



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

## **7.2 Best Practices of Institution**

### **Best Practice 1**

#### **Mutthi Anaaj Daan (MAD)**

##### **Objective:**

**To arrange for regular nutritious food for the first-generation learners belonging to underprivileged strata of society.**

##### **Context:**

Many of our students suffered from minor ailments, which resulted in irregularity in college and poor academic performance. SMES members associated with the Lions Club International came up with the idea of collecting grain and legume from the privileged members of society, and then donating the collection to the needy students.

##### **Practice:**

College teachers short-listed needy students with the help of their ration card details and income proofs. The pre-condition for receiving MAD donation was that students who registered for the programme were exhorted to continue with college education. The listed students have been receiving 5 kg rice grain and 2 kg tur daal every month through MAD. These students are distributed notebooks and umbrellas as well.

##### **Evidence of Success:**

Number of beneficiaries increased since June 2016 from 125 to 250 in 2020-21. More donors too have joined the initiative and as a result in the year 2023-2024 on an average 300 needy students (were provided grains every month) benefited in this project.

Many students have mentioned that their status in the family has improved as they now contribute with food grains. As a result, family members encourage them to attend college regularly.

##### **Problems and Challenges:**

All needy students cannot receive benefits of the scheme. Several students begrudge the fact that they were not selected for MAD. Sometimes, arranging for space to conduct the distribution is a problem, especially, during examinations.

## ACTIVITIES CONDUCTED DURING 2023-2024

### Food grains Distribution

The first 'Mutthi Anaaj Daan' programme of academic year 2023-24 was organized by the N.S.S unit in collaboration with Lions Club of Sion on 8<sup>th</sup> July 2023. 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. Chief Guest was Lion Jagannathrao Hedge, DG 2023-24, Guest of Honour – Lion Surekha Hegde, Lion Sanjay Chury, and Lion Wardha Chury.

On the same day, 125 dozen Notebooks and 50 Hindi Reliable is also given to the needy students.



The second 'Mutthi Anaaj Daan' of academic year 2023-24 was organized by the N.S.S unit in collaboration with the Lions Club of Sion on 5<sup>th</sup> August 2023, the selected 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).



Next 'Mutthi Anaaj Daan' of academic year 2023-24 was organized by the N.S.S unit in collaboration with the Lions Club of Sion on 2<sup>nd</sup> September 2023. 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 3<sup>rd</sup> November 2023, A program on 'Mutthi Anaaj Daan' was organized by the N.S.S unit, where 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 – Lion Chetna Yogesh Pathak





On 11<sup>th</sup> December 2023, A program on 'Mutthi Anaaj Daan' was organized by the Lions Club of Sion N.S.S unit, where 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. Chief Guest: Lion Dr. Naresh Sponsor – Mr. Viraf Anil Bajaria. Mutthi Anaaj Daan followed by the Awareness session on Thalassemia Check-up



14<sup>th</sup> January 2024, 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. It was sponsored by - Shri. C.M. Gandhi Parivar,



# 1. 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 E-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. Seed collection drive was also conducted by Green Club.

Over and above activities, students also learnt theory behind greenhouse 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 Dhangade, 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 Vasanahat. 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 Sandal, a rare tree belonging to the Kahandol family, were collected. At the same time Axana, Katesavar, Shemat seeds were also collected. After meeting at the appointed place in the



morning, the present members bought the fruits of 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.



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 all 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.



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**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  
 Commerce (Autonomous)  
**GREEN CLUB**

Conducting By  
**GREEN UMBRELLA ORGANISATION**

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*Archana Patki*

Dr. Archana Patki  
 Principal