



**Smt. Maniben M. P. Shah Women's College of Arts & Commerce (Autonomous)**

**7.2.1 - Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.**

**1. Nari Sashaktikaran MAD Project run by NSS UNIT**

The simple and highly fruitful concept MAKE A DIFFERENCE through MUTTHI ANAAJ DAAN (M.A.D) is a thought first came to a group of enthusiastic young group who belonged to the Lions Club of Sion and Lions Club International, who wanted to Make A Difference for the underprivileged. For this project all one must do is put a fistful of grain in a plastic jar over the course of a month at home while cooking and hand over to team. That respective contribution is checked, packed, and distributed to the needy students.

**Objective:**

- To connect with economically and socially weak students and their parents through the Mutthi Anaj Daan Project.
- Help them in continuation of their higher study as most of them are 1<sup>st</sup> generation learners.

**Process:**

Students from the college are shortlisted through a rigorous screening and a final list is prepared for the grain's distribution. M.A.D. being tied in with education, only those continuing with their education are eligible to benefit with 5 kg rice and 2 kg tur daal every month. To continue the services during vacation the N.S.S unit plans to give them grains before Diwali and summer vacation in advance. So that there is no discontinuation of services. Not only foodgrains but umbrella and notebooks are also distributed to these needy students under this project.

**Outcome:**

Number of beneficiaries increased since June 2016 from 125 to 250 in 2020-21. This year 300 needy students were benefited from this noble project. More donors too have joined the initiative and as a result in the year 2022-2023 on an average 300 needy students (were provided grains every month) benefited in this project.

**ACTIVITIES CONDUCTED DURING 2023-2024**  
**Foodgrains Distribution**



On 5<sup>th</sup> August 2023, A program on 'Mutthi Anaaj Daan' was organized by the N.S.S unit in collaboration with the Lions Club of Sion the students were distributed rice and dal as a part of the program. 250 students were fortunate to get 5 kg of Rice and 2 kg of dal. Donor were Inner Wheel Club of Bombay Airport Tiara president – Alpa Apoorva Thru Geo Roti Ghar (Rajesh Rasiklal Shah & Mitesh Shah).





On 2<sup>nd</sup> September 2023, A program on ‘Mutthi Anaaj Daan’ was organized by the N.S.S unit in collaboration with the Lions Club of Sion the students were distributed rice and dal as a part of the program. 300 students were fortunate to get 5 kg of Rice and 2 kg of dal—sponsor - Champaben Prabhudas Ramji Gokani Charitable Trust - Lion Bhartiben Pathak. On the same day Seva Mandal Education Society, Lions Club of Sion, and Rotary Club of Queen Necklace, Mumbai organized a lecture on “Empowered Hearts: Unveiling the Secrets to Women’s Cardiovascular Well-being”.



On 14<sup>th</sup> January 2024, A program on 'Mutthi Anaaj Daan' was organized by the N.S.S unit in collaboration with the Lions Club of Sion the students were distributed rice and dal as a part of the program. 300 students were fortunate to get 5 kg of Rice and 2 kg of dal. Sponsor - Shri. C.M. Gandhi Parivar, Special Invitees PDG Lion Dr. Bharat Parmar & PDG Lion Pradip Parekh.



## **2. Green Club run by Sociology Department**

### **Objective:**

The Green Club of the college was set up with the purpose to engage students in activities that would enhance their environmental awareness; to design these activities as part of the courses that earn them credits, too.

### **Context:**

The implementation of NEP 2020 gave us freedom to initiate co-curricular activities that would earn credits for students. Besides, college administration has been sensitive to environmental issues that plague our country and planet at large. This was the right opportunity to initiate a Green Club that would educate students about environmental issues, and they would also study these as a part of their college course.

### **Practice:**

The Green Club was offered under the vertical of co-curricular activities, which earn students two credits. This choice was offered along with NSS, NCC and Yoga and Health. One hundred and sixty-eight (168) students made a choice of joining the Green Club.

Over the year, Green Club organised Natural Colour Making Workshop to skill students in preparing and selling non-chemical colours. Students participated in Y-Waste, a government programme of taking up seven activities in which they would actively save water, electricity, daily use materials. They donated clothes, avoided single use of plastic and used cloth bags. Fifteen trees were planted by thirty-three students under Tree Plantation Drive. A Disaster Management course was conducted to train students. At the end of it, students prepared emergency kits for themselves and also helped their neighbours do it.

Over and above activities, students also learnt theory behind green house effect, wet waste, dry waste, global warming and issues of increasing waste. They watched films about these issues.

### **Evidence of Success:**

The number of students opted for Green Club is a sign of success; moreover, they persisted with it and participated in all activities enthusiastically. They themselves became aware of environmental problems and also engaged their neighbours in it. Thus, the purpose of holding these activities was served.

### **Challenges:**

The next task would be to enrol more students in the Green Club. It is always possible to increase the strength of the members. Another challenge is to transport students to distant places to hold activities, for in Mumbai our college doesn't have a large campus to conduct environment related activities.

## ACTIVITIES CONDUCTED DURING 2023-2024

SMT. MANIBEN M.P. SHAH COLLEGE OF ARTS AND COMMERCE  
(AUTONOMOUS)

Award for Best Social Initiative for Environment Sustainability

Activities of GREENCLUB

### NATURAL COLOUR MAKING

The Natural colour making workshop was led by Dr. Hina Shah and coordinated by Manali Dhangada, along with the guidance of Mrs. Survana Bange as the resource person. The workshop was about discovering how to create colors using natural ingredients without harmful chemicals, not only promotes environmental sustainability but also fosters a deeper connection with nature. Learning about colors and their attributes can be both intellectually stimulating and visually captivating.



