection of activities and programs for different legs of the event like a workshop in a school, a guest lecture and multiple innovative events in our premises, and culminating in a walkathon at the community level.

4.Outcomes: The students were able to engage with the concept of suicide and related issues in a practical manner . The students became conversant with the efforts needed in planning and coordinating a campaign of this scale . They actively connected with resource-persons and experts to add a technical edge to the campaign. They worked to generate funds and manage how those funds were utilized; they also promoted the event extensively leading to greater

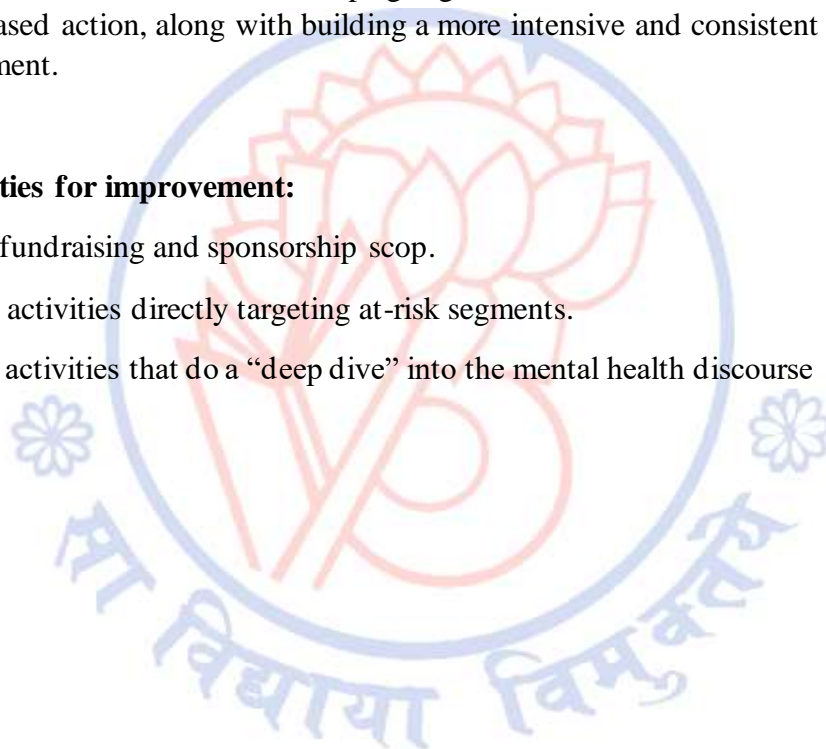
participation in both the online and offline events. They also learnt to work in tandem with each other, manage different opinions and ideas so that a unified sense of team effort came through.

5.Journey so far: Since this is a new initiative, the primary goals of awareness through action was fulfilled. The students were the primary architects of this effort, from deciding the blueprint of the campaign, to coordinating with invitees, and raising a fund of Rs. 10, 000 for donation to an NGO working with suicide prevention.

6.Journey forward: The department looks forward to making this campaign more extensive, reaching out to groups especially vulnerable to suicide and mental health issues and reaching their voices out. In addition, the campaign goals would include more fundraising and community-based action, along with building a more intensive and consistent online presence of the department.

7. Opportunities for improvement:

- 1) Increasing fundraising and sponsorship scop.
- 2) Increasing activities directly targeting at-risk segments.
- 3) Designing activities that do a “deep dive” into the mental health discourse



Estd.: 1972

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BEST PRACTICE III

1. Title of the Practice: Food Waste to Kitchen Garden: A Small Step Towards Environmental Awareness (executed by Food and Nutrition department)

2.Objectives Of The Practice:

- Educate and sensitize students about biodegradable waste.
- Teach the method of making manure out of the leftovers of fruits and vegetables in the Food Nutrition (FN)Lab .
- To develop a Kitchen Garden using the same manure
- To introduce students to the urban methods of growing plants in homekitchens

3. The Context:

On February 5, 2018 , under Project NIRMMA, a talk on Biodegradable Waste by Ms. Mayuri Shinde from Stree Mukti Sangathan was organized to show how to make manure from the organic waste accumulated in the Food Lab. The process of decomposition and use of manure was thoroughly explained. Thirty-two students from the Department of FN who attended the talk were inspired to make manure and cultivate a kitchen garden in the Food Lab.

4. The Practice: On 9th July 2018, the College purchased manure making baskets from Stree Mukti Sangathan. To start with a little soil from the garden was spread at the bottom of the Students voluntarily take the responsibilities in turns for collecting the waste, dropping it in the basket, mixing it with the soil using a blender spoon and a little water. The basket is then kept in the sun for 23 hours daily except Sunday. In 34 months the basket has the manure which can be used. About 34 kg of manure is made. However, the amount of manure depends on the waste put in the basket. Initially the manure thus generated was used in the campus garden. Stage II of the project. In January, 2019 it was decided to start Stage II of the project set up the Kitchen Garden outside the FN Lab. Initially 5 pots were bought and plants of Tulsi, green chillies, tomato, capsicum, mint and curry leaves were planted. The plants are nurtured by the students in rotation. Depending on the growth, the students use the yields for cooking during the FN Practical.

5.Evidence of Success: Fresh manure produce continues. The plan to increase the number of plants is continues to be one of the major thrust areas.Students have been maintaining the plants and basket with great interest. The future plan is to grow vegetables hydroponically and encourage students to start growing vegetables at home too.

6. Resources Required and Challenges faced: It is the initiative of the FN Department. The pots are kept in the corridor outside the Lab for easy access and monitoring. Only one challenge is faced by students during the vacation period, the baskets don't get replenished. Thus the manure making happens from July to March. The kitchen garden is watered by the lab assistant in vacations when students do not come. The project was financed by the college and the same will be continued.