The practical aspect of the workshop, where you not only learned but also actively participated in making and selling the colors, provided a hands-on learning experience. By setting up stalls in your college foyer, the students not only showcased your creations but also engaged with your peers and the wider community. The Natural Colors made by students were also gifted to Principal and Vice Chancellor.

Moreover, the teachers and students played HOLI with the colors they created which immensely was enjoyable. It's through such immersive experiences that the lessons truly come to life, leaving a lasting impression and sparking further curiosity.



### DISASTER MANAGEMENT WORKSHOP

In February 2024, our college, in partnership with the Government of Maharashtra, hosted a comprehensive "Disaster Management 3-Day Workshop" from February 14th to 16th. The workshop ran daily from 10:30 AM to 4:30 PM, with each day divided into morning and afternoon sessions. The morning sessions focused on theoretical learning from experts, while the afternoons were dedicated to practical skills and hands-on training.

On the first day, Stories by an expert, who shared personal experiences of various disasters and taught survival techniques. The afternoon covered fire safety, including the use of fire extinguishers, the role of fire brigades, and emergency plans.



On the second day the session was conducted at the City Institute of Disaster in Mumbai, this day included hands-on training in first aid, CPR, and making life jackets from recycled materials. Students also toured disaster management facilities and learned about emergency kits.

Third day was also at the City Institute, the focus was on practical skills for handling injuries and using ropes for rescue operations. Students toured miniature disaster models and control rooms to understand disaster management strategies.



The workshop concluded with the awarding of certificates to attendees. Follow-up activities were assigned to reinforce the learning: students were divided into groups to create emergency kits containing essential supplies, design identity cards for themselves and their families, and make life jackets using waste materials. These tasks aimed to foster preparedness and resourcefulness in disaster situations.

## SEED COLLECTION

On the 5th of May, Green Club students participated in their Green Umbrella organization's seed collection drive in the forest at Aarey Vaisnah. Throughout the visit, they had the privilege of interacting with knowledgeable suppliers who shared insights into various aspects of nature conservation. Their expertise and passion for environmental preservation enriched their experience, sparking thought-provoking discussions and reflections.

On this occasion, the seeds of Sarfol, a rare tree belonging to kahandol family, were collected. At the same time, Aarna, Katesavar, Shemat seeds were also collected. After meeting at the appointed place in the morning, the present members bought the fruits of the Khani tree from the tribal women present there and tasted the wild fruits and collected the seeds for their nursery. Green Umbrella thanked their teacher Dr. Hina Shah for the hard work of collecting seeds from the forest by the gathered students the group embarked on a memorable visit to the Green Umbrella Organization. This excursion offered an invaluable opportunity to reconnect with nature and deepen their understanding of environmental conservation.



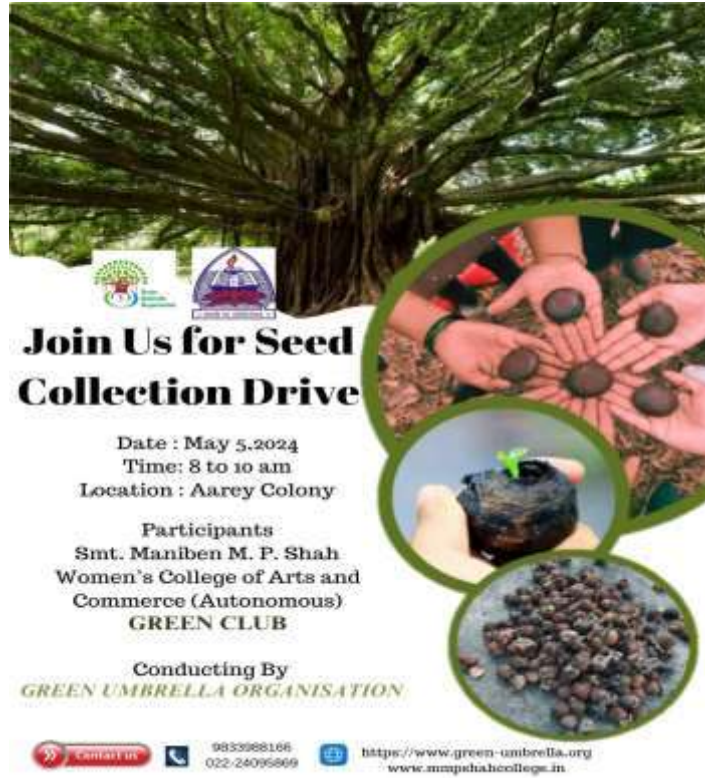
While immersed in nature's splendor, the students also confronted the harsh realities of environmental degradation. The distressing sight and sounds of crippled birds and insects served as a sobering reminder of the urgent need to protect and conserve



the ecosystems.

The visit to the Green Umbrella Organization on the 5th of May was a transformative experience that left a lasting impression on all participants. It served as a powerful reminder of the interconnectedness of life forms and the imperative to prioritize environmental sustainability in our actions and decisions. We left feeling inspired and determined to play our part in nurturing and preserving the natural world. The students were then told to plant the seed at their home. Reports for the activity was submitted by all the students present that day, sharing their different opinions about their experiences.






**Join Us for Seed Collection Drive**

Date : May 5, 2024  
 Time: 8 to 10 am  
 Location : Aarey Colony

Participants  
 Smt. Maniben M. P. Shah  
 Women's College of Arts and  
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**GREEN CLUB**

Conducting By  
**GREEN UMBRELLA ORGANISATION**

